



Sharing the Spirit

October-December 2024

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



Thank you RSVP Volunteers for all you do in support of the Food Sense Program.

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& 5

Check out some of the pictures from the Retired and Senior Volunteer Recognition Dinner!

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Starting October 1st, there are new income guidelines for SNAP. See if you qualify!

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The holidays can be a fun time of the year, but make sure to take care of yourself first!

Director's Chair

Hello Volunteers-

I am so happy I was able to see so many of you last month at our RSVP Volunteer Dinner. We prepare for this event for months, and then it's over in what seems like a blink. My one regret is that I never have enough time to visit with everyone and tell you personally how much I appreciate you and all you do for our community. I hope you all enjoyed yourselves and enjoyed being together.

Next year RSVP of Herkimer County will be celebrating 40 years. We will be having some events to spotlight the program and all that you have accomplished over the past 40 years.

This is our last newsletter before the holidays. I hope you have a wonderful holiday season doing what you love, with the people that mean the most to you.

Thank you again for being the incredible humans you are, and for setting a wonderful example for our younger generations.

Wishing you all a wonderful holiday season and a new year filled with good health and happiness,

Rae Raffle-Maxson

Director of RSVP, Health and Assistance Programs

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Office for the Aging

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Nutrition Program	315-867-1204
HEAP Program	315-867-1195
In Home Services	315-867-1124

Catholic Charities of Herkimer County

Food Sense Program	315-894-9917x254
RSVP	315-894-9917x236
RIDE Program	315-894-9917x251
NOEP Program	315-894-9917x235
HIICAP Program	315-894-9917x232
Kateri's Thrift Store	315-823-1793

Other

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:

Oct. 9th: Ageism Awareness Day

Oct. 14th: Columbus Day

Oct. 26th: National Prescription
Take Back Day

Oct. 31st: Halloween

Nov. 11th: Veterans Day

Nov. 28th: Thanksgiving

Dec. 25th: Christmas

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 Fall 2024

Medicare's Annual Election Period runs from October 15th to December 7th every year. This is the one time of year when **ALL people with Medicare** can make changes to their health and prescription drug plans for the next year. In order to ensure the best coverage for 2025, you should review your current plan for any changes scheduled to take effect next year. Pay close attention to the cost of the premiums, your out-of-pocket expenses, and whether or not your medications will be covered. Any changes you make during this period will take effect on January 1st, 2025.

If you have a Medicare Advantage plan you also have an opportunity to make a change during the **Medicare Advantage Open Enrollment period** which occurs each year from **January 1st through March 31st**. The changes would take effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a Part D prescription drug plan.

While you are completing your annual review you should also check to see whether or not you qualify for additional programs that may save you some money. Some of the programs that can help save you money include:

Medicare Savings Program (MSP) pays your Part B Medicare premium for you and can eliminate Late Enrollment Penalties. 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.

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.

NYS EPIC provides Medicare beneficiaries a Special Enrollment Period to switch your Part D plan one time during the calendar year. There are additional Part D and Medication cost savings benefits you may also qualify for. New York residents 65 and over may qualify for EPIC if your income is below **\$75,000/single** and **\$100,000/married**.



Rae and Lynn would like to thank their wonderful HIICAP volunteers (Ellen Culver, Jean Mihevc and Alice Curtis) for all they do throughout the year and especially during the Medicare Annual Election Period.
Thank you!

If you would like more information about your Medicare options, the EPIC program, Extra Help or the Medicare Savings Program please contact the HIICAP office of Herkimer County.

Please note during the Annual Enrollment Period we are extremely busy so you will need to leave a message at **315-894-9917 ext. 232** for assistance. Thank you for your patience!

If you are in need of immediate assistance you can contact Medicare at 1-800-633-4227 they are available 24hrs a day 7 days a week during the AEP.



Navigating Medicare



Health Insurance
Information, Counseling
and Assistance Program

"This project was supported, in part by grant number 90SAPG0105, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201"

Retired and Senior Volunteer Program Recognition Dinner 2024

The dinner was held at Francesca's Banquet Hall on September 19th. Each volunteer station was recognized for their work, but there were also those who received special recognitions for years of service and hours served.



