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## What You Should Know About Medicare & In Home Care

Article contributed by the Medicare Rights Center

### Types of home health care that Medicare will pay for

If you qualify for the home health benefit, Medicare covers the following types of care if a doctor states that such services are needed:

- **Skilled nursing services and home health services** provided up to seven days a week for no more than eight hours per day and 28 hours per week (Medicare can cover up to 35 hours in unusual cases).
- Medicare pays in full for **skilled nursing care**, which includes services and care that can only be performed safely and effectively by a licensed nurse. Injections (and teaching patients to self-inject), tube feedings, catheter changes, observation and assessment of a patient's condition, management and evaluation of a patient's care plan, and wound care are examples of skilled nursing care that Medicare may cover.
- Medicare pays in full for a home health aide if you require skilled services. A home health aide

provides personal care services including help with bathing, using the toilet, and dressing. If you **ONLY** require personal care, you do **NOT** qualify for the Medicare home care benefit.

- **Skilled therapy services.** Physical, speech and occupational therapy services that can only be performed safely by or under the supervision of a licensed therapist, and that are reasonable and necessary for treating your illness or injury. Physical therapy includes gait training and supervision of and training for exercises to regain movement and strength to a body area. Speech-language pathology services include exercises to regain and strengthen speech and language skills. Occupational therapy\* helps you regain the ability to do usual daily activities by yourself, such as eating and putting on clothes. Medicare should pay for therapy services to maintain your condition and prevent you from getting worse as long as these services require the skill or supervision of a licensed therapist, regardless of your potential to improve.

.....Continued on page 3

**\*Director's Chair\***

This month the Retired and Senior Volunteer Program will celebrate 30 years of service in Herkimer County! Our volunteers continue to step up to the challenges facing our local communities. Our RIDE volunteers covered over 69,513 miles in 2014, transporting 1,516 seniors to their medical appointments. RSVP HIICAP volunteer counselors and staff served 2,850 seniors last year, helping them with billing issues, prescription and medical coverage, and low-income subsidy applications. Our dedicated RSVP food pantry volunteers served over 491,273 meals to over 11,605 Herkimer County households, helping these low-income families get the food they need to feed their families. Kateri's Thrift Shop volunteers and staff assisted 3,537 needy families with clothing and household items. Our young people were not forgotten in our volunteer efforts! *America Reads* volunteers worked with 36 elementary school children last year, helping them to gain the confidence and skills necessary to succeed in their studies. Numerous other RSVP volunteers served at congregate meal sites, blood drives, advisory councils and boards, companions to the homebound, assisted with fundraisers, worked as program assistants for non-profits, and used their skill to make baby bonnets and blankets for infants in the local hospitals. These figures represent only *one year* of community service...how many people were helped...how many lives were touched. Now multiply that by 30 years and you can easily see why I am *so proud* and *so grateful* to each of our amazing volunteers!

I have had the pleasure of serving as the RSVP Program Director for 21 of the 30 years RSVP has been in Herkimer County. I have learned so much...not just about programming and budgets and policies and procedures. I have been taught, by those in the trenches, the meaning of 'heart' and sacrifice and caring beyond belief. So that is why I feel it is time to get on the other side of the table. As of July 1<sup>st</sup>, I will no longer serve as the Program Director, as I will be retiring. Instead, I will have the privilege of continuing with direct service as a HIICAP counselor and a RSVP volunteer expanding HOPE Ministries.

Thank you for all that you do; for all that you have taught me. I look forward to working with you, and may God bless each one of us as we move forward together putting our faith and our love in action.

Gratefully, Lydia Sexton Program Director

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<b>We thank all of you who made a donation toward the cost of the Sharing the Spirit for the Jul-Sep 2015 edition:</b>	
<b>Carol Waghorn</b>	

***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, Herkimer, NY 13350 315-867-1121*

- **Medical social services.** Medicare pays in full for services ordered by your doctor to help you with social and emotional concerns you have related to your illness. This might include counseling or help finding resources in your community.
- **Medical supplies.** Medicare pays in full for certain medical supplies provided by the Medicare-certified home health agency, such as wound dressings and catheters needed for your care.
- **Durable medical equipment.** Medicare pays 80 percent of its approved amount for certain pieces of medical equipment, such as a wheelchair or walker. You pay 20% coinsurance (plus up to 15% more if your home health agency does not accept "assignment"—accept the Medicare-approved amount for a service as payment in full).

