

Sharing *the Spirit*

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

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HIICAP News

Need Help Paying for Medicare?

This is a good time to see whether or not you qualify for a low-income subsidy. This benefit could save you thousands of dollars on premiums and co-pays for your medications. There are two ways in which you may qualify:



Low-Income Subsidy (also called Extra Help) through the Social Security Administration (SSA). If your gross monthly income is under \$1,336 if single, \$1,802 married; and your resources are less than \$8,780 (single individual) and \$13,640 (married couple), you qualify for Full Extra Help through Social Security. If your gross monthly income is under \$1,485 if single, \$2,002 married; and your resources are less than \$13,930 (single individual) and \$27,250 (married couple), you qualify for partial extra help through Social Security. The application process is done on-line. If awarded this subsidy, you will pay between \$2.95 and \$7.40 for your prescriptions, you will never experience the donut hole, you will have a special enrollment period to switch plans at any time during the year, and your Part D premium will be covered up to \$39.73.

The second subsidy, the Medicare Savings Program, is offered through the local Department of Social Services. This simple application can qualify you for help paying your Part B premium, which currently is \$104.90 (previously on Medicare) or \$121.80 (new to Medicare). If your gross monthly income is under \$1,357 for a single individual and \$1,823 for a couple, you may qualify for this benefit. There is no resource limit for the Medicare Savings Program. If your income is slightly higher than this, you may still qualify if you are paying for a medical premium, such as a Medigap policy, a dental policy, long term care insurance, or a Part D plan that is above the \$39.73 benchmark. The benefits of qualifying for the Medicare Savings Program is twofold: You will receive Part B Medicare without paying for it and you will receive the full extra help benefit for your prescription coverage. If you think you may qualify for either of these programs, contact the Herkimer County HIICAP office at 315-894-9917 to enroll.

Another program available to New York residents 65 and over is the EPIC program. EPIC's fee plan is for enrollees with incomes up to \$20,000 for singles, and \$26,000 for

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The Newsletter Staff	
Rae Raffle-Maxson, 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 Jul-Sep 2016 edition:

Director's Chair

Last month we had the pleasure to honor our RSVP volunteers at our annual recognition luncheon. Our volunteers continue to step up to the challenges our local community faces and provide services to make this a better place. Last year our volunteers donated 24,490 hours at 25 volunteer stations. Our RIDE volunteers drove 62,884 miles transporting our seniors on 1,153 medical appointments. The HIICAP Volunteer Counselors and staff provided 2,852 counseling sessions to Medicare beneficiaries, educating them on the Medicare system, differences between plans, issues with billing and assistance with completing applications for programs to help reduce their out of pocket expenses. The RSVP Food Pantry volunteers served over 497,952 meals to 12,402 households here in Herkimer County. The Food Sense Program provided 668 units of food, through their food co-op program. The America Reads program assisted 33 elementary children to help them reach their reading level so they can better succeed in school. The volunteers and staff at Kateri's Thrift Store assisted 3,355 needy families with clothing and household items while donating 1,561 volunteer's hours. In addition we had numerous other volunteers who serve at blood drives, congregate meals sites, advisory councils and boards, provide companionship to the homebound, assist with fundraising, make baby blankets and bonnets for babies at local hospitals, etc... As I said at the luncheon not every volunteer is honored with a special award every year, but every volunteer is important and without you we would not be able to care for our community the way we do, so thank you for all that you do!

This month marks my first year anniversary as the RSVP Program Director, boy has the time flown by! I have learned a lot and know I will continue to learn much more from all of you. I feel very honored to be a part of this RSVP family and I truly hope you all know how much myself and all of us here at Catholic Charities appreciate all you do for those in need.

I would love to see our programs continue to grow so that we may better serve our community. So, if you know of anyone who is interested in volunteering please have them contact me at 894-9917.