5 Years

Heidi Benson, Danielle Bernard, Gloria Fryer, Shawn Latella, Beth Margulis



10 Years

Darleen Paul, Carmelita Maddocks, Carol Mocko



15 Years

Gail Domion



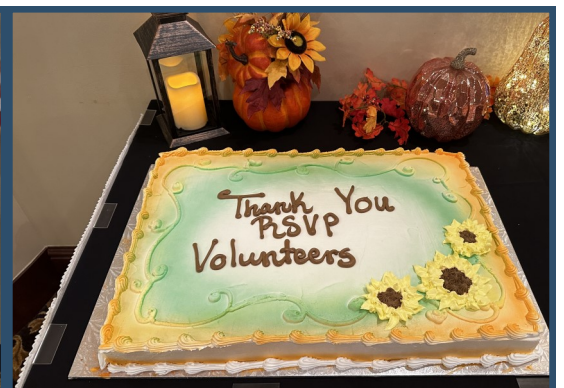
25 Years

Sharon Perry



500+ Hours

Jon Rice, Dennis Rizzo, Evelyn Stephon





“ You make a huge difference in our community, and the difference that you make is not just providing a service to someone else. It’s letting someone else know you care.

Congratulations to all of our volunteers and thank you so much for all you have done and continue to do to make our community a better place.”

-Rae Raffle-Maxson

To see even more photos, please check out the RSVP Facebook page!
facebook.com/rsvpherkimercounty

rsvpherkimercounty.org



RETIRED & SENIOR VOLUNTEER PROGRAM
 of HERKIMER COUNTY



Special Award Presentation

The Kathleen Picotte Memorial Award was presented to the Retired Individuals Driving the Elderly (RIDE) Program of Catholic Charities of Herkimer County at the RSVP Volunteer Recognition Dinner. Thank you to all of the volunteer dispatchers, drivers, and companions through the RIDE Program:

Ray Bernos	Gerald Fluharty	Robert Mocko
Robert Bishop	Robert Kennedy	Elaine Ruggiero
Patricia Bono	Linda Leonard	Mary Tubia
Nicholas Chuff	Terry Leonard	Joan VanSlyke
Kathleen Coye	Dave Manno	Roy VanSlyke
Gail Domion	Lynne Marhaver	Jack Whittaker
Joanne Favat	Carol Mocko	



Kathleen Picotte was a generous benefactor who embodied the mission of Catholic Charities through a concern for the vulnerable, a spirit of generosity, and a passion for combating poverty through education and job training. To honor her memory, an award is given annually to a program within Catholic Charities which has met current challenges in its own creative, innovative, and unique manner, while continuing to prioritize the mission and those we serve.



Consider joining this wonderful team by signing up to be a volunteer today!

315-894-9917 or cscaparo@ccherkimer.org

2024 Office for the Aging Awards

Person of the year: Eileen Manno

Eileen Manno resides in Frankfort, NY with her husband Peter. Her time and talents to our community are so very deserving of this recognition.

A life long New Yorker, Eileen began her career as a licensed practical nurse. She continued in that position until 1991 and began working for Slocum Dickson Medical Group fitting hearing aids. She then retired in 2007.

Eileen started with RSVP of Catholic Charities in October of 2007 by volunteering at the Frankfort/Illion Food Pantry, and shortly after she began to volunteer with the Food Sense program. Sixteen years later and she is still actively volunteering for these programs.

In 2012, she began serving on the Herkimer County Office for the Aging Advisory Council and she has been a constant supporter until her recent retirement from the council in 2023. Eileen and Peter participated in the OFA Spring Clean-Up program, which involved helping older adults rake and clean their yards. Eileen and Peter attended many Public Hearings and many other events the OFA sponsored. Eileen believed in the OFA programs and did everything possible to support the staff at the OFA and promote their services.

Over the years, she has spent countless hours



working to make our community a better place. She has a strong faith and has volunteered with her church including being a part of the Amen Choir, providing assistance with accounting, and teaching religious education.

Eileen has touched many lives throughout her career and volunteerism. She does it all from the kindness of her heart and expects nothing in return! We are grateful for all you have done—Thank you!



Outstanding Contribution: Charles Brockett

Charles “Charlie” Brockett is a life long resident of Dolgeville, NY with his wife Cheryl. He has a long standing record of volunteerism within the community, stretching back 35 years.

