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HIICAP

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Directors Chair—*

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Enrollment After December 7

Although the Annual Election Period (AEP) ends December 7, there are many situations where people with Medicare can still make an enrollment choice.

Medigap: People with Medicare (both Part A and Part B) who live in New York State have a continuous open enrollment period which allows them to enroll into a Medigap plan or switch Medigap plans from one insurer to another at any time of the year.

New to Medicare. People who are newly eligible for Medicare can enroll into a Part D plan and (if they have both parts of Medicare) into a Medicare Advantage plan during their Initial Enrollment Period, usually the 7 months surrounding the month they turn 65. They are still entitled to the entire 7 month period even if it happens to overlap the Annual Election Period.

Loss of EGHP. People with Medicare who lose their employer group health plan (EGHP) coverage (even if it is a voluntary loss of coverage), are entitled to a Special Enrollment Period (SEP), which allows them to enroll into a Part D and/or Medicare Advantage plan. The EGHP coverage could be through active employment, a retiree plan or even COBRA. The SEP begins the month coverage ends and continues for an additional two full months.



EPIC. All people with EPIC are entitled to a Special Enrollment Period that allows them to enroll in or switch their Part D plan (which could be part of a Medicare Advantage plan) one time per year to be effective on the first of the following month.

.....Continued on page 3

Director's Chair

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, who would like this \$20 bill? Hands started going up. He said, I am going to give this to one of you, but first, let me do this. He proceeded to crumble the bill up. He then asked, who still wants it? Still the hands were up in the air. Well, he replied, what if I do this? He dropped it on the ground, and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. Now, who still wants it? Still hands went into the air.

My friends, you all have learned a very valuable lesson. No matter what I did to the money, you still wanted it, because, it did not decreased in value. It was still worth 20 dollars.

Many times in our lives, we are dropped, crumpled and ground into the dirt by the decisions we make and the circumstances that come our way. We feel that we are worthless. But, no matter what happened or what will happen, you will never lose your value, dirty or clean, crumpled or finely creased, you are still priceless to those who love you. The worth of our lives comes not in what we do, or who we know, but, by who we are.

You are irreplaceable, valuable, priceless! Don't ever forget it!!

Happy & Blessed New Year

Gratefully, Lydia Sexton, Program Director

The Newsletter Staff

Lydia Sexton, RSVP
 Kathy Fox, OFA
 Kaylynn Schaffer, OFA
 Joan Matteson, RSVP
 Helen Nudo, RSVP

Office for the Aging

Information/Transportation	867-1121
Nutrition Program	867-1204
HEAP Program	867-1195
In Home Services	867-1124

Catholic Charities

Food Sense Program	894-9917
RSVP	894-9917
RIDE Program	894-9917
NOEP Program	894-9917
HIICAP Program	894-9917
Kateri's Thrift Store	823-1793

Other

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

We thank all of you who made a donation toward the cost of the Sharing the Spirit for the Jan-Feb 2015 edition:



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*

Extra Help/LIS. People with Medicare who receive any level of Extra Help have a continuous SEP that allows them to switch their Part D plan (which could be part of a Medicare Advantage plan) at any time to be effective on the first of the following month.

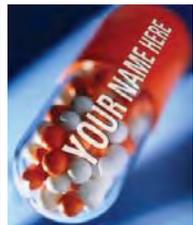
Transition Supply

Sometimes a beneficiary on a Part D plan has coverage for a particular drug, but the following year that drug is no longer covered by either that same plan or a new Part D plan (or may be covered with a restriction such as Prior Authorization or Step Therapy). Fortunately, there is an important protection in SEP to enroll in a different Medicare Advantage and/or Part D plan.



Medicare Advantage Disenrollment Period (MADP)

The Medicare Advantage Disenrollment Period (MADP) allows a beneficiary on a Medicare Advantage plan (with or without Part D) to disenroll and return to Original Medicare one time between January 1 and February 14, effective the first of the following month. Any beneficiary using the MADP is also able to sign up for a stand-alone Part D plan (PDP) during this enrollment period, regardless of whether they had Part D previously.