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*

married couples. The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 for singles, and \$26,001 to \$100,000 for couples. The benefit of having EPIC is that it gives Medicare beneficiaries a Special Enrollment Period to opt out of any plan during the calendar year. If you are on the EPIC's fee plan, EPIC will pay your Part D premium up to the benchmark amount. If you are on the deductible plan, but your income is up to \$23,000 if single and \$26,000 if married, EPIC will also pay your Part D premium up to the benchmark. The remaining EPIC enrollees on the deductible plan will have their EPIC deductible lowered by \$443. As you know, when EPIC is working, seniors pay between \$3 and \$20 for prescriptions. EPIC is secondary coverage, that is, Medicare beneficiaries must have a Medicare Part D plan for EPIC to pay as the secondary insurer. IF you would like to learn more about EPIC or enroll please contact the Herkimer County HIICAP office at 315-894-9917.

RSVP 2016 Volunteer Recognition Celebration

The Retired and Senior Volunteer Program of Herkimer County held its annual Volunteer Recognition Luncheon at Francesca's Banquet Hall in Ilion on Thursday, June 23, 2016. Honored were the 250 RSVP volunteers who served in Herkimer County, by donating 24,490 hours assisting over 4,500 individuals at two thrift stores, transporting seniors to medical appointments, counseling Medicare beneficiaries on complicated health insurance issues, serving over 500,000 meals at nine emergency food pantries, tutoring at-risk

students through the America Reads After-School Program as well as providing additional assistance at the 25 RSVP volunteer stations in Herkimer County. RSVP volunteers target the communities' most critical needs, and are dedicated to making a difference in the lives of the most vulnerable populations.

Honored guests at this year's event included Cynthia Cardarelli, Associate Executive Director of Catholic Charities of Herkimer County; Kathy Fox, Executive Director of the Herkimer County Office for the Aging; Reverend Paul Catena, Pastor of both Annunciation Parish in Ilion and Queen of Apostles in Frankfort; Terry Leonard, Mayor of Village of Ilion; Senator James Seward, serving the 51st Senate District; Amy Akers representing Capital District Physicians' Health Plan (CDPHP), and Deborah Scialdo, aide to Assemblyman Marc Butler.

Cynthia Cardarelli, welcomed the guests to the event, followed by a salute to the flag led by Terry Leonard and opening prayer by Reverend Paul Catena. Following lunch, Rae Raffle-Maxson, RSVP Program Director thanked all the RSVP volunteers for their service to the community and presented the following awards:

Receiving the Hours for Others award was RuthAnn Harrington.

RuthAnn began volunteering for RSVP in December of 2014 and since that time she has volunteered over 1000 hours. RuthAnn spends many hours crocheting, a skill she learned from her Grandmother when she was a



child. She has crocheted countless baby hats and blankets that are donated to area hospitals. When she's not crocheting she enjoys spending quality family time with her husband, children and grandchildren.

Receiving the Miles for Others

Award was Jackie Rogers. Jackie was born a volunteer and has spent her entire life volunteering for different agencies, like the fire department and VFW auxiliary. In January of 2015 she began volunteering as a RIDE driver. Since then she has volunteered over 800 hours and in the past 12 months she has driven over 10,000 miles transporting seniors to medical appointments. Jackie loves the RIDE program because she loves her clients, and her clients love her right back. When she's not driving her clients she's outdoors, either on her motorcycle or in her garden.



Receiving the Hearts for Others

Award was Ralph Dow. Ralph has been a volunteer with the RSVP Program since 1999 and has 8921 lifetime service hours. He started his volunteer work at the Kuyahoora Food Pantry as head of the Food Sense Program and then became the Food Pantry Coordinator in 2003. Ralph currently also serves on the Ecumenical Food and Shelter Council. Ralph says his parents taught him to volunteer as a child. He served in the United States Navy and is a Korean War Veteran. Ralph said, "My extensive volunteerism has made me a more loving and caring person, giving me purpose in my life. To me, doing God's will is what I must do."



Certificates of Appreciation were awarded to

those volunteers with over 1,000 hours of service: Ray Lenarcic, Claudia Perrone and Karen Slocum. Certificates were also awarded to RSVP volunteers with over 500 hours of service which included: Joanne Amato, Douglas Capraro, Ralph Dow, RuthAnn Harrington, Jackie Rogers, Emily Sokol, and Jay Waufle.