Charles began his career in 1969 in elementary education, and transitioned into the role of a Guidance Counselor at Dolgeville Central School for over 30 years. He helped to shape the lives of thousands of young people during his tenure. During his summers, he has worked road construction and has been a counselor for the Summer Youth Program.

Charlie coached the Dolgeville modified boy’s basketball team and Little League for 10 years. Charlie believes that it is very important to support young people and help to develop their skills and build self esteem and competency.

Charlie’s contributions to the community at large are many; including assisting with activities supporting the Little Falls Canal Days Bike Race; The Kuyahoorra Kickers, the Mohawk Valley Bicycle Club, the Adirondack 46rs, and the Dollar for Scholars program. Charlie believes in being physically active and he has participated in road races and bicycle races that support community nonprofits. He has also ran the famous “Boilermaker Road Race” for over 25 years.

Additionally, Charlie has been an active member of the Herkimer County Youth Bureau’s Advisory Board since 1997, and has supported the Youth Bureau in screening applications for funding and providing guidance to the Board as Chairperson. He has been an outstanding member of this community and a role model in the lives of young people, as well as providing a positive influence on those around him.

Charlie is an instrumental person in his community and his continued commitment to the various organizations he has volunteered deserves recognition! Thank you!



Wellness Initiative for Senior Education News

The WISE program has recently welcomed Crystal Napier as the new WISE Coordinator. Crystal and Hannah will be partnering to facilitate all of the free WISE Programs throughout Herkimer County. Please give Crystal a warm welcome, and check out what she has to say about joining the WISE Program staff!

Question: Tell our readers a little about yourself.

Answer: I have worked in the healthcare field for the last 14 years. I have also been involved in several volunteer positions over the years. One I currently am involved with, and dearest to my heart, is The Dolgeville Violet Festival. I have been parade coordinator for 10 years and President of the Festival since 2018. I am a big believer in helping your local community. When I have free time, I love experimenting in different art forms.

Q: Which WISE Lesson are you most looking forward to facilitating?

A: Out of the 6 lessons, I am most looking forward to Lesson 6: An Enhanced Quality of Life. I think society has a stigma about aging and how it is inevitable that your quality of life

will deteriorate as you grow older. I look forward to helping people understand that this is not the case, and that no matter what stage of life you are in, there is always something to look forward to and enjoy life as much as you possibly can.



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 include stress management, substance misuse, medication safety, health & wellness, and depression. Call us today for an opportunity to engage with your peers as you take charge of your health!

315-894-9917 x233 or x259

For upcoming program start dates, go to:

www.wiseherkimercounty.org

October 26th, 2024 is National Prescription Take Back Day

This day aims to provide safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for misuse of medication.

In addition to special events being held this day you can always dispose of your medications at one of these RX Drop Box Locations:

Dolgeville Police Dept. 41 N. Main St. Dolgeville [Call outside first] (24hrs/7days a week)

Frankfort Town Hall 201 3rd Ave. Frankfort [Call outside first] (9am-4pm)

Herkimer Police Dept. 120 Green St. Herkimer (24hrs/7days a week)

Ilion Police Dept. 55 1st St. Ilion (24hrs/7days a week)

Little Falls Police Dept. 659 E. Main St. Little Falls (8:30am-4pm)

Mohawk Police Dept. 28 Columbia St. Mohawk (24hrs/7days a week)

Herkimer Sheriff's Office 320 N. Main St. Herkimer (8am-5pm)

Town of Webb Police Dept. 3139 NY-28 Old Forge (24hrs/7days a week)

For **National Prescription Take Back Day**, not everyone can get out to dispose of their medication safely. Under no circumstances should you be flushing your medications or simply throwing them away in your garbage. There is a new solution to disposing of old, unwanted, and unused medication without having to leave your home, and the best part is that the WISE Program is happy to provide them for free!

The solution: **Deterra bags**. These bags can dissolve and destroy up to 90 pills each. All you need to do is add water, shake it to deactivate the medication, then throw the bag into the garbage!

