

# Sharing the Spirit

April—June 2025

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



Wellness Initiative for Senior Education Graduates

Pg. 4

Check out our wellness bingo for mental health awareness month.

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Caregivers of Herkimer County, please fill out the OFA's survey!

Pg. 8

RSVP gears up for their 40th anniversary, including sharing some history.

## Director's Chair

Hello and Happy Spring-

Well, we made it through another winter— yay! This one reminded me more of the winters I experienced as a child. I can still remember my Dad shoveling a path to our swing set on Easter so my parents could get a picture of my brother and I with our Easter baskets. I hope you all had a Happy Easter and thankfully no one had to get their shovels out!

We are very busy in our office getting ready to celebrate our 40th Anniversary. 40 years and 1326 volunteers is so much to celebrate that we are having two events this year! Our Volunteer Recognition event will be held in the Fall and on June 25th we are having a special celebration to mark our anniversary and all that has been accomplished over the past 40 years. Please be on the look out for more information coming from your

volunteer station supervisors soon regarding our upcoming event. We hope to see you all there!

If you or someone you know is looking to volunteer we have several opportunities available, please give me a call at 315-894-9917 ext.236 I can't wait to hear from you!

Thank you RSVP volunteers for all you do— you make our world a better place!

Wishing you all good health and happiness, with much appreciation-

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  |                 |

#### Office for the Aging

|                            |              |
|----------------------------|--------------|
| Information/Transportation | 315-867-1121 |
| 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:

**April 18th:** Good Friday

**April 20th:** Easter

**April 22nd:** Earth Day

**April 26th:** National Rx Take Back

**May 3rd:** OFA Spring Clean Up

**May 5th:** Cinco de Mayo

**May 11th:** Mother's Day

**May 26th:** Memorial Day

**June 15th:** 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,  
109 Mary Street, Suite 1101  
Herkimer, NY 13350

**315-867-1121**

Catholic Charities of Herkimer County  
61 West St  
Ilion, NY 13357  
**315-894-9917**



## HIICAP News for Spring 2025

The 2025 Medicare Savings Program (MSP), income limits have been released. If your gross monthly income is under **\$2,446** for a single individual and **\$3,299** 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 **\$1,976** for singles (**\$2,664** 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 x252** to get your questions answered. Thank you!



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"*

### Test your Knowledge: True or False!

1. You have to renew your Medicare card, because it expires. **T / F**
2. Medicare will never cold call you. **T / F**
3. If you tell someone your Medicare number, it's not a big deal. **T / F**

*Find the answers on the next page! -->*

1. **False!** Your Medicare card will NEVER expire, so don't trust phone calls telling you that you need to renew your card. They are scams.
2. **True!** Unless you have reached out to Medicare first, or given them permission to contact you, Medicare will not call you out of the blue. If you are uncertain if a phone call is real, hang up and dial the phone number on your Medicare card.
3. **False!** Your Medicare number should be treated like your Social Security number, protect it.

**May is Mental Health Awareness Month:** For the month of May, try keeping track of your self care using this bingo card! See if you can complete a bingo, or even clear the whole card throughout the month.



| B  | I   | N  | G   | O   |
|--|---|--|---|---|
| Share a positive message with three people | Journal for three days                        | Make a new healthy recipe                                  | Eat a fruit or veggie at every meal               | Share a funny joke with someone           |
| Eat a healthy breakfast                    | Meditate three times a day for four days      | Ask someone what the best part of their day has been       | Drink eight glasses of water every day for a week | Try a new exercise                        |
| Do 15 minutes of light stretching          | Read a book 15 minutes a day for five days    | <b>FREE SPACE</b>  | Call someone you love                             | List five things you are grateful for     |
| Turn off social media and news for a day   | Walk for 15 minutes five days in a week       | Create something!<br>Color, knit, paint, cook, build, etc. | Write a letter to a loved one                     | Find a volunteer opportunity              |
| Do some spring cleaning                    | Take a free class online or learn a new skill | Spend some time in nature                                  | Aim to laugh five times in one day                | Sleep at least 7 hours a night for a week |