The RSVP Service Pin for 25 years of service was awarded to Florence Caliguire and Dorothy Kalthoff. In addition; Gordon Darling, Beverly Findura, Margaret Hall, Lucille Hand, Ray Lenarcic, Nancy Smith, Ronald Smith, Emily Sokol, Helen Staskus, Donna Sterling, Mary Ann Walrath, Carol Zaffarano, and Rose Zito were recognized for 15 years of Service. Kathryn Bacher, Hope Carbone, Eileen Drumm, Paul Frezza, Barbara Holt, Constance Johnson, Darwin Laymon, Mary Lou Reich, James Skinner, Kathleen Smith, James Spinner, Diana Squires, Vincenza Terricola, Marguerite Tulloch, Janet Vedder, James Zurakowski and JoAnn Zurakowski were recognized for 10 years of service. Finally, Margaret Garlock, Richard Gustin, Pam Gydesen, Richard Petkovsek, Walter Raffle, Sandra Rasmussen, Mary Ratajack, Nina Rumrill, Marilyn Salvaggio, Patricia Tappan and Agnes Wilk were recognized for 5 years of service as RSVP Volunteers.

Kathy Fox also presented the Senior Citizen of the Year award to Esther Austin and Outstanding Contribution award to Patricia Sullivan.

The Retired and Senior Volunteer Program is sponsored by the Catholic Charities of the Albany Diocese, the Corporation for National and Community Service, the State



NY Connects
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Services and Supports

of **HERKIMER COUNTY**
(800) 342-9871 (315) 867-1121

Are you a Caregiver?

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

2016 Senior Expo

Thursday, August 11, 2016

10 am—2 pm

First United Methodist Church

127 North Prospect St., Herkimer, NY 13350

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

*Do you need assistance?
Over the age of 60?*



**Top 4 Reasons to Ask Your Provider to Enter Your Immunizations into the
New York State Immunization Information System (NYSIIS)**

*By Melissa Glova, RN, BSN, CHN Herkimer
County Public Health
Immunization Coordinator*

The New York State Immunization Information System (NYSIIS) aims to establish a complete, accurate, secure, real-time immunization medical record that is easily accessible and promotes public health by fully immunizing all individuals appropriate to age and risk.

Did you know that there are benefits to adult patients being entered into NYSIIS? Here are the top four reasons to get your immunization records entered into NYSIIS:

1. The provider can see all the immunizations you have received, both at their office and at other providers.
2. NYSIIS reduces unnecessary duplication of immunizations because there is an accurate

record the provider can see quickly and easily.

3. With many adults returning to school or entering jobs that require proof of immunization, NYSIIS provides a clear, up-to-date record that can be printed out for you. This saves time because the provider does not need to look through several years of chart to provide the records.

4. NYSIIS is an easy way to keep immunization records in one place. Talk to your health care provider about getting your immunization records entered into NYSIIS.

For more information on NYSIIS please contact Melissa Glova at 315-867-1176.



Office for the Aging, and the Valley United Way. Sponsorship for this year's luncheon was provided by Capital District Physicians' Health Plan (CDPHP).

If you are interested in becoming an RSVP volunteer, please contact Rae Raffle-Maxson at 315-894-9917.



25 Years of Service
Florence Caliguire and Dorothy Kalthoff



15 Years of Service
Lucille Hand, Emily Sokol, Nancy Smith,
Ronald Smith, Mary Ann Walrath, Carol
Zaffarano and Rose Zito



10 Years of Service

Eileen Drumm, Kathryn Bacher, Paul Frezza,
Darwin Laymon, Vin Terricola and
Kathleen Smith



5 Years of RSVP Service Award Recipients
Sandra Rasmussen, Walter Raffle, Richard
Gustin, Nina Rumrill, Marilyn Salvaggio and
Agnes Wilk.



The RSVP 500+ Club

Ralph Dow, RuthAnn Harrington, Jackie Rog-
ers and Emily Sokol.