If you or someone you know is interested in receiving free Deterra bags, please reach out to the WISE program of Catholic Charities of Herkimer County:

315-894-9917x233
or **x259**



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

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

Maximum gross monthly income guidelines for SNAP Effective Oct. 1st, 2024-Sept. 30th, 2025

Household Size	Under 60/ Nondisabled Household w/o Earned Income (130% FPL)	Under 60 /Nondisabled Household with Earned Income (150% FPL)	Household with Disabled Person, or Senior (60+), or Household Paying for Child or Adult Care (200% FPL)
1	\$1,632	\$1,883	\$2,510
2	\$2,215	\$2,555	\$3,407
3	\$2,798	\$3,228	\$4,303
4	\$3,380	\$3,900	\$5,200
Each add'l member	+\$583	+\$673	+\$897

To find out if you, or someone you know, may be eligible for SNAP, call the Nutrition Outreach and Education Program (NOEP) In Herkimer County. Contact NOEP at Catholic Charities of Herkimer County at **315-894-9917 ext. 235** or Toll free 1-877-304-0944

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

December Wellness Bingo

December can be a tough time of the year for some, so it's important to practice wellness in as many ways as possible. If you're up for a challenge, try to get "BINGO" before December ends! As you complete different tasks, cross them off, and if you get five in a row horizontally, vertically, or diagonally, you win!

<p>GIVE SOMEONE ELSE A GIFT</p> 	<p>DANCE TO HOLIDAY MUSIC</p> 	<p>LET GO OF AN OLD HABIT</p> 	<p>CREATE HOMEMADE DECORATIONS</p> 	<p>TRACK YOUR WATER INTAKE</p> 
<p>WATCH A HOLIDAY SHOW</p> 	<p>DO A RANDOM ACT OF KINDNESS</p> 	<p>GET 10,000 STEPS IN A DAY</p> 	<p>BAKE COOKIES</p> 	<p>MAIL SOMEONE A LETTER</p> 
<p>PRACTICE BREATHING EXERCISES</p> 	<p>SHOP AT A SMALL BUSINESS</p> 	<p>FREE SPACE Happy Holidays!</p>	<p>SNUGGLE UP IN A BLANKET</p> 	<p>WRITE A RESOLUTION FOR 2025</p> 
<p>SIT BY A FIRE</p> 	<p>GET YOURSELF A SMALL GIFT</p> 	<p>READ A CHAPTER OF A BOOK</p> 	<p>VOLUNTEER YOUR TIME</p> 	<p>BE PRESENT</p> 
<p>MAKE A GINGERBREAD HOUSE</p> 	<p>JOURNAL YOUR FEELINGS</p> 	<p>WATCH A HOLIDAY MOVIE</p> 	<p>HAVE A COZY DAY</p> 	<p>CLEAN AN AREA OF CLUTTER</p> 

Making Self-Care a Priority

By Angela Perry

- Create a non-negotiable routine in the morning
- Prioritize sleep and healthy nutrition
- Face unresolved issues instead of avoiding them and then trying to sooth and distract yourself later
- Doing the hard work of setting boundaries and saying “NO” when needed
- Loving yourself and giving yourself compassion and grace
- Compassionately accepting yourself and your limitations for who you are instead of burning yourself out trying to be everything to everybody
- Forgiving, letting go and accepting what you can’t change or control

Volunteers Needed!

The OFA has a new volunteer opportunity in Herkimer. Volunteers would help package meals for the meals on wheels program. For more information, please reach out to the OFA at:

315-866-1121

Herkimer County OFA Senior Christmas Giving 2024

Starting December 2nd, the tree will be up at the OFA office. Please come in and pick a tag for a senior who needs that little extra spirit this upcoming holiday season!

If you can’t come pick a tag, you can always make a donation instead! Donations can be sent to:



Herkimer County Office for the Aging

109 Mary St., Suite 1101

Herkimer, NY 13350

315-866-1121



If you know a senior who is not likely to receive a gift this year, please call the OFA with their name, address, and phone number to be added to the tree.

Holiday Dinners

Ham and Potato Casserole

Serves: 4

- 1/2 pound russet potatoes, peeled and diced
- 2 tbsp. butter, divided
- 1 garlic clove, minced
- 1 cup diced ham
- 1/2 cup frozen peas
- 1 tbsp. flour
- 1 cup milk
- 1/2 cup low-sodium chicken broth
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 cup shredded cheddar cheese



Step 1: Preheat oven to 350F.

