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HIICAP News

2016 Medicare Cost



The Medicare premiums and deductibles have increased for 2016. Most people do not have to pay for Part A, but if you do, the new premium will be \$418 beginning in January. The Part B premium will also be increasing to \$121.80 for some folks. If you were already collecting Social Security and the Part B premium was being deducted from your Social Security in 2015 you **will not** be subject to the increase because of the Hold Harmless provision but those who are new to Medicare or who pay for their Part B because they are not collecting Social Security will have to pay the new amount. Of course those who have to pay higher premiums because of higher incomes or penalties will still have to pay those higher amounts as well. The Part A and B deductibles will be \$1300 and \$166 respectively.

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 dis-enroll 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.

Part B General Enrollment Period

January-March is the General Enrollment Period for Medicare Part B. If you did not enroll in Part B when you were first eligible and do not qualify for a Special Enrollment Period this is the time you may enroll into Part B. Your Part B will begin July 1, 2016. If you want a Medicare Advantage Plan you must enroll by June for your coverage to begin in July.

Transition Supplies for Prescription Medications



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

.....Continued on page 3

The Newsletter Staff

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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
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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-Mar 2016 edition:

Director's Chair

Happy New Year Everyone! As I sit and write this, it's an unseasonably warm day in December and I'm wondering what it will be like when you're reading this newsletter in January.

Wow, what a year! I don't have the 2015 numbers yet, but I know you have all been very busy. Thank you all for taking such good care of our family and friends here in Herkimer County! The Services you provide are essential to the health and wellbeing of our clients and we couldn't do it without you!

I hope you all had a nice holiday. Holidays are full of both joy and sorrow for many of us. For me, I feel very blessed to be surrounded by my family and friends, but I am also reminded of those who are no longer here with me, especially my Mom. So, for those of you who struggle this time of year, please know that you are not alone.

I wish you a Healthy and Happy New Year filled with countless Blessings and New Adventures.

Rae Raffle-Maxson
Program Director



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*

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 place for a beneficiary that finds his or herself in this situation.

Every Medicare Part D plan needs to provide a one-time 30-day transition supply of a drug to allow the beneficiary to start the New Year without an interruption in their drug regimen. But during that 30 day period, the beneficiary must act.

Working with their doctor, the beneficiary can either switch to another drug that the Part D plan covers or request an appeal/exception. Or if they qualify for a Special Enrollment Period, the Beneficiary can switch to another Part D plan to be effective the first of the following month.

Special Enrollment Periods (SEP)

All people with **EPIC** are entitled to a Special Enrollment Period (SEP) 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 the 1st of the following month.

Also, 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 the 1st of the following month.

EPIC

There are NO EPIC program changes for 2016. EPIC will continue to pay the Part D premium up to the benchmark amount

of \$39.73 for all its fee members, as well as for its deductible members who are income-eligible (\$23,000 for a single individual/ \$29,000 for a couple).

Because EPIC is a few months behind in paying the Part D premiums for its members, seniors may receive letters from their Part D plans threatening the cancellation of their policy. If this should occur, contact EPIC immediately (1-800-332-3742). EPIC will, in turn, contact your plan to explain the delay in payments.

Seniors who receive the low-income subsidy through Extra Help or the Medicare Savings Program may still be sent a bill from EPIC to pay for their EPIC premium. This occurs because CMS (Center for Medicare and Medicaid Services) is also running about three months behind in letting EPIC know that you have qualified for the Extra Help benefit. EPIC cannot accept any proof of your Extra Help benefit in lieu of the notification from CMS. You will be reimbursed the premiums you pay to EPIC, but if you do not pay EPIC their premiums, EPIC will dis-enroll you.



Medigap Enrollment

In New York State, people with Medicare can enroll into a Medigap plan at any time. Rates, for the same plan, can vary from one insurance company to another.