Four things YOU can do to prevent falls:

Many falls can be prevented. By making some changes, you can lower your chances of falling.

1. Begin a regular exercise program
2. Have your health care provider review your medicines
3. Have your vision checked
4. Make your home safer

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

Quick Falls Risk Self-Check

Score	<u>How easily can you step up onto and over a street curb?</u>
<input type="checkbox"/> 0	Would not attempt by myself
<input type="checkbox"/> 1	Would need help to set UP and DOWN (device or person)
<input type="checkbox"/> 2	Could step UP but would need help to step DOWN
<input type="checkbox"/> 3	Could step UP and DOWN but CAUTIOUSLY
<input type="checkbox"/> 4	Could step UP and DOWN CONFIDENTLY without help



If you scored 3 or less, you are at risk for a fall. The lower your score the higher your risk. Most falls are preventable. Act now to reduce your risk. Daily balance exercises can maintain or improve balance.

Office for the Aging
Senior Citizen of
the Year 2016:
Esther Austin



Pictured to the left is award winner Esther Austin with Legislator Mr. Raymond Smith

Esther Austin is a lifelong resident of Dolgeville, NY. She was married to Larry for 39 years and between them both they have 8 children. She also has 16 grandchildren and 6 great grand-children.

Ever since she was a girl, cheerleading for her high school basketball team, she has been a woman of loyalty and civic mindedness. In each of the endeavors she has created a sense: of continuity in the community bringing each activity and fundraiser another reason to be proud of Dolgeville. In her work she propagates a sense of fun and spirit around the hard work that makes all of us reflect on the heritage that is around us every day.

She has enriched the Violet Festival with her entrepreneurial and marketing skills from her various business endeavors from owner of Green Acres, The Relique Shoppe, and the Plum Tree and the Plum Tree II (not to mention being co-owner of Austin's Plumbing & Heating), but also made time to donate to the community in Eastern Star for over 50 years. She worked on the Village Planning Board Committee for 10 years and the Republican Committee for 20 years. Esther was also one of the founding members of the East Canada Valley Vision 15 years ago and still supports the organization.

From the Festival of Trees, the Hoedowns, the Historical Walking Tours, the

pie baking frenzies, and the trips to her beloved Yankees' games, she has brought a village together through these fundraisers. These fundraisers are used to make sure the Violet Festival Committee has the funds for the entertainment programs that she also orchestrates: like the Shumaker Baseball game, balloon rides, Coaster Car Races, carriage rides and various entertainers. She is also behind the scenes making hundreds of the lavender and lilac bows, and organizing the Violet Festival banners that beautify the village for the Festival. But, her favorite responsibility each year has been being the editor in chief of the Violet Festival Booklets. Her gardening skills have won her the Violet Festival Garden Club Award for several years. With her husband, Larry, earned the Lyndon Lyon community Award in 2013.

In recent years Esther has entertained during the Christmas holidays at various nursing homes, including Alpine Home and the Country Manor by playing her accordion which she learned to play only a few short years ago.

For all she does, she is an example for each of us to be a contributing member to our community.

Her advice to other volunteers is: "It gives me great satisfaction to give back to the community and the State. It makes you feel good to do something for others even if it is in a small way"

Office for the Aging
Outstanding
Contribution
Award 2016:
Patricia Sullivan



Pictured to the left is award winner Patricia Sullivan with OFA Director Kathy Fox

**OFFICE FOR
THE AGING**
ADVISORY COUNCIL
**ANNUAL AWARDS
GIVEN**

Patricia A Sullivan (age74) of Ilion, NY has lived here most of her life. She is married to her husband, Charles, for 39 years and they have 4 girls and 1 boy. She also has 11 grand-children and 4 great-children. Patricia worked in the Financial Industry for most of her life.