Step 2: Boil diced potatoes for 5-7 minutes, until fork tender but still a bit firm, then drain.

Step 3: In a large pan, melt 1 tbsp. butter at medium heat. Cook the minced garlic for 1 minute.

Step 4: Add cooked potatoes, diced ham, and frozen peas to the pan. Mix well and transfer to a 9x6-inch casserole dish.

Step 5: In the same pan, melt the remaining butter, whisk in flour, then gradually add milk and chicken broth. Stir in black pepper and shredded cheddar until smooth.

Step 6: Pour cheese sauce over the potato mixture in the casserole dish. Top with remaining shredded cheddar.

Step 7: Bake for 10-15 minutes or until bubbly and cheese is lightly browned. Store leftovers in an airtight container for 3-4 days.

Cranberry Meatballs

Serves: 42 Meatballs

Meatballs:

- 2 pounds ground beef
- 1 tsp. fresh parsley, chopped
- 1 tbsp. soy sauce
- 1/2 tsp. garlic salt
- 2 tbsp. chopped onions
- 1 cup quick-cooking oats, uncooked
- 2 eggs, beaten
- 1/4 tsp. pepper
- 1/3 cup ketchup

Cranberry Sauce:

- 1 can (14 ounces) jellied cranberry sauce
- 1 bottle (12 ounces) chili sauce
- 1/2 cup brown sugar, packed
- 1 tbsp. lemon juice

Step 1: Preheat oven to 350F.

Step 2: Next, in a large bowl, combine all of the meatball ingredients. Mix with a fork until well combined.

Step 3: Then, roll into 2-inch balls and arrange the balls on a shallow baking pan.

Step 4: Bake for 25 minutes. When done, drain off any excess grease.

Step 5: In a small bowl, prepare the cranberry sauce by whisking all of the ingredients together until smooth.

Step 6: Spoon the sauce over the meatballs and bake for an additional 15 minutes. Serve the meatballs warm.



Holiday Desserts

White Chocolate Cherry Shortbread Cookies

Serves: 60

- 1/2 cup maraschino cherries, drained and finely chopped (save the liquid)
- 2 1/2 cups flour
- 1/2 cup sugar
- 1/2 tsp. salt
- 1 cup unsalted butter, cold and cubed
- 12 ounces white chocolate, finely chopped
- 1/2 tsp. almond extract
- 2 drop red or purple food coloring
- 2 tsp. shortening
- White nonpareils and colored sanding sugar

Step 1: Preheat oven to 325F.

Step 2: In a large bowl, combine flour, sugar, and salt. Using a pastry blender (or potato masher), cut in the butter. Continue cutting until the mixture resembles fine crumbs.

Step 3: Stir in the chopped cherries, 2/3 cup of chopped white chocolate, and almond extract. Add food coloring, if desired. Knead the mixture

until it forms a ball. If the mixture is too dry and crumbly, use some of the reserved cherry liquid to help bring it together.

Step 4: Shape the dough into 3/4-inch balls. Place balls two inches apart on an ungreased cookie sheet. Using the bottom of a drinking glass dipped in sugar, flatten the balls to 1 1/2 inch rounds.

Step 5: Bake for 10-12 minutes, or until the centers are set. Allow to cool for about a minute on the cookie sheet, then transfer to a wire rack to cool completely.

Step 6: In a double boiler, combine the remaining 8 ounces of white chocolate and the shortening.

(Alternatively, melt the combination in a microwave safe bowl in 20 second increments until smooth). Dip half of each cookie into the chocolate. Then, roll the dipped edge into your nonpareils and/or colored sanding sugar. Allow the cookies to cool on wax paper until the chocolate is set.



Pumpkin Pie Cheesecake Balls

Serves: 20

- 1 8oz block light cream cheese, softened
- 1/3 cup pumpkin puree
- 10 graham crackers, crushed finely
- 1/2 cup powdered sugar
- 2 tsp. pumpkin pie spice
- Pinch of salt
- 1/2 tsp. vanilla
- 2 cups white chocolate
- 1 tbsp. coconut oil
- Extra crushed graham cracker for topping



Step 1: In a food processor, blend graham

crackers until fine crumbs.