# Herkimer County Office for the Aging Caregiver Survey

1. Are you a caregiver?

☐ Yes

☐ No

2. Would you be interested in attending FREE Caregivers trainings?

☐ Yes

☐ No

2a. If yes,

☐ In person

☐ Virtual

3. What trainings would you be interested in?

☐ Understanding Alzheimer's

☐ Healthy Living Brain & Body

☐ Dementia Conversations-Doctors, Driving, Legal & Financial

☐ Empowered Caregivers-Foundations of Caregiving, Communicating effectively, Dementia behaviors

☐ Exploring supports & services

☐ Managing Money for caregivers

☐ Health & Wellness Training

4. Would you like attend a support group?

☐ Yes

☐ No

4a. If yes,

☐ In person

☐ Virtual

5. Any other comments, concerns, or other caregiver events that you would attend?

\_\_\_\_\_

\_\_\_\_\_

Please mail this survey to:

Herkimer County OFA  
109 Mary St., Herkimer NY 13350

**OR**

Scan the below QR code on your phone to take a digital version of this survey:



 **Save the Date!** 

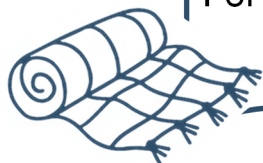
Herkimer County Senior Citizen's Picnic

**June 18th, 2025**

Herkimer County Fairgrounds

For more updates, check out the Herkimer County OFA's website:

[herkimercountyny.gov/departments/office-for-the-aging/](http://herkimercountyny.gov/departments/office-for-the-aging/)





# April is Alcohol Awareness Month



Alcohol effects people differently as we age. Some of the long term effects of alcohol use on an older adult include:



Weakens the  
immune  
system



Prevents  
proper  
nourishment



Impairs bone  
health



Weakens  
vital organs



Shrinks  
the brain



Causes  
weight gain



Disrupts  
sleep

If you, or someone you know, need help, don't hesitate to reach out to  
**1-877-8-HOPENY**(467369), toll free and confidential.

## Herkimer County Rabies Clinic Schedule

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

**June 25th 5:30-7PM @ Ilion-Frankfort VFW Pavilion**

**July 17th 5:30-7PM @ Danube Town Garage**

**August 21st 5:30-7PM @ Salisbury Fire Department**

**September 11th 5:30-7PM @ Cedarville Fire Department**

**October 2nd 5:30-7PM @ Little Falls Town Garage**

**November 15th 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**



## 2025 Intergenerational Spring Clean Up Volunteers Needed!




Saturday, May 3rd (Rain date: May 10th)

The OFA, Youth Bureau, and Working Solutions of Herkimer County are recruiting volunteers to participate in the 2025 intergenerational clean up that will support older adults residing in Herkimer, Little Falls, Mohawk, Ilion, Frankfort, Dolgeville, and Middleville. Clean up involves light yard work and light refreshments will be served.


If you're interested in volunteering, or want to learn more, contact Kelly at

**315-867-1371**

*"If you don't feel like making your own pesto, you can always buy it from the store, or support a local shop! I personally love Renaissance Pesto." -Hannah Napier*



### Recipes



#### Spring Pea Pesto Pasta Salad

- 1 lb small pasta shells
- 1 16 oz bag frozen peas, steamed and divided
- 2 cloves garlic, peeled and smashed
- 1 1/4 fresh basil, lightly packed
- 1/2 cup flat-leaf parsley, leaves and stems, lightly packed
- 1/2 cup freshly grated parmesan cheese
- 2 tbsp. lemon zest
- 1/4 cup lemon juice
- 1/4 cup and 2 tbsp. extra virgin olive oil
- 1/2 cup panko breadcrumbs
- 3 cups baby arugula, lightly packed
- 1 cup mozzarella pearls

**Step 1:** Boil a large pot of salted water. Cook the pasta until al dente. Drain, reserving 1/2 cup pasta water. Transfer the pasta to a large bowl, and set aside to cool.

