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## HIICAP News

### Advance Care Planning

Beginning January 1, 2016, Medicare now provides a voluntary benefit for Advance Care Planning (ACP) in conjunction with the Annual Wellness Visit (AWV).

Advance Care Planning (ACP) includes the provider and beneficiary discussing advance directives with or without completing relevant legal forms at the time of the visit. An advance directive is a document appointing an agent and/or recording wishes pertaining to future medical treatment should the beneficiary lack decisional capacity at the time.



Like the Annual Wellness Visit (AWV), and most preventive services covered by Medicare, ACP provided with AWV would not be subject to the Part B deductible and coinsurance; in other words, there would be no charge to the beneficiary.

### Center for Medicare and Medicaid Services Sanctions CIGNA

Effective January 22, 2016, the Center for Medicare and Medicaid Services (CMS) has sanctioned CIGNA for noncompliance. As of that date, CIGNA cannot enroll new

members into their two stand-alone Cigna-Health Spring Rx Part D plans. Current CIGNA members are not impacted; they can remain with their plan.

### Part B Deductible Increase

The Medicare Part B deductible is an annual deductible that must be met before Medicare begins paying its 80% of the Medicare allowable charges for Part B services such as doctor visits, outpatient rehabilitation services, emergency room visits, labs, x-rays, nebulizer medications, etc. Beginning in January 2016, that annual deductible increased to \$166. If you have Medicare Supplemental Plan F, you will not have noticed the increase as the supplemental covers it in full. However, if you have only Original Medicare and/or another supplemental plan such as Plan N, you will notice that your doctor co-pays will be greater in the earlier part of 2016 until that deductible is met.

### VA as Creditable Coverage

If you are receiving your prescriptions through the Veterans Administration (VA), be assured that you have creditable drug coverage and that you do not need to enroll into a Medicare Part D plan. However, if

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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
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 Apr-Jun 2016 edition:**

**Carol Waghorn**

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

By the time you read this it will officially be Spring! So Happy Spring to all of you! We have been busy here at the RSVP office, reviewing, updating and revising program materials. With that said, please be on the lookout for our revised RSVP Volunteer Handbook. They will be available at your volunteer stations and here in our office. Also, if you are a RSVP volunteer you will be receiving a RSVP Volunteer Survey. The purpose of the survey is to have you evaluate our RSVP program and your volunteer experience. We want to know what you think, so please complete the survey and either return it to your volunteer station supervisor, or you can mail it to us here at the office... Thank you in advance for your participation!

I saw this quote the other day and I thought I would share it with you, "Volunteers are not paid – not because they are worthless, but because they are priceless." How true this is, and I hope you know how much you are appreciated. Thank you all for what you do for others!

As you know we are always looking for more volunteers, so if you know of someone who is interested in volunteering, please have them contact me and I would be glad to discuss all of our volunteering opportunities with them.

Wishing you all good health and happiness,

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*

you wish to have that additional benefit, you may enroll into a Part D plan without any penalty.

You should also be aware that VA health benefits are also considered creditable coverage. So, if you are considering a Medicare Supplemental Plan (Medigap), the plan will waive the pre-existing conditions that would normally apply if you were only on original Medicare for more than six months without additional coverage.

### Keep your EPIC Active



EPIC remains a secondary payer to Medicare Part D for residents of New York State. EPIC benefits include:

- Special Enrollment Period (SEP) so that you may switch your Medicare Part D and/or Medicare Advantage Plan at any time – no need to wait for the Open Enrollment Period at the end of the year!
- For those individuals with annual incomes of less than \$23,000 for singles and \$29,000 for couples, EPIC will pay the Part D premium up to \$39.73 in 2016. If you have a premium that is less than that, but you have a late enrollment penalty, EPIC can help pay that as well.
- If you are on the EPIC fee plan, or once you have met the deductible for the EPIC deductible plan, EPIC acts as a secondary payer and reduces your prescription drug costs to \$3, \$7, \$15, or \$20 for a three month supply of medications or 100 pills, whichever is greater. That can add up to quite a cost savings!
- *Note:* EPIC ***will not cover*** the cost of a medication that is not on a Part D formulary. It will also not help with drug costs during the deductible phase of your Part D Plan.

### New Income Guidelines for Extra Help

Extra Help is a Medicare program to help people with limited income and resources pay Medicare prescription drug costs, including the Part D premium. Benefits of having Extra Help include:

- Special Enrollment Period (SEP) – you may switch your Medicare D plan or your Medicare Advantage Plan as often as once a month.
- Part D premiums are paid in full up to \$39.73 in 2016. You will pay no plan deductible; neither will you experience the coverage gap.
- Co-pays for medications will average \$1.20 (generic) to \$3.60 (brand name) for Extra Help with Medicaid; \$2.95 (generic) to \$7.40 (brand name) for Extra Help w/o Medicaid.
- Those who receive Partial Extra Help will pay a percentage of the premiums, deductible, and drug cost, depending on income.
- If your income is between \$981 to \$1,485 (single); \$1,328 to \$2,002 (couple), and you meet the asset guidelines, you may be eligible.