STAR Program

STAR (New York State School Tax Relief Program) lowers property taxes for certain property owners, regardless of age or income, who use their own homes as a primary residence. The state sets the amount of the benefit every year, based on the value of property in the school district and the school rate. "Enhanced STAR" is available to property owners who will be 65 by the end of the year. This program provides for even greater STAR benefits.

The disabled and seniors who are property owners with limited income may be eligible for additional real property tax exemptions as well.

Filing date for all towns is March 1, 2015. Contact your local assessor for information.



Daylight Saving Time

March 8, 2015

Don't forget to turn your clocks forward!!!



January is National Glaucoma Awareness Month.

Please join with CMS in promoting increased awareness of glaucoma and the glaucoma screening benefit provided by Medicare. Nearly 3 million Americans have glaucoma, the second leading cause of blindness in the world. Glaucoma often progresses silently, with no symptoms - it is estimated that many people who have the disease don't know it. With glaucoma, by the time a problem is noticed, permanent damage has already occurred. With early detection and treatment, however, blindness may be prevented.



Medicare Coverage

Medicare provides coverage of an annual glaucoma screening for beneficiaries in at least one of the following high risk groups:

- Individuals with diabetes mellitus
- Individuals with a family history of glaucoma
- African-Americans age 50 and older



- Hispanic-Americans age 65 and older
A covered glaucoma screening includes:

- A dilated eye examination with an intraocular pressure (IOP) measurement
- A direct ophthalmoscopy examination or a slit-lamp biomicroscopic examination.

What Can You Do?

As a trusted source of health care information, your patients rely on their physicians' or other health care professionals' recommendations. CMS needs your help

to ensure that all eligible people with Medicare take full advantage of the annual glaucoma screening benefit. Talk to your Medicare patients who are in the high-risk groups identified above about their risk for glaucoma and encourage them to get regular yearly glaucoma screening examinations.

For More Information

- For more information about Medicare's coverage of glaucoma screening, visit the CMS Web site

<http://www.cms.hhs.gov/GlaucomaScreening/>

- CMS has also developed a variety of educational products and resources to help health care professionals and their staffs become familiar with coverage, coding, billing and reimbursement for all preventive services covered by Medicare.

- The Medicare Learning Network (MLN) Preventive Services Educational Products Web Page provides descriptions and ordering information for all provider specific educational products related to preventive services.

You can access the Web page by clicking here.

- The CMS Web site provides information for each preventive service covered by Medicare. Go to

www.cms.hhs.gov, select "Medicare" and scroll

down to the "Prevention" heading.

- For information to share with your Medicare patients, visit

www.medicare.gov on the Web.

- For more information about National Glaucoma Awareness Month, please visit

<http://www.preventblindness.org/>

Safety Tips for Senior Citizens

As we become older we also become less able to defend ourselves or appear confident. Senior citizens are often the target of theft, robbery, or fraud. There are some helpful tips to help you to remain safe both in and outside of your home.

Safety at home

Keep doors locked, both when you are home and when you are away.

If someone knocks at your door, don't open the door unless you know your visitor.

Have a peek hole installed in exterior doors if possible.

If a person claims to be from a specific place, ask the person to show you identification either through a mail slot or by sliding it under the door. Refuse to open the door for those who cannot provide this information.

If someone knocks at your door to ask to use the telephone, never open the door. Ask for the information and make the phone call for them.

If someone comes to your door who you do not know or trust or who you feel may be dangerous, call your local police department or 911.

Never hide a key to your home outside your door, such as under a mat, in a flower pot, or in the mail box. Burglars will know where to look!

Telephone safety

If you receive numerous "wrong number" calls, never allow yourself to engage in a conversation where you reveal your name, address, marital status, or any other

information that might indicate you're alone or vulnerable. And NEVER give bank or credit card information over the phone even if the caller wants you to "verify" it.



Safety outside of the home

Always be alert of your surroundings, especially in parking lots.

Carry as little cash as possible at all times and carry any credit cards concealed. If you carry a purse, never carry it wrapped around your wrist. Rather, carry close to the front of your body. If you carry a wallet, try to avoid carrying it in a pocket that it could easily be removed from. If a burglar attempts to grab your purse or belongings, do not resist. Give the object to the burglar and never pursue the burglar. Make noise to alert bystanders!