Step 2: In a large bowl, mix together softened cream cheese, pumpkin, crushed graham crackers, and powdered sugar.

Step 3: Once mixed, add in pumpkin pie spice, salt, and vanilla.

Step 4: Freeze for 1 hour. If it still seems too soft, add in two more crushed graham crackers.

Step 5: Roll into balls (about 20) and freeze for another 30 minutes.

Step 6: Melt your chocolate and coconut oil together in the microwave for 30 second increments, stirring in between each one.

Step 7: Once melted, coat each ball in white chocolate. Top with extra crushed graham crackers. Store in fridge.

Volunteer Birthdays

October	November	December
1 Diane L. Bard	1 Emily Sokol	1 Danielle Bernard
5 Beverly L. Findura	2 Judith VanDuren	5 Linda Edick
7 Susan Martin	4 Ida Oliveri	7 Lynne Marhaver
8 Josephine Bates	6 Norlee Hyde	11 Judy Foley
11 Angela Thurston	7 Stephanie Michaud	14 Patti Laymon
13 Robert Bishop	8 Alice Peterson	17 Ruth McKenna
13 Darlene Paul	10 David Sellers	18 Shirley Drake
13 Stephen Staruch	11 James Spinner	19 Helen M. Maksymicz
16 Jeanette Frederick	14 James Kramas	20 Geoffrey Horan
17 Robert McGraw	16 Shawn Latella	23 Kathryn A. Bacher
18 Geanethel Denard	22 Shawn Curtis	28 Sharon Berger
18 Jean Mihevc	22 Gloria Fryer	28 Elaine Ruggiero
18 Julia Olimpo	22 Mary Jane O'Donnell	30 Louise Carney
21 Nancie Carmody	23 Teresa Frye	30 Eric Roesler
26 Eileen P. Manno	23 Mary(Patty) Loiacano	
26 Gail Royce	23 Edward Schrader	
28 Carmelita Maddocks	24 Genevieve Fenton	
	24 Joseph Joy	
	24 Carol Mocko	
	24 Sharon Perry	
	25 Patricia Sokol	
	28 Barbara Ball	

Halloween Riddles:

1. I have hundreds of ears, but I can't hear a thing. What am I?
2. What can you use to fix a hole in your pumpkin?
3. I'm a ball, but I can't be kicked, thrown, or tossed. What am I?
4. What do you call a werewolf with a fever?

Thanksgiving Riddles:

5. Why didn't the turkey eat dessert?
6. If April showers bring May flowers, what do May flowers bring?

Christmas Riddles:

7. Where does Christmas come before Thanksgiving?
8. What kind of bug hates Christmas?
9. What do you call a reindeer with three eyes?
10. What is Santa's favorite candy?

Can you solve these holiday riddles? Answers on the back page!

Just for Fun!

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

How much did Santa pay for his sleigh?

Nothing, it was on the house!

What do you get when you cross a snowman with a vampire?

Frostbite!

What do you call an old snowman?

Water.

Word List

Feast
Cranberry
Pumpkin
Thankful
Harvest
Family
November
Tradition
Pie
Leftover
Table
Gravy
Gratitude
Turkey
Stuffing

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

OFA's Blooming Health

Have you signed up yet? OFA's "Blooming Health" is the easiest way to stay up to date on all the events and important information from the OFA you need to know!

The messages can either be sent to your home phone with a voice message, a text message to your cell phone, or an email, you get to decide.

If you're ready to sign up, it's easy! Just provide your name, phone number/email, language, and your preference of communication type. Once you provide that information, you will begin receiving communications from Herkimer County Office for the Aging from one of the following numbers: 315-860-0271 and 315-860-0272

Questions? Ready to sign up?

Go to herkimercounty.org then Office for the Aging.

Or call the OFA at:

315-867-1121



1. A field of corn, 2. A pumpkin patch, 3. An eyeball, 4. A hot dog, 5. It was already stuffed!, 6. Pilgrims, 7. In the dictionary, 8. A humbug, 9. A reindeer, 10. Jolly Ranchers

Sharing the Spirit
61 West Street
Ilion, NY 13357