\*If you only need occupational therapy, you will not qualify for the Medicare home health benefit. However, if you qualify for Medicare coverage of home health care on another basis, you can also get occupational therapy. When your other needs for Medicare home health end, you should still be able to get occupational therapy under the Medicare home health benefit if you still need it.

### **Types of home health care Medicare will not pay for**

Medicare's home health care benefit is limited. Medicare does not cover many home care services. Medicare home health care **does not** cover:

- **24-hour a day care at home**
- **Prescription drugs**
  - To get Medicare drug coverage, you need to enroll in a Medicare Part D plan. You can choose a stand-alone Medicare private drug plan (PDP), or a Medicare Advantage plan with Part D coverage (MA-DP).
- **Meals delivered to your home**
- **Homemaker or custodial care services** (i.e. cooking, shopping, laundry)
  - **Unless** custodial care is part of the skilled nursing and/or skilled therapy services you receive from a home health aide or other personal care attendant.

The Medicare hospice benefit may pay for some of these items and services for people at the end of life.

The East Herkimer Senior Citizens will meet every Wednesday at 1p.m, in the East Herkimer Fire Station. After a brief meeting, those in attendance are welcome to an afternoon of refreshments, friendship, and activities such as cards and Mah Jongg. Interested individuals or groups may simply attend a meeting. Everyone from surrounding villages are always welcome.





## 12 Tips to Protect Yourself from Health Care Fraud

**37% of Americans aged 62 –75 ranked fear of fraud ahead of concern for health crises and terrorism!**

Health care fraud is not just about losing money, it can make you sick or hurt you. From unsafe drugs sold on the Internet as a “cure” for cancer, to wheelchair billing plots that try to bilk consumers and Medicare out of millions of dollars for unneeded or improper equipment, health care fraud is everyone’s concern!

Health care fraud, errors and abuse costs the US between \$80 and \$160 billion a year. \$1 of every \$10 spent on public insurance programs like Medicare and Medicaid is lost to fraud. Health care fraud causes big financial problems for you as well- the most recent estimate is that consumers themselves lose more than \$10 billion each year to health care fraud.

### **Don’t Be a Victim!**

Consumers like you play a big role in the fight against health care fraud by reporting errors and possible fraud. Law enforcement is important, but the best protection comes from preventing people from being cheated in the first place. There are 12 simple steps you can take to protect yourself and your family.

**Take Action– post the 12 *Tips to Protect Yourself* on your refrigerator and use them as a daily checklist to make sure you are keeping your personal information and health safe.**

Everyone pays the price for health care fraud, errors and abuse, through higher insurance payments, increased costs for medical services and equipment, and greater expenses for Medicare and Medicaid. But more importantly, lives are at stake.

*To learn more about how to protect yourself or join in the fight against fraud, contact your local Senior Medicare Patrol (SMP) project. They can provide information and help with identifying or reporting health care fraud.*



Toll Free: 877.808.2468

Web: [www.smpresource.org](http://www.smpresource.org)

**The Center of Service & Information for Senior Medicare Patrol Projects**

*Funding Support in part by the US Administration on Aging*

## [ 12 Tips to Protect Yourself from Health Care Fraud

1. Only visit your personal doctor, hospital or clinic for medical help. Only they should make referrals for special equipment, services or medicine.
2. Never show anyone your medical or prescription records without first talking to your doctor or pharmacist.
3. If someone calls and tries to threaten or pressure you into something – simply hang up the phone.
4. If someone comes to your door and says they are from Medicare or some other health care company shut the door... *It's shrewd to be rude!*
5. Do your homework and talk to your health care provider before buying or investing in internet “cure-all” or “miracle” products or services.
6. Don't keep mail in your mailbox for more than one day. People steal personal information right out of your mailbox.
7. Rip up or shred your Medicare or other health care papers and other important documents before throwing them away. *Crooks go through the trash!*
8. Treat your Medicare & Social Security numbers like credit cards. If someone offers to buy your Medicare or social security number, **don't** do it...it's simply not worth it.
9. Remember that “Medicare” doesn't sell anything.
10. Follow your instincts—if it seems too good to be true, it usually is!
11. If you suspect an error, fraud or abuse related to health care, gather the facts and report it.
12. **ALWAYS** read your Medicare Summary Notice (MSN) or health care billing statement. Your Medicare Summary Notice is the piece of mail stamped “This is Not a Bill” that comes in after you get medical care.