Contact your HIICAP office today at 894-9917 to see if you qualify for Extra Help, and/or to review your medical and prescription coverage and maximize your savings!



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.



Oneida Count Office for Aging's Living Healthy NY program is hosting a four day full leader training in Chronic Disease Self-Management with a one and half day cross training for Diabetes Self-Management. You must be certified as a Peer Leader to be cross trained in the Diabetes program.

Training will be held at the Oneida County Office for Aging at 120 Airline Street in Oriskany, New York in the second floor conference room. A light breakfast and lunch is provided on all training days.

**Training Schedule is as follows:**

**Chronic Disease Self-Management:**  
**June 9- 10, 16-17 8:30 – 5:00 p.m.**

**Diabetes Self-Management:**  
**June 23 – 24 8:30 – 5:00 p.m.**

In order to be certified as a Peer Leader, you must attend all class sessions of that specific program's training. Both trainings are free to partners. You will need to file a Peer Leader application upon registration with Oneida County Office for Aging and answer a brief questionnaire. After you have completed the training and received your certificate, you must complete two workshops in each program you completed within one year from the date of training.

For additional information or questions regarding the training please call 315-798-5456 and ask to speak with Carol Nettleton.

**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!



## Primary Elections

April 19, 2016

12 pm—9 pm



If anyone needs an absentee ballot or needs to know where to vote contact Herkimer County Board of Elections at 876-1102.



## Paid and Volunteer Home Delivered Meals Drivers Needed

Office For the Aging is looking for Meals on Wheels Drivers to cover various meal routes in Herkimer County. The hours vary between 2-3 hours per day Monday through Friday depending on the route. We are also looking for a permanent driver for the West Winfield route and we are looking for volunteer drivers to substitute when a full time driver is off. Paid drivers are paid an hourly rate plus mileage and volunteers are paid mileage.

If you are interested or know someone who would like to deliver nutritious meals to older adults in your community, please contact the **Office for the Aging at 867-1414** and ask for **Dave**.



## Check your risk for falls:

Which of the following apply to you?

The more you check the higher your risk for falls.

I fell recently or I'm afraid I might fall.

I have tripped/slipped/stumbled: these are "mini-falls."

I occasionally need to steady myself by leaning on someone or something.

I don't see very well, especially at night. [Have your vision checked and wear glasses if prescribed]

I sometimes feel dizzy or lightheaded.

I have trouble stepping up and down curbs or steps.

I have trouble getting up from a chair.

I have numbness or a "wooden" feeling in my legs or feet.

The Herkimer County Step Up to Stop Falls will be providing home safety assessments, medication management tool kits, and will provide community presentations to educate older adults and their caregivers in ways to reduce falls. If you would like more information about any of the upcoming programs please call Herkimer County Office For the Aging/ NY Connects at **867-1121**.



We Celebrate Our Volunteers  
National Volunteer Week is  
**April 10th - 16th**



Senior Picnic will be on

**June 15, 2016**

at Herkimer County Fairgrounds in  
Frankfort NY

## Legal Terms

As adults, there are certain legal documents that we should all consider having in place. These documents are even more important to senior citizens and their caregivers.

- **Living Will**-an advanced directive that instructs how the person wants their end of life health care managed. It will go into effect when individual becomes terminally ill.
- **Do Not Resuscitate (DNR) Form**-advises hospital staff not to perform lifesaving measures if the patient's heart stops or he/she stops breathing.
- **Power of Attorney for Healthcare**-allows a designated an individual to make health care decisions on behalf of the patient.
- **Power of Attorney for Finances**- allows a

designated individual to make legal/  
financial decisions on  
behalf of the patient.



**Living Trust**-Names a designative individual to hold and distribute property and funds.

Individuals over 60 years or older who would like to speak to a Legal Aid attorney about any of the above legal documents may contact the Herkimer County Office for the Aging at 315-867-1121.

This information was provided by [www.agingcare.com](http://www.agingcare.com). Please contact Herkimer County Office for the Aging or NY connects for more information at: 315-867-1124 or [www.herkimercounty.org](http://www.herkimercounty.org) go to departments then Office for the Aging.



From the *RSVP Program*

**APRIL**

**MAY**

**JUNE**

2nd Dorothy Siedsma  
 7th James Skinner  
 8th Patricia Bowker  
 14th Barbara Miller  
 Harriet Haines  
 15th Rose Zito  
 Joanne Amato  
 18th John O'Donnell  
 Joseph Spadea  
 19th Betty Dow  
 Janice Branck  
 RuthAnn Harrington  
 Patricia Peters  
 21st Helen Daly  
 24th Linda Quesnelle  
 27th Lisa Lloyd  
 28th Sharon Daviau  
 30th Lydia Sexton

1st Volney Seeley  
 2nd Constance Ann Johnson  
 3rd Mary Mitchell  
 5th Evelyn Stephon  
 7th Martha Sirois  
 Richard Petkovsek  
 8th Mary Denn  
 11th Ruth Miller  
 12th Gerald Hill  
 Charles Hand  
 14th Margery Anderson  
 Christine Teesdale  
 15th Carol Clark  
 Mary Ratajack  
 18th Sharon Ferdula  
 25th Elizabeth Hurteau  
 Jody Janicki  
 30th Patricia Sullivan  
 31st Joanne Favat