When should you consider a Medigap? If you have a chronic health condition with the high risk of hospitalization; if

you go to doctors frequently; if you spend a portion of the year away from your primary residence; and/or if you do not have the savings to cover your Medicare Advantage out-of-pocket limits. Medigaps are portable, that is, any provider that accepts Medicare will accept a Medigap. With Plans C and F, there are no surprises. You pay your monthly premiums with no out-of-pockets costs.

For information and counseling for any of your health insurance needs, contact the HIICAP office at 894-9917.

Volunteers needed for RIDE program

The RIDE Program of Catholic Charities is seeking caring individuals to transport seniors to medical appointments. Seniors have told us that they 'couldn't keep appointments without this service', while others 'pray that this service will continue'. RIDE is a completely volunteer program that is focused on helping seniors maintain their independence in the community. Volunteers receive training, recognition, mileage reimbursement, and are covered through the program's CIMA insurance. Please contact Catholic Charities today by calling 894-9917 and ask for Rae. You will become part of a team of valued volunteers who are working to meet a critical need in Herkimer County. Thank you!



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, 2016.

Contact your local assessor for information.

Daylight Saving Time

March 13, 2016

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



Medicare Preventive Services

For people with Original Medicare, there have been several preventive services that were covered in full with no co-pays or deductibles required. As of January 1, 2011, this list of fully covered preventive services was greatly expanded. Below is a summary of both the previous and newly added services:

- The “Welcome to Medicare” physical exam—A one-time review of your health including education, counseling, and referrals. This benefits must be used within 12 months of first receiving Medicare Part B.
- Flu shots (once a season), Pneumonia shots (usually once after turning 65) and Hepatitis B shots (for those at medium to high risk).
- Bone mass measurements (for Osteoporosis) every two years or more often if medically necessary.
- Stop Smoking Counseling, up to eight sessions a year.
- Yearly “Wellness” exam—if you have had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: This is not a full physical exam!
- Breast Cancer screening, including yearly mammograms for those age 40+, and bi-yearly breast examinations (more often if at risk).
- Blood tests for cholesterol, lipid and triglyceride levels once every five years.
- Pap smears and pelvic examinations every two years (yearly if at risk).
- Diabetes screening, if you have a family history of the disease or are at risk.
- Colon cancer screening, including fecal occult blood tests and colonoscopy.
- Yearly prostate cancer screening for men aged 50+.

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

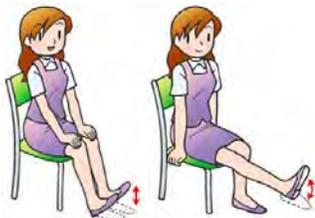
Exercise Daily

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 exercises.



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 something. REPEAT.

Here's to Living Well

CDPHP® salutes the **Herkimer County Office for the Aging and all of the RSVP volunteers.**

Warm wishes for a joyous holiday season!

www.cdphp.com



A plan for life.

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



HEAP 2015 - 2016 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 4, 2016. Please note that all HEAP benefits are distributed on a first

come-first served basis.

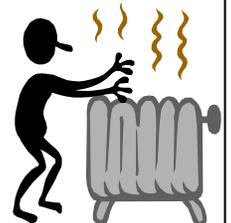
The HEAP program officially open this year on November 16, 2015. If you are a Herkimer County resident age 60 or older and did not receive HEAP last year and would like an application, please call the Office for the Aging to have an application mailed to you after the official opening of November 16th.

Income guidelines are:

Household size of 1 person – monthly income \$2,244

Household size of 2 people – monthly income of \$2,935

Household size of 3 people – monthly income of \$3,625.



Cold weather warning brings potential dangers: three steps for senior citizens to stay safe.

With dangerously cold temperatures in the forecast, Home Instead Senior Care says now is the time for seniors and their loved ones to brush up on cold weather safety tips.



“Winter can be a difficult time, as the harsh conditions especially impact seniors,” said Jeff Huber, president of Home Instead, Inc. “We want to make sure seniors and their loved ones are aware of simple ways they can stay safe and warm throughout the season.”