**Step 2:** In a food processor, combine 1 1/4 cup peas with the garlic, basil, parsley, 1/4 cup parmesan, 1 tbsp. lemon zest, and 2 tbsp. lemon juice. Pulse until the pesto begins to come together. Scrape down the sides of the bowl with a rubber spatula. Slowly stream in 1/4 cup olive oil with the food processor running until the pesto is smooth. Season with salt and pepper, then transfer the pesto to the bowl of pasta. Toss together, adding the reserved pasta water 1-2 tbsp. at a time if necessary to thin.

**Step 3:** In a nonstick pan over medium heat, drizzle olive oil. Add panko breadcrumbs, stirring often, until lightly golden and toasted (3-5 minutes). Transfer to a small bowl, add 1 tsp lemon zest, and 1/4 cup parmesan cheese.

**Step 4:** Add to the pasta the remaining peas, arugula, mozzarella, as well as 2 tsp lemon zest, 2 tbsp. lemon juice, and a good drizzle of olive oil, then stir. Taste and adjust the seasoning as necessary, then serve with sprinkles of lemon-parmesan breadcrumbs.

## Save the Date!

RSVP is proud to be celebrating our 40th anniversary. Coming up on June 25th, we will be hosting a special recognition event for this milestone. Current volunteers with RSVP please keep an eye out for an invite in the near future, we look forward to celebrating with you all!

## History of RSVP

Through our research and preparation for this 40th anniversary event, we have uncovered lots interesting information about the history of RSVP in Herkimer County. For example, the attached news article is from 1985, and it announces the beginning of RSVP as a program at Catholic Charities! At the time, Catholic Charities of Herkimer County was known as Catholic Family and Community Services of Herkimer County. It wasn't until 1997 that the organization officially changed their name to Catholic Charities of Herkimer County, to reflect the growth and expanded mission of the agency.

We can't wait to share even more of the history of RSVP with you all during our 40th anniversary celebration!



### Local program

#### gets federal funding

WASHINGTON — A program designed to give senior citizens in Herkimer County the chance to work as volunteers in their own communities has received necessary federal funding, Rep. David O'B. Martin has announced.

A Retired Senior Citizen Volunteer Program (RSVP) grant has been approved by the federal agency ACTION and will be administered by the Catholic Family and Community Services of Herkimer County, in Herkimer. The \$27,759 award covers the period from July 1, 1985 through June 30, 1986.

RSVP gives individuals over the age of 60 the chance to become community volunteers. The national program places volunteers in jobs related to their areas of interest and expertise, and volunteer work is conducted typically in hospitals, libraries, and schools.

"This is one of the most cost-effective programs the federal government is involved in," Rep. Martin said in announcing the funding approval.

## Welcome to our new RSVP volunteers!

Elizabeth Pritchard Sandra Windecker

Frances Rudwall



AmeriCorps  
Seniors





# National Prescription Take Back Day: April 26th, 2025

National Prescription Take Back 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 the RX Drop Box Locations found here:

<https://www.mvprc.com/safe-disposal-sites>

According to a survey done in 2019 by the National Survey on Drug Use and Health,

*"I've been following someone on social media who has started a series of disability-friendly recipes, meaning you don't have to stand, chop, or use a stove. Hopefully this is helpful to someone!" -Hannah Napier*



51% of youth are obtaining the prescription drugs they misuse through friends and family. Of that 51%, 20% of them either bought or stole the drugs from a relative or friend. It is important to be aware of where you store your medicine, and if any visitors in your home could steal it.

For more information on medication safety, consider signing up for a free Wellness Initiative for Senior Education (WISE) Program near you!

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

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

The WISE Program can also provide free Detera bags, which are an easy and safe method to dispose of medication at home.