Look for three things on your billing statement:

- Charges for something you didn't get
- Billing for the same thing twice
- Services that were not ordered by the Doctor



## Exercise Daily

### Before you begin, ask your doctor which exercises are best for you.

Do one or two simple balance exercises daily. Wear sturdy, well-fitting, flat-soled shoes with room to wiggle your toes.

Stand at your kitchen sink or a sturdy support so you can take hold to steady or recover your balance if needed while doing exercise.



For more information, contact Office For the Aging at (315) 867-1415

### ONE-LEGGED STAND



#### ◆ Easy Level:

Stand on one leg for up to 10 seconds.

Repeat 3-6 times for each leg.

#### ◆ Moderate Level:

Stand on one leg and very slowly swing the other leg forward and backward while maintaining your balance.



### TAI CHI WALKING

#### ◆ Walking sideways:

Very slowly step sideways bending your knees and lifting your foot as if you are stepping over something. Land gently: 2-3 steps one way then the other. The slower, the better.

#### ◆ Walking forward and backward:

Turn to the side and very slowly take a few steps forward, then backward. As you step, lift your foot as if stepping over some thing. REPEAT.

# Here's to Healthy Living

We are proud to support the  
**Herkimer County Office for the Aging and RSVP.**

[www.cdphp.com](http://www.cdphp.com)



**A plan for life.**

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits, Inc.



## Farmers Market Coupons

### 2015 Distribution Centers

**Fri. July 24** - 2pm-4pm: Old Forge Farmers Market, Park Ave., Old Forge

**Sat. July 25** - 9am-Noon: Little Falls Farmers Market, Albany St., Little Falls

**Mon. July 27** - 9am-Noon: Parkside Courts, 53 S. Main St., Dolgeville

2pm -3:30pm: Corey Hose Company, 41 N. Main St. Middleville

**Tues. July 28** - 9am - Noon: Rockton Plaza, 550 E. John St., Little Falls

1 pm– 3:30 pm: Valley View Courts, E. Monroe St., Little Falls

**Wed. July 29** - 9am-Noon: Litchfield Manor, 402 S. Litchfield St., Frankfort

1pm-5pm: Mohawk Farmers Market, Wellers Park Main St. Mohawk

**Thurs. July 30** - 9am-Noon: London Towers, 100 W. Main St. Ilion

1pm-3:30pm: Prindle Apartments, 80 E. North St., Ilion

**Fri. July 31** - 9 am-Noon: Scott House, 56 South St., West Winfield

**Tues. Aug. 4** - 9am-Noon: Midtown Apartments, 315 N Prospect St., Herkimer

9am-Noon: Schuyler Firehouse, Newport Rd. Newport

1pm-3:30pm: Galinsky Apartments, 105 Protection Ave, Herkimer

**Fri. Aug. 7** - 10am-2pm Senior Expo, Methodist Church, 127 Prospect St. Herkimer



**Office for the Aging**  
**Senior Citizen of the**  
**Year 2015:**  
**LaVergne McMurray**



Picture to the right is Sue Quackenbush (daughter), Steve McMurray (son), & Kathy Fox (director of OFA)



**LaVergne McMurray** was an incredibly gifted and generous individual. His love of music, children, and the community was evidenced by the numerous activities he had been involved in through the years, especially upon retiring.

“Mac” attended SUNY Fredonia where he graduated with a degree in Music Education. Prior to entering the workforce, he served in the Korean Conflict with the US Army. LaVergne settled in Frankfort after receiving an honorable discharge from the service.

“Mac” was employed by the Frankfort Schuyler Central School district where he spent more than 41 years teaching music to three generations of students.

On June 20, 1959, LaVergne married Eleanor Jane Knox from Frankfort. The couple had three children: Susan of Rochester, Melinda of West Chester, PA, and Steven of Frankfort. Presently they also have five grandchildren. Eleanor taught Reading in the same school district as “Mac”. Sadly, LaVerge became a widower in 1988. He then began to dedicate himself even more to community service.