Those over the age of 65 account for nearly half of all hypothermia deaths. As the body ages, the ability to maintain a normal internal body temperature decreases, creating an insensitivity to moderately cold temperatures. Seniors may not realize they are putting themselves at risk until symptoms appear. Symptoms of hypothermia include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. If symptoms are present, immediate medical attention is necessary.

The leading reason for hypothermia in the elderly is due to poorly heated homes, which is entirely preventable. Follow these simple tips to ensure a warm household.

Stay Warm

- Keep the thermostat at 65°, at least. Consistently check it to make sure your home is sufficiently warm. Even as heating costs rise, your safety should be a priority.
- Put a carbon monoxide detector near where you sleep.

- Ensure that there is adequate insulation, and check and clean the fireplace and furnace. Furnace filters should be replaced monthly.
- Minimize drafts by filling old socks with sand and using them in drafty windowsills and door jams. Weather-strip around windows and doors. Keep doors to unused rooms closed and close curtains at night.
- Add an extra blanket to the bed and warm the bed in advance with a hot water bottle. Never use an electric blanket– it may be difficult to operate the controls if the temperature needs to be adjusted in the night.
- Dress in layers of loose fitting clothing. If you go outside, make sure your head is covered.



Every year, more than 1.6 million seniors end up in the emergency room because of a fall. With icy conditions, the chances of falling are even greater.

Preventing Falls

- Take a couple minutes per day and stretch your limbs in order to loosen muscles.
- Stay inside– make arrangements for someone to shovel and slat driveways and walkways. Professional caregivers can assist with to-do items, such as bringing in the mail and/or picking up groceries.
- Wear shoes or boots with a non-skid sole.

- Have handrails installed on outside walls for frequently used walkways.
- If you use a cane or walker, check the rubber tips to make sure they are not worn smooth.

Winter weather can take a toll on everyone, especially seniors. Seasonal affective disorder (SAD) can occur in seniors and impact their emotional health.

Some signs to watch for with SAD include: a loss of energy, an increased appetite and an enhanced feeling of lethargy and tiredness. If symptoms are present, talk to your medical provider about treatment options.



Additionally, winter storms can be unpredictable. It is important to be prepared in case of an emergency.



Build a network

- Stay in touch in with family, friends and neighbors. Schedule phone calls, or enlist the help of a professional caregiver to come in for an hour a week.
- Make arrangements for assistance in case of a blizzard or power outage. Keep important numbers in an emergency kit, along with non-perishable foods, water and medications.
- Be familiar with your local resources. Visit www.ready.gov/seniors, www.redcross.org for more information about cold weather.



Information provide by a press release from Home Instead Senior Care

What is NY Connects?

NY Connects is a program offered through Office for the Aging to assist senior citizens,

Individuals with disabilities and caregivers located needed services and supports. Long

term services and supports assist people of all ages remain independent in the daily lives.

They included medical and non-medical services that assist in maintaining or improve daily functioning.

Who does NY Connects serve?

Children and older adults with disabilities, Senior citizens, Family members and caregivers, Friends or neighbors, and Human service professionals

What kind of help does NY Connects provide?

NY Connects provides information and referral for long term services and supports such as in-home services, transportation, home delivered meals and caregiver supports.

How do I reach NY Connects?

NY Connects is located at 109 Mary Street in Herkimer. The office can also be reached by calling 315-867-1121.

This information was provided by www.aarp.org. If you have any questions please contact Herkimer County Office for the Aging or NY Connects for more information at: 315-867-1124 or www.herkimercounty.org go to departments then Office for the Aging.

301 North Washington Street
Suite 2300
Herkimer, NY 13350



**Herkimer County
Public Health**

Tel: 315-867-1176
Fax: 315-867-1444

Christina Cain, RN, BSN, MS, MA
Director Public Health

2016 Immunization Clinic Schedule

Clinic Dates/Times:

NEW FOR 2016 Tuesdays 9:00 – 11:00 & 1:00 – 3:00

**& the following
Mondays 3:00 – 6:00**

January 4th

May 9th

June 6th

July 18th

August 1st

August 15th

August 29th

September 12th

September 26th

October 24th

November 7th

December 5th

Clinic Location:

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

Clinic Guidelines:

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

CVA Student Council Hand Out Holiday Baskets

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 Tuesday December 22, 2015 students from Central Valley Academy will deliver over fifty Holiday baskets. The delivery will take 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.