## Recipes

### Disability-Friendly Pot Roast

- 2-3 lb chuck roast
- 1 pack au jus
- 4-6 garlic cloves
- 1 1/2 cups frozen sliced onions
- 3/4 red wine (can be subbed with broth)
- 1 1/2 cups beef broth
- 1 1/2 lb baby or fingerling potatoes
- 1 lb baby carrots
- 1 tsp Worcestershire sauce
- 1 chicken bouillon cube
- 2 bay leaves
- 1 tbs garlic powder
- 1 tbs onion powder
- 1 tsp cayenne pepper
- Salt + pepper to taste

### Step 1:

Rinse chuck roast, or simply pat dry. Place chuck roast in the crock pot, add au jus, garlic cloves, frozen onion, red wine, and beef broth. Cover and cook on low for 2 hours, or high for 1 hour.

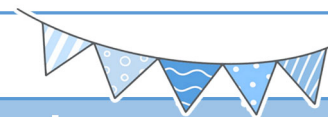
### Step 2:

Flip the roast, then add washed potatoes, carrots, and all of the seasonings. Stir well and continue cooking on low for 6-8 hours, or on high for 3-4 hours, or until beef is tender and potatoes and carrots are softened.

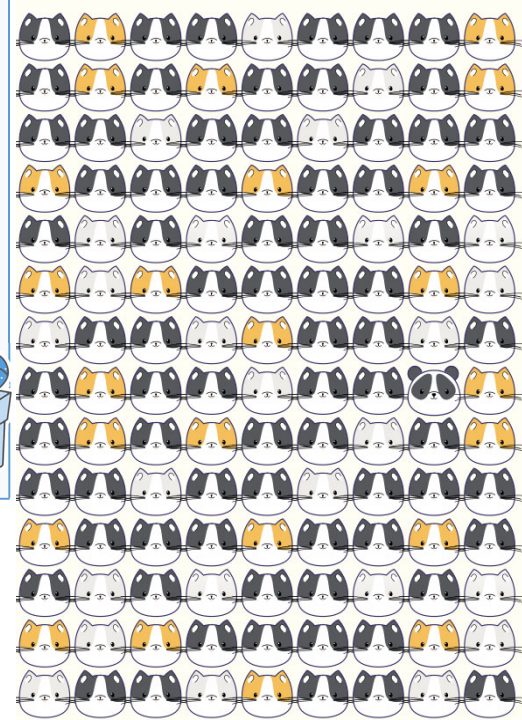
### Step 3:

Pull apart the beef with tongs, it should fall apart easily when fully cooked, and enjoy!

# Volunteer Birthdays



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



Can you find the 1 panda?

**Rebus Puzzles: Can you guess the words and expressions?**

*Answers on the back!*

1. 

give get  
give get  
give get  
give get

2. 

VA DERS

4. 

ABCDEFGHIJKLM  
NOPQRSTUVWXYZ

3. 

TRY STAND  
2

5. 

LE  
VEL

6. 

L  
O  
V  
E

How can you tell the weather  
is getting warmer?

**Just for Fun!**

*There's a Spring in people's steps!*

### Spring Word Search

**BLOSSOM**

**BUGS**

**FLOWERS**

**RAIN**

**MUD**

**EGGS**

**NEST**

**CHICK**

**WORMS**

**GRASS**

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

### Easter Egg Hunt!

Throughout this edition of Sharing the Spirit, these 15 eggs are hidden! Can you find them all? Check them off on this page as you find them!



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

## 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.

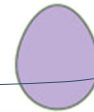
If you're ready to sign up, it's easy! Just provide your name, phone number/email, language, and your preference of communication type. Once you provide that information, you will begin receiving communications from Herkimer County Office for the Aging from one of the following numbers: 315-860-0271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

Questions? Ready to sign up?

Go to [herkimercounty.org](http://herkimercounty.org) then Office for the Aging.

Or call the OFA at:

**315-867-1121**



*1. forgive and forget, 2. space invaders, 3. try to understand, 4. missing u, 5. split level, 6. falling in love*

Sharing the Spirit  
61 West Street  
Ilion, NY 13357