LaVergne had been a member of numerous community organizations including the Frankfort Kiwanis, where he served as a President and then Secretary. He had served

on the Board of Directors for the American Red Cross, the Frankfort Free Library, and the Mohawk Homestead. He had served on the Office for the Aging on their Advisory Council as well as through their meals on wheels program. He had worked in the Frankfort/Ilion Food Pantry and Catholic Charities Food Sense Program. He was a past member of the Oak View Cemetery Association. “Mac” provided senior assistance through the local chapter of the AARP, and medical transportation through the RIDE program. Most recently, LaVergne had served as a tutor at the Frankfort/Schuyler Elementary School through the America Reads Program. Here his love for children and learning became evident. “Mac” had been an RSVP volunteer since 1996, and had donated 2,368 volunteer hours through this program alone.

LaVergne had been very active in his local church. For many years he had served as choir director for the Frankfort United Methodist Church, as well as on the Board of Trustees and various other administrative posts. He had used his musical talents for fundraisers for Habitat for Humanity, as well as to cheer the residents at Herkimer’s Folts Home.

In 2012, the Herkimer County Legislature proclaimed October 18, 2012 “LaVergne McMurray Day” in Herkimer County.

OFFICE FOR THE AGING  
ADVISORY COUNCIL  
ANNUAL AWARDS GIVEN



**Office for the Aging**  
**Outstanding**  
**Contribution**  
**Award 2015:**  
**Carol Zaffarano**

Carol Zaffarano is living a very full life! Currently she serves as a transporter for the Retired and Senior Volunteer Program of Herkimer County, an organization she has been with for fourteen years. During that time, Carol has donated over 2,500 hours of community service. Carol came into the program after reading a notice in the local newspaper. She had just lost her husband and felt the need to get involved in community service. She says that, over the course of the years, she had heard many stories and this work keeps her socially engaged. Her most memorial trip was taking a woman to an appointment in a raging snow storm. Carol simply likes people. She also likes plants! Her husband once said that you needed a machete to make it through the house. As a result, her son built her a greenhouse where she raises flowers and vegetables. She also delights in landscaping her one-acre property.

Carol has done more than grow plants in her life. She is the proud mother of nine children, including a set of mirror twins. The twins were so much fun, Carol said, that she and her husband kept having more children hoping they would have another set! Carol has over 20 grandchildren, some of whom are adopted, and 36 plus great-grandchildren.

Carol enjoys challenges. In 1970 she completed a course for CNA certification and took a position at the newly constructed Mohawk Valley Nursing Home. After 18 years working in her field, she decided to go back to school and graduated with her LPN license at the age of 60. That same year, she ran the Boilermaker!

Currently, when not transporting, Carol enjoys crocheting, reading, putting together 1,000-piece puzzles, and watching the birds! Carol belongs to the Feeder Watch Project sponsored by Cornell Lab of Ornithology and Bird Studies Canada, making annual reports on bird activities to the project.

When questioned what her secret was, Carol responded: "It has been a wonderful life....I enjoy every minute of it".



Picture to the left is Carol and the Kathy Fox (Director of OFA)

## **New Program Director Announced for the Retired and Senior Volunteer Program**

It is my pleasure to introduce to you the new Program Director for the Retired and Senior Volunteer Program and the Health and Assistance Programs of Catholic Charities. She may be familiar to some, as she is presently serving as the HIICAP counselor at Catholic Charities since February of 2011. Her name is Rae Raffle-Maxson.

Rae is a native of Ilion and currently resides at her Ilion residence with her husband, Jeff, her 13 year-old son David, and their three kitties: Mario, Wiggles and Zoe. “I was raised here”, says Rae “and this is where my husband and I chose to raise our son. This community is very important to me. I have lived in a few other places, but this is where my heart is; it’s my home”.

After graduating from Ilion High School, Rae attended Herkimer County Community College, earning two associate degrees; one in Social Services and the other in Psychology and Business Management. She continued her studies at SUNY Institute of Technology, earning a Bachelor of Science Degree in Health Services Management, and taking graduate courses towards her Master’s Degree. She accepted a position as a Utilization Analyst for Carolina Care Plan in South Carolina, and soon assumed the position of the HEDIS Coordinator working within the Quality Control Department. She was responsible for providing utilization

analysis; project management of annual audits; compliance; education; and trainings for accreditation. Rae continued working as a consultant, providing HEDIS project management services, when she moved back to Ilion to care for her mom.