When approaching your vehicle, have your keys ready. It's a good idea to have your key in your hand before leaving the store. Before you get in your car, glance in the back seat and front seat to be sure. Once in the car, don't linger, especially putting money in your wallet. Lock your doors immediately and start your engine. Beware of papers stuck to your windshield. Do not exit your vehicle to remove anything on your windshield. Drive to a safe location first before getting out to see what it is.

Please contact Herkimer County Office for the Aging or NY Connects for more information at 315-867-1415 or www.herkimercounty.org; go to departments, then Office for the Aging

HEAP 2014 - 2015 Season



Anyone over the age of 60 who received **HEAP** last year should have already received an application for the new **HEAP** season in the mail, unless they are now receiving Food Stamps or received Food Stamps last year. If you received **HEAP** last year, are not on Food Stamps and have not yet received a **HEAP** application, please call the Office for the Aging at 867-1195.

If you heat with oil, propane, or kerosene the maximum benefit is \$625. If you heat with wood, coal, or pellets the maximum benefit is \$550. If you heat with electric or natural gas the maximum benefit is \$400. Emergency benefits will not be available until after January 2, 2015. Please note that all **HEAP** benefits are distributed on a first

come-first served basis.

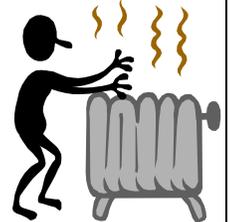
The **HEAP** program does not officially open this year until November 17, 2014. If you are a Herkimer County resident age 60 or older and did not receive **HEAP** last year and would like an application, please call the Office for the Aging to have an application mailed to you after the official opening of November 17th.

Income guidelines are:

Household size of 1 person – monthly income \$2,194

Household size of 2 people – monthly income of \$2,869

Household size of 3 people – monthly income of \$3,544.



Furnace replacement or repairs is available this **HEAP 2014-2015 season on November 10, 2014.**

The Student Council at Central Valley Academy wanted to complete a community project to be able to give back to the Mohawk and Ilion communities. The students decided that they would like to help homebound older adults. The students gathered items and prepared Holiday baskets. On Friday December 19, 2014 the students from Central Valley Academy delivered over fifty Holiday baskets. The delivery took place from 8:30am till 12:30pm. The students did not want the older adults to be forgotten and wanted to bring them some Holiday cheer.



Thank You

A graphic of a red rose with green leaves, positioned below the 'Thank You' text.

Medication Management and Falls Prevention

Medicines for certain conditions listed below may be of concern, as they could contribute to experiencing a fall.

- **Cardiac Medications/Diuretics (water pills) may cause:**
 - Low blood pressure when standing up, which may cause dizziness
 - Dose-related low blood pressure, which may cause dizziness
 - Water and electrolyte imbalance
 - Muscle Weakness
 - Arrhythmias (Changes in heart rhythm)
 - **Diabetic Medications may cause:**
 - Hypoglycemia (low blood sugar) leading to dizziness
 - **Eye Medications may cause:**
 - Changes in vision
 - **CNS (Central Nervous System) Medications may cause:**
 - Drowsiness and Sedation
- Polypharmacy which means can increase your risk of falling.**
- (Taking three or more medications)**

- **Polypharmacy is taking three or more medications; it can cause adverse drug effects, drug interactions, and/or electrolyte imbalance.**

→Be alert to high-risk adverse effects like hypotension, dizziness, sedation, hypoglycemia, visual disturbances due to polypharmacy.



Be aware of the importance of calling for assistance before getting out of bed alone while experiencing these side effects.

Do not discontinue taking any medications without talking to your doctor first. Schedule an appointment with your doctor or pharmacist so he/she can look for any potential hazards and discuss your options.

For additional information on Falls Prevention please call Herkimer County Office for the Aging at 867-1121.