Senior Citizens and Driving

The majority of Americans would like to continue driving as long as possible in order to maintain their independence and freedom. However, as individuals age there will likely be a time when it will be necessary to limit or stop driving. Here are some indicators that it may be time for senior citizens to limit or stop driving:

- Almost crashing and frequent close calls
- Getting lost, especially in familiar locations
- Finding dents and scrapes on the car, fences, mailboxes, garage doors, curbs, etc.
- Having trouble seeing or following traffic signals, road signs and/or pavement markings
- Becoming easily distracted or having difficulty concentrating while driving

- Receiving multiple traffic tickets or “warnings” from law enforcement

If you notice any of these signs in yourself, it may be helpful to sign up for a driver improvement course. If you notice these signs in a loved one, you may want to consider discussing limiting his/her driving. Some programs have been developed to assist families in starting the discussion with their elderly loved ones about driving safety, such as the “We Need to Talk” program and a When You Are Concerned Handbook.

This information was provided by www.aarp.org. If you have any questions please contact Herkimer County Office for the Aging or NY Connects for more information at: 315-867-1124 or www.herkimercounty.org go to departments then Office for the Aging.





From the *RSVP Program*

JANUARY

- 1st Richard Gustin
Joan Matteson
- 2nd Robert Daviau
- 5th Arnold Brown
Donna Gentile
Nina Rumrill
- 7th Nancy C. Smith
- 11th Barbara Goodson
- 12th Patricia Barnard
Barbara Cormia
Donna Sterling
- 13th Madeline Stephenson
- 14th Florence Caliguire
- 15th Theresa Eykelhoff
- 17th Mary Lou Reich
- 18th Theresa Tangorra
- 19th Josephine DiGristina
- 22nd Deacon Peter J Manno
- 23rd Charlotte Pylman
- 24th Mary Jeane Callahan
Angela Richards
- 27th Ruth Butler
Terrance Dowd
- 28th James Conover

FEBRUARY

- 1st Arthur LeFave Jr
Robert Marshall
- 4th Mary Lee Lynch
- 8th Joan VanSlyke
Elizabeth Wilson
- 14th Mary Caiola
- 15th James Zurakowski
- 16th Marie Murphy
- 19th Clarissa Hoyland
- 20th Patricia Jones
- 22nd Martha Mamrosch
- 24th Gerald Fluharty
Jarl Hasby
- 25th Douglas Capraro
- 27th Carolyn Brown



MARCH

- 1st Allen Edick
- 2nd Evelyn Sweet
- 3rd Gordon Darling
- 4th Helen Nudo
- 8th Carol Zutter
- 13th Michelle Burchett
- 18th Carol Zaffarano
- 19th Susan Thuener
- 20th Linda Wright
- 21st Barbara Holt
- 22nd Evelyn Olbrich
JoAnn Zurakowski
- 23rd Rosemary View
- 24th Linda Lincourt
- 25th Mike Mihevc
- 29th Patricia Haberek
- 30th Cleo Adams
Eva Jean Cave
Joan Liddle
- 31st Ruth Solan

Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Irish Soda Bread

2 c. all-purpose flour 2 eggs
2 tbsp. brown sugar 1/4 tsp. salt
1 tsp. baking powder 3/4 c. buttermilk
1/2 tsp. baking soda 1/3 c. raisins
3 tbsp. butter or margarine

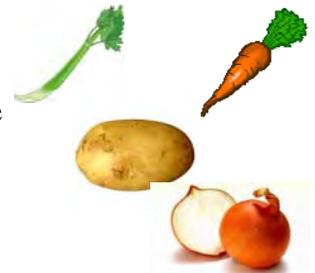
Combine flour, brown sugar, baking powder, baking soda, and salt. Cut in butter until crumbly. Combine 1 egg and buttermilk; stir into flour mixture just until moistened. Fold in raisins. Knead on a floured surface for 1 minute. Shape into a round loaf; place on a greased baking sheet. Cut a 1/4" deep cross in top of loaf. Beat remaining egg; brush over loaf. Bake at 375° for 30-35 minutes or until a golden brown.