Work is not her only focus. Rae is big on volunteering! She has taught religious education at the Church of the Annunciation, served as a Cub Scout Den Leader for over five years and now volunteers for Boy Scouts, and started a Relay for Life team with the American Cancer Society the year her mother lost her battle with cancer. This will be her 12<sup>th</sup> year serving with the Cancer Society. “I love to help people. I want to do something where I will be making a difference in my community for the better”.

Rae will be training for her new position beginning June 16<sup>th</sup>, and will assume the role of Director on July 1<sup>st</sup>. I am sure you will join me in welcoming Rae to her new position of service within the Catholic Charities family.





**Everyone is enjoying themselves at the Senior Picnic on June 10, 2015**



To the right is Vanessa Boyer singing "God Bless America"

Above are some of our Vets presenting the Flag and saying the Pledge



Above is Ms. Higgins enjoying a game of Bingo



Above are some of Bingo prizes that were given out

Above is the group from Valley Health Services

To the left is Dave Gutowski bringing in the donuts.



Below is Rita Davis who received the Proclamation Day Award



Above is a group of ladies ready to win at Bingo



Above is the group from Claxton Manor



To the right is the youngest volunteer handing out gift bags





From the *RSVP Program*

**JULY**

- 1st Dawn Hosney  
Louise Williams
- 2nd Catherine Marrotta  
Robin Whitcomb
- 4th Salvatore Simonette
- 6th Mayme Fluharty
- 8th Robert Haberek
- 10th Camille Fisher
- 11th Marjorie Chase
- 15th Dorothy Kalthoff
- 22nd Deborah Fitch  
Darwin Laymon
- 23rd Joyce Patterson
- 25th Roberta Farouche
- 27th Marilyn Salvaggio  
Marguerite Tulloch
- 31st Kenneth Parkhurst Sr  
Mary Ann Walrath



**AUGUST**

- 1st Eleanor Scalise
- 7th Valerie Duncan  
Rose Mary Enjem  
Lucille Hand
- 8th Barbara Johnson  
Diana Squires
- 9th Carmellta Sgroi
- 10th Margaret Hall
- 11th Bonnie Pierson
- 12th Irene Czuryla  
William Farrell  
Lynne Swartz
- 13th Charolette Johnson  
Diana Klastow
- 15th Joan Merrick  
Ronald Smith
- 16th Charles Sullivan
- 17th Irene Euron
- 19th Christina Olson
- 20th Claudia Coman
- 24th Pam Gydesen
- 25th Beryl Evans
- 27th Patricia Tappan
- 30th Kathleen Mazzara
- 31st Paul Lewis

**SEPTEMBER**

- 1st Gail Domion  
Roy VanSlyke
- 2nd Linda Folsom  
Karen Slocum
- 4th Jean Gaudin
- 5th Ronal Gamble
- 7th Regina Nicolette
- 9th Kathleen Hoyt  
Agnes Wilk
- 10th Helen Brandon  
Ronald Covey
- 11th Ray Lenarcic
- 14th Ellen Culver  
Linda Leonard
- 17th Vincenza Terricola
- 18th Margaret Garlock
- 19th Michele Hipkens
- 20th Helen Staskus
- 22nd Sandra Englebrecht
- 24th Ralph Dow  
Jean Kull  
Mary Anne Ransom
- 26th Jay Waufle
- 27th Marcia Kendall

# \*Get Cookin' With OFA\*

Recipes compliments of Catholic Charities Staff

## Raspberry-Ricotta Cake

1 1/2 cups all-purpose flour  
1 cup sugar  
2 tsp. baking powder  
3/4 tsp. kosher salt  
3 large eggs  
1 1/2 cups ricotta  
1/2 tsp. vanilla extract  
1/2 cup unsalted butter, melted  
1 cup frozen raspberries or blackberries, divided



Preheat oven to 350 degrees. Line a 9"-diameter cake pan with parchment paper and lightly coat with nonstick spray. Whisk flour, sugar, baking powder, and salt in a large bowl. Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by 3/4 cup raspberries, taking care not to crush berries. Scrape batter into prepared pan and scatter remaining 1/4 cup raspberries over top. Bake cake until golden brown and a tester inserted into the center comes out clean, 50-60 minutes. Let cool at least 20 minutes before unmolding.