CDPHP® Salutes Healthy Living

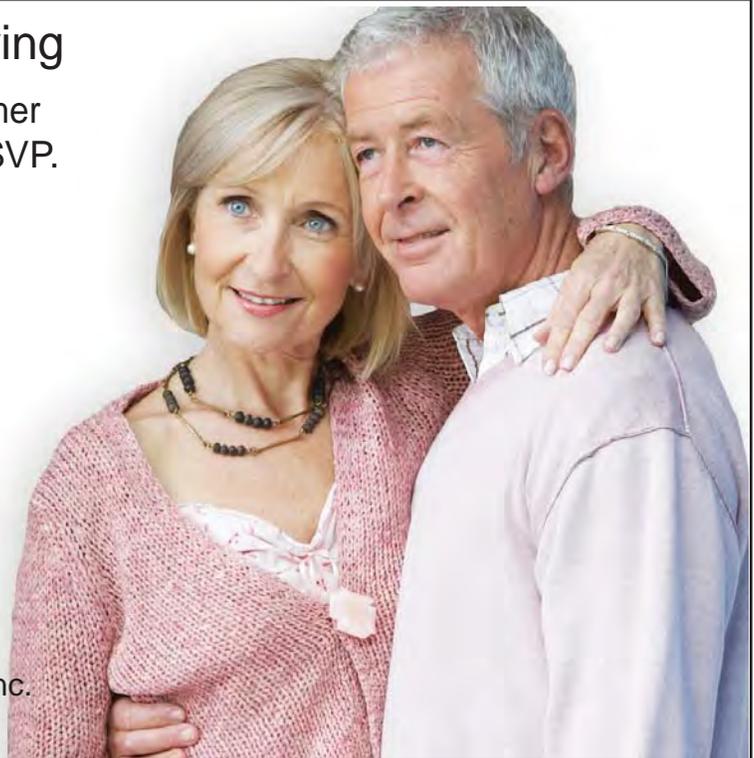
We are proud to support the Herkimer County Office for the Aging and RSVP.

www.cdphp.com



A plan for life.

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



On Friday December 12, 2014 at 12:30pm the Herkimer County Office for the Aging honored Elizabeth Gooding for 25 years of service to the Meals on Wheels program. Elizabeth has been a meal site manager with the Office for the Aging for the past 25 years and she has been dedicated to serving the older adults in our community. Elizabeth began working for the Office for the Aging in 1989. The recognition took place at Midtown Apartments meal site in Herkimer.



Picture to the left is Elizabeth Gooding holding the Certificate of Appreciation Award given to her.



Picture to the left is Elizabeth Gooding with some congregate people, OFA workers, and volunteers at the meal site.



Picture above is Elizabeth Gooding receiving her award by the director of OFA, Kathy Fox.



Picture to the left is the OFA Director, Kathy Fox, locked up in jail for a very good cause. She raised money for MDA. Everyone in the office was so proud of what she did we wanted everyone know what she had done.

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.



HAPPY RETIREMENT



Picture to the left is Ronni Gaudin having fun at her retirement party

On December 30, 2014 Ronni Gaudin retired from our office after 24 yrs of service to the Office for the Aging. She has been a dedicated employee and has been committed to serving the older adults in our community. Everyone who has had contact with Ronni will greatly miss her laugh and personality. For anyone who calls the office they will miss her kind and compassionate nature. She has always been a friendly voice on the other end of the phone. We will all miss you!!!

Picture to the right is Ronni Gaudin w/some of the MOW's Drivers and Meal Site Managers



The picture to the left is the cake for Ronni's retirement party



7 Winter Safety Tips for Seniors

During the winter months ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illness- especially for seniors.

1. Avoid slipping on ice. Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Take shoes off as soon as you get indoors. Often snow and ice can attach to the soles and can become slippery.
2. Dress for warmth. Cold temperatures can lead to frostbite and hypothermia. Dress in layers, wear warm socks, a heavy coat, hat, gloves and scarf. Cover all exposed skin. Use a scarf to cover your mouth to protect your lungs.
3. Fight wintertime depression. Many seniors have less contact with others during cold months. This can breed loneliness and isolation. Have family check in on seniors as often as possible. Even a short phone call can make a big difference.
4. Check the car. Get your car serviced. Check things like the oil, tires, battery and wipers. Make sure your AAA membership is up-to-date in case of emergencies.
5. Prepare for power outages. Winter storms

can lead to power outages. Make sure you have easy access to flashlights, a battery powered radio, blankets, and non-perishable food that can be eaten cold.