2nd Margaret Streeter  
 4th Kathleen Smith  
 9th Mary Tamburrino  
 12th Terry Leonard  
 Natalie Tickner  
 13th Arlene Metzler  
 15th Marilyn Kitner  
 16th Etta Humphreville  
 Katherine Hampston  
 Janet Vedder  
 19th Carol Yelle  
 Doris Trevvett  
 21st Jackie Rogers  
 22nd Gloria Zacaroli  
 23rd Jo Anne Deller  
 25th Charles yelle  
 26th Paul Frezza  
 30th Andrea Williams



# \*Get Cookin' With OFA\*

Recipes compliments of Catholic Charities Staff

## Cheryl's Fancy Pants Chicken

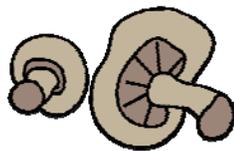
### Ingredients:

- 2 packages of THIN chicken breasts
- a few slices of prosciutto
- a half bag of fresh spinach
- 8 oz package of fresh sliced mushrooms
- 1 envelope Lipton Recipe Secret's Savory Herb and Garlic
- 1/2C White Wine (could substitute with chicken broth)
- 1/4C Olive oil
- 8oz shredded mozzarella



### Directions:

- ⇒ Preheat oven to 375°
- ⇒ Spray a 13x9" pan with Pam
- ⇒ Put 2 layers of chicken in pan
- ⇒ Cover with prosciutto
- ⇒ Top with spinach, sprinkle with a little kosher salt and coarse black pepper
- ⇒ Top with mushrooms
- ⇒ Whisk together olive oil, wine and savory herb envelope
- ⇒ Pour over everything
- ⇒ Lay a piece of foil over (not tight)
- ⇒ Bake for 30 minutes
- ⇒ Top with cheese and bake for 5 minutes more.



## Strawberry Pie

9" graham cracker crust

1 pkg. strawberry Jell-O mix

1 1/4c boiling water

1/2 pint heavy cream, whipped

1 pint vanilla ice cream

Fresh or frozen strawberries, sliced



Melt ice cream and prepare Jell-O. Fold together and beat slightly in large bowl. Fold in sliced strawberries. Place in chilled graham cracker crust. Top with whipped cream before serving.

## Cottage Cheese Salad

1 lb. carton large curd cottage cheese

1 large can drained crushed pineapple

1 pkg. dry jell-o

1-8 oz. carton cool whip

Mix all ingredients.



# Inspiration

## Rules for a Perfect Day

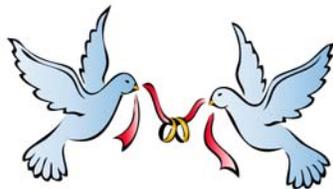
Just for Today, I will try to strengthen my mind by reading something that requires effort, thought, and concentration.

Just for Today, I will do somebody a good turn and not get found out.

Just for Today, I will dress as becomingly As possible, talk low, act courteously, be liberal with praise, and criticize not one bit nor find fault with anything.

Just for Today, I will have a quiet half hour all by myself and relax. In this half hour, sometime I will reflect on my faith so as to get a little more perspective on my life.

Just for Today, I will be unafraid.  
Especially, I will not be afraid to be happy, to enjoy what is beautiful, to love and believe that those I love, love me.



## Old Age—It's Later Than You Think



It's later than you think – everything is farther away now than it used to be. It's twice as far to the corner – and they added a hill. I noticed I've given up running for the bus — it leaves faster than it used to. It seems to me they are making steps steeper than in the old days and have you noticed the smaller print they use in the newspapers? There is no sense asking anyone to read aloud... everyone speaks in such a low voice I can scarcely hear them. Material in dresses is so skimpy especially around the hips. It's all but impossible to reach my shoelaces. Even people are changing — they are much younger than they used to be when I was their age. On the other hand, people my age are much older than I. I ran into an old classmate the other day and she aged so much she didn't remember me. I got to thinking about the poor thing while I was combing my hair this morning and I glanced in the mirror at my reflection and confound it, they don't make mirrors like they used to either...



Life is a mirror:  
If you frown at it, it frowns back;  
If you smile, it returns the greeting.

William Thackeray

# Just For Fun!

Nothing is more responsible for the good old days than a bad memory.  
- Franklin Pierce Adams

You know you are getting old when you stoop to tie your shoe and wonder what else you can do while you are down there.

Theres nothing like having grandchildren to restore your faith in heredity.  
- Doug Larson



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

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

**ACKNOWLEDGE**  
**CEMETERY**  
**CEREMONY**  
**COMMEMORATE**  
**FREEDOM**  
**GRTITUDE**  
**HONOR**

**MEDAL**  
**MILITARY**  
**MONUMENT**  
**OBSERVANCE**  
**RESPECT**  
**SALUTE**  
**SERVICE**

**SOLDIER**  
**TRIBUTE**  
**TROOPS**  
**VETERAN**  
**WAR**  
**WREATH**



## 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