## Barbeque Pork Chops

1/2 cup brown sugar  
1 tbsp. prepared mustard  
1 tbsp. vinegar  
Salt and pepper  
4 pork chops



Mix ingredients and pour over pork chops. Bake in a covered pan 45 minutes at 350 degrees. Uncover and bake another 15 minutes. Serves 4.

## Pineapple Beets

2 tbsp. brown sugar  
1 tbsp. cornstarch  
1/4 tsp. salt  
1-8 oz. can pineapple tidbits, undrained  
1 tbsp. margarine  
1 can sliced beets, drained  
1 tbsp. lemon juice

In saucepan, combine brown sugar, salt, cornstarch. Add pineapple and bring to a boil, stirring until thick. Add beets.



# Inspiration

## The Attitude of Gratitude

Mother Teresa of Calcutta once recounted a true story which deeply impressed her: “One night, a man came to our house to tell me that a Hindu family, a family of eight children, had not eaten anything for days. They had nothing to eat. I took enough rice for a meal and went to their house. I could see the hungry faces, the children with their bulging eyes. The sight could not have been more dramatic! The mother took the rice from my hands, divided it in half and went out.

“When she came back a little later, I asked her: ‘Where did you go? What did you do?’ She answered, ‘They also are hungry.’ ‘They’ were the people next door, a Muslim family with the same number of children to feed and who did not have any food either. That mother was aware of the situation.”

“She had the courage and the love to share her meagre portion of rice with others. In spite of her circumstances, I think she felt very happy to share with her neighbors the little I had taken her. In order not to take away her happiness, I did not take her any more rice that night. I took her some more the following day.”

Being thankful has a definite connection with happiness. A research study conducted by scientists at the University of California, stated that “Religions

and philosophies have long embraced gratitude as an indispensable manifestation of virtue, and an integral component of health, wholeness, and well-being.”

Some of the other things learned in the study included:

1) “Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress.” Although life includes both positives and negatives, a grateful attitude helps us keep a generally positive outlook on daily life.

2) “People with a strong disposition toward gratitude have the capacity to be empathic and to take the perspective of others.” Those who maintain a grateful attitude seem to be able to be more sensitive and responsive to the needs of others.

3) “Gratitude does not require religious faith, but faith enhances the ability to be grateful.” Also grateful people have a tendency to perceive that we are all members of the one family of humankind and they tend to help the needy.

4) “Grateful individuals place less importance on material goods, ...are less likely to judge their own and others success in terms of possessions accumulated; they are less envious of others and more likely to share their possessions with others relative to less grateful persons.”

The bottom line of their study seems to conclude that gratitude is simply good for you. It connects us to joy, patience, gentleness, and peace. In short, it is the bridge to happiness.

# Just For Fun!

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

-Danny Thomas

A bachelor told the computer dating service he wanted someone small, who liked water sports and formal dress, and didn't talk too much. He was matched with a penguin.

-George Fenske, Elcho, Wis.

Parting thought:  
Not everything that is faced can be changed, but nothing can be changed until it is faced.

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

<b>AMERICA</b>	<b>FREEDOM</b>	<b>RED WHITE AND BLUE</b>
<b>BARBEQUES</b>	<b>INDEPENDENCE</b>	<b>STARS AND STRIPES</b>
<b>CELEBRATION</b>	<b>LIBERTY</b>	<b>UNCLE SAM</b>
<b>FIREWORKS</b>	<b>PARADE</b>	<b>USA</b>
<b>FLAG</b>		





**Herkimer County Office for the Aging & NY Connects Presents:  
2015 Senior Expo**

*Are you a Caregiver?*

Friday, August 7, 2015

*Over the age of 60?*

10 am—2 pm

First United Methodist Church

127 North Prospect St., Herkimer, NY 13350

*Do you need assistance?*



For more information contact: Jodi Dyn at 315-867-1124



Sharing the Spirit  
61 West St. Ili-  
on, NY 13357