6. Eat a varied diet. Because people spend more time indoors and eat a smaller variety of foods. Nutritional deficits especially Vitamin D deficiency can be a problem. Eat foods that are fortified with Vitamin D, such as milk, grains and seafood like tuna and salmon.

Prevent carbon monoxide poisoning. Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. To ensure safety check the batteries in your carbon monoxide detector or buy an updated one if needed.

Don't be afraid to ask for help if you need it! Hire someone to clear your property of snow/ice. Arrange for transportation to the store or appointments. Reach out for help if you need assistance!

This information was provided by Care.com. If you have any questions please contact NYConnects/Office for The Aging at 315-867-1415.





HERKIMER COUNTY PUBLIC HEALTH

301 North Washington Street, Herkimer, New York 13350

Phone 315-867-1176 Fax 315-867-1444



2015 IMMUNIZATION CLINIC SCHEDULE

CLINIC GUIDELINES:

1. Adults and children are welcome at all immunization clinics.
2. Bring all insurance cards and / or valid college id.
3. Bring immunization records with you regardless of your age.
4. We will submit our bill to your insurance. If your insurance does not pay for your shot(s) you will be billed for the balance due.
5. Children under the age of 18 must have their immunization signed by a parent/legal guardian.
6. Tuberculosis tests (PPD/Mantoux) for \$10.00 are placed on Monday or Tuesday and read on Thursday morning.

CLINIC LOCATION:

301 North Washington St. (3rd fl.) Herkimer, NY

CLINIC DATES/TIMES:

Every Tuesday and Thursday 9:00—11:00 am

(except holidays)

& Mondays (listed below) 3:00—6:00 pm

January 5th

February 2nd

March 2nd

August 3rd

August 17th



September 14th

September 28th

October 5th

November 9th

December 7th



From the *RSVP Program*

JANUARY

FEBRUARY

MARCH

- 1st Richard Gustin
Joan Matteson
- 2nd Janet Parent
- 5th Arnold Brown
Nina Rumrill
- 7th Nancy Smith
- 11th Barbara Goodson
- 12th Patricia Barnard
Barbara Cormia
Donna Sterling
- 13th Maria Quattrini
Madeline Stephenson
- 14th Florence Caliguire
- 15th Theresa Eykelhoff
- 17th Agnes Lobdell
Mary Lou Relch
- 18th Emmett Childs
Theresa Tangorea
- 22nd Deacon Peter Manno
- 24th Mary Jeane Callahan
Angela Richards
- 27th Ruth Butler
- 28th James Conover
- 30th Judith Cousins

- 1st Arthur LeFave Jr.
- 4th Mary Lee Lynch
- 8th Joan VanSlyke
Elizabeth Wilson
- 10th Gertrude Gray
- 12th Herbert Black
- 14th Lucy Brown
Mary Caiola
- 15th Dale Huebner
James Zurakowski
- 16th Marie Murphy
- 19th Pauline MacDonald
- 20th Patricia Jones
Joan Smith
- 22nd Martha Mamrosch
- 23rd Deacon Ron Ste. Marie
- 24th Gerald Fluharty
Jarl Hasby
- 25th Douglas Capraro
- 27th Carolyn Brown
Dorothy Whitney



- 1st Allen Edick
- 2nd Evelyn Sweet
- 3rd Gordon Darling
- 5th Helen Nudo
- 11th Ann Burton
Erwin (Jack) Davis
- 12th Patricia Carney
- 15th William Keiffer
- 18th Karin Shannon
Carol Zaffarano
- 20th Linda Wright
- 21st Barbara Holt
- 22nd Evelyn Olbrich
JoAnn Zurakowski
- 23rd Rosemary View
- 25th Mike Mihevc
- 27th John Carney
- 30th Eva Jean Cave
Joan Liddle
Doris Reardon
- 31st Ruth Solan

Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Macaroni, Cabbage, Bean Soup

1c elbow macaroni or tubettini
1 tbsp. Olive oil
1 med. Onion, thinly sliced
1/2 small head savoy cabbage, thinly sliced
Grated parmesan cheese (optional)
2 garlic cloves, crushed
1/4 tsp. pepper
3 cans chicken broth
2 cans white kidney beans, rinsed & drained

In 5 quart saucepan, heat oil. Add onion, cabbage, garlic and pepper; cook until cabbage begins to wilt, stir in broth, beans and 1 1/2 cup water; heat to boiling. Drain cooked macaroni into cabbage mixture. Serve with cheese, if desired.