6-8 Servings.



Hearty Potato Soup

6 medium potatoes, peeled and sliced
2 carrots, diced 6 celery stalks, diced
2 quarts water 1 tsp. salt
1 onion, chopped 1/2 tsp. pepper
1 1/2 c. milk
6 tbsp. butter or margarine
6 tbsp. all-purpose flour



In large kettle, cook potatoes, carrots and celery in water until tender, about 20 minutes. Drain, reserving liquid and setting vegetables aside. In the same kettle, sauté onion in butter. Stir in flour, salt and pepper; gradually add milk, stirring constantly until thick. Gently stir in cooked vegetables. Add 1 cup or more of reserved liquid until soup is desired consistency.



Chocolate Chip Pie

1-6 oz pkg. chocolate chips
2 tbsp. sugar 1-9" baked pie shell
3 tbsp. milk 1 tsp. vanilla
4 eggs, separated
1 c heavy cream, whipped



Mix first three ingredients in top of double boiler. Place over boiling water and stir until melted. Remove from heat and cool. Add egg yolk, one at a time, beating thoroughly; add vanilla. Beat egg whites & fold into chocolate mix. Pour into pie shell & refrigerate at least 2 hours or overnight. Garnish with whipped cream.

Inspiration

Irish Blessings

Lucky stars above you,
Sunshine on your way,
Many friends to love you,
Joy in work and play –
Laughter to outweigh each care.
In your heart a song –
And gladness waiting everywhere
All your whole life long!



HAPPY LEAP YEAR!

Today Only Comes Once Every Four
Years, So Make It Special,

Reject Negativity, Love
Those Who Hate And
Follow Your Dreams.

FEB
29



You cannot bring about prosperity by
discouraging thrift.

You cannot strengthen the weak by
weakening the strong.

You cannot help the wage earner by
pulling down the wage payer.

You cannot further the brotherhood of
man by encouraging class hatred.

You cannot help the poor by destroying
the rich.

You cannot keep out of trouble by
spending more than you earn.

You cannot build character and courage
by taking away a man's initiative and
independence.

You cannot help men permanently by
doing for them what they could and
should do for themselves.

Abraham Lincoln



Just For Fun!

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."
George Burns.

What do you call an alligator in a vest?
A investigator!

An Irishman walks out of a bar.... it COULD happen.



Opportunities are like sunrises. If you wait too long, you miss them.
-William Arthur Ward



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

ADORE

CUPID

LOVE

AFFECTION

DARLING

PINK

ARROW

DEAREST

POEM

BE MINE

FLOWERS

RED

BELOVED

GIFTS

ROMANCE

BOYFRIEND

GIRLFRIEND

ROSES

CANDY

HEARTS

SWEETHEART

CHAMPAGNE

HUG

VALENTINE

CHERUB

I LOVE YOU



CHOCOLATE

KISS

Happy New Year!



Happy Easter

Save Money with Food Sense

Food Sense is a great way for families to save money and purchase quality foods for less. Food Sense is a food co-op program offered through the Food Bank of Central New York and local non-profits. There are **no restrictions** – **everyone qualifies!** Each package or unit is filled with high-quality meats, vegetables, fruits and grocery items. **The cost of the Food Sense package is only \$15.50**, yet **the market value is closer to \$25-\$30**, depending upon the area where you shop.

Registration sites for the community Food Sense Program are as follows:

Ilion at the First Presbyterian Church, 90 Morgan St. Ilion, NY

Old Forge at the Nicolls Memorial Presbyterian Church, 228 Crosby Blvd.

Please contact Catholic Charities at 894-9917 for more information.



Sharing the Spirit
61 West St.
Ilion, NY 13357