Green Pepper Steak

1 lb. beef chuck or round, fat trimmed & cut into thin strips
1/4 c. soy sauce
2 celery stalks thinly sliced
1 clove garlic
1 tbsp. cornstarch
1/2 tsp. ground ginger
1 c. water
1/4 c. oil
1 c. green onion, thin sliced
1 c. red or green peppers, cut into 1" squares
2 tomatoes, cut into wedges

Combine soy sauce, garlic, ginger, and beef. Toss and set aside. Heat oil and beef and cook until browned. Taste meat. If it is not tender, cover and simmer 40 minutes over low heat. Add vegetables and toss, about 10 minutes. Mix cornstarch with water, add to pan; stir and cook until thickened. Add tomatoes and heat through.

4 servings.



I'm the life of the party....even when it lasts until 8pm

I'm very good at opening childproof caps with a hammer.

I'm usually interested in going home before I get to where I am going.

I'm good on a trip for at least an hour without my aspirin, beano and antacid.

I'm the first one to find the bathroom wherever I go.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you're saying.

I'm very good at telling stories...over and over and over and over.

I'm aware that other people's grandchildren are not as bright as mine.

I'm so cared for; Medicare, long term care, eye care, private care, dental care....

I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians...

I'm sure everything I can't find is in a secure place.

I'm wrinkled, saggy, lumpy,... and that's just my left leg.

I'm having trouble remembering simple words like...oh,

Well, you know what I mean.

I'm realizing that aging is not for sissies, I'm anti-everything now:

Anti-fat, anti-smoke, anti-noise, anti-inflammatory....

I'm walking more (to the bathroom) and enjoying it less.

I'm going to reveal what goes on behind closed doors...absolutely nothing!

I'm sure they are making adults much younger these days.

I'm in the initial stage of my golden years; SS, CD's, IRA's, AARP...

I'm wondering, if you're only as old as you feel, how could I be alive at 150?

I'm supporting all movements now...by eating bran, prunes, and raisins.

I'm a walking storeroom of facts...I've just lost the storeroom.

I'm a SENIOR CITIZEN and I think I am having the time of my life!!!

Now if I could only remember who sent this to me, I would send it to many more!

You didn't, did you?



Just For Fun!

If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

A: One. If he combined all of his haystacks, they all be come one big one.

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but its state of the art. It's perfect."

'Really', answered the neighbor.
'What kind is it?'
'Twelve thirty,' he replied.

You don't stop laughing because you grow old, You grow old because you stop laughing.

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

- | | | | |
|-------------------------|----------------|------------------|-------------------|
| IRISH | ROCK | MARCH | SAINT |
| GREEN | GOLD | CATHEDRAL | CROSS |
| LEPRE-
CHAUN | CELTIC | RAINBOW | SHILLELAGH |
| PARADE | DUBLIN | CHARM | HARP |
| SHAM- | PATRICK | CLOVER | |
| | LUCK | JIG | |



Immunization Assistance Program

Program available to seniors to obtain immunizations at no charge

Your physician may recommend that you receive one or more vaccinations to maintain your health which can become very costly. The Herkimer County Office for the Aging and NY Connects in partnership with Public Health Nursing in Herkimer County will be providing immunizations free of charge to elder adults who qualify for the program.

Eligibility requirements:

Age 60 or older AND
do not have health insurance
OR cannot afford the co-pay.



Immunizations covered:

Shingles
Influenza
Pneumonia
Tetanus/Diphtheria/Pertussis
Any other per physicians' request

Call the Office for the Aging/NY Connects at 867-1124 to determine if you qualify for the assistance program. Once declared eligible, your referral will be sent to Public Health Nursing in order for them to administer the vaccines.

Please contact Herkimer County Office for the Aging or NY Connects for more information at 315-867-1415 or www.herkimercounty.org; go to departments, then Office for the Aging. Or, go to www.vaccines.gov/who_and_when/seniors/.

Sharing the Spirit
61 West St.
Ilion, NY 13357