She is a past Exalted Ruler of the Herkimer Elks, twice recognized as officer of the year and in 2012 was honored as Elk of year. She currently serving as the lodges Grant Director and over few years has helped the lodge receive grants from the Elks National Foundation totaling \$24,000. These grants helped the lodge conduct several community events including:

1. Each food pantry in Herkimer county got \$1,200
2. A Veteran's dinner
3. A visit and picnic, supplies to Syracuse Veterans hospital
4. A Bike rodeo (where all local kids got a New bicycle)
5. A Polar Express ride (Utica train to Old Forge)
6. A children's Christmas party at the Lodge (with Santa, presents for all)
7. A summer day at Sylvan Beach, with free bus ride, food games for local kids

She has instituted a free dictionary program for all 3rd graders in Herkimer, Mohawk, St.

Francis, and Richfield Springs.

Kim Maley, from the Ilion lodge, and her have chaired a Bell ringing challenge to benefit the Salvation Army during the holiday season and on December 5, 2015 they raised together \$1,200 in ONE DAY for the Salvation Army.

She and her husband (Charlie) often work at the Ilion food pantry. In April 2014 she was honored by Syracuse tv station WSYR as one of 9 women in all of New York State "Who make a difference."

She has done most of ALL this while undergoing Cancer treatment and two surgeries in the last 15 months. This is a wonderful lady who cares about her community.

Her advice to other volunteers is; "It gives you a good feeling to bring smiles to people of all ages. "Get out there and do it, volunteers are needed"

**FREE
CARFIT EVENT FOR OLDER
DRIVERS**

Does your Car “fit” you?

CarFit is based on a 12-point checklist and provides one-on-one interaction with a trained CarFit technician. The primary purpose of the program is to convey safety information; it is not a driving evaluation.

August 12th , 2016

10 am—12 pm

The Church of Jesus of Latter-day
Saints Parking Lot

317 Gros Blvd

Herkimer, NY 13350

Contact Nancy Hampel or Selden
Przломiec at the Parkway Center at (315)
223-3973 ext. 115 or 110



A health plan you can depend on.

For information, call
(518) 641-3400 or 1-888-519-4455
TTY/TDD (518) 641-4000



A plan for life.

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

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

This is an advertisement. Y0019_16_0865 CMS Accepted

On June 24, 2016 Herkimer County Office For the Aging presented certificate of appreciation to 3 volunteer Meal on Wheels drivers Theresa Ward, Evan Koehn, and Shawn Sponable.

The picture to the right is Director Kathy Fox with volunteer Shawn Sponable.





Everyone is enjoying themselves at the **Senior Picnic** on **June 15, 2016**



Above is some Veterans representing for the color guard while “God Bless America” was sang



Above is Vanessa Boyer singing “God Bless America” before the Bingo action started



Below is another group of Seniors having a good time talking with each other



Above is Brenda from United Way making popcorn to give to the seniors as they play BINGO



Above is the two volunteers getting ready to call the numbers for the BINGO games



Left is Legislator Mr. Smith announcing June 15, 2016 as Senior Citizen Day in Herkimer County



Left is a group of Seniors waiting to have their number called to win in BINGO



From the *RSVP Program*

JULY

- 1st Dawn Hosney
Louise Williams
- 2nd Robin Whitcomb
- 4th Salvatore Simonette
- 8th Robert S. Haberek
- 10th Camille Fisher
- 11th Marjorie Chase
- 15th Dorothy Kalthoff
- 22nd Deborah Fitch
Darwin Laymon
- 24th James Dundon
- 25th Roberta Farouche
Maureen Harrer
- 27th Betty Lynch
Marilyn Salvaggio
Marguerite Tulloch
- 28th Donna Tabor
- 31st Mary Ann Walrath
Alice Wineberg



AUGUST

- 1st Eleanor Scalise
- 7th Valerie A Duncan
Lucille Hand
- 8th Barbara Horwald
Barbara Johnson
Diane Squires
- 9th Carmelita Sgroi
- 10th Margaret Hall
- 11th Bonnie Pierson
- 12th Irene K. Czuryla
William K. Farrell
Lynne F. Swartz
- 13th Charlotte Johnson
Diana Klastow
- 15th Joan Merrick
Ronald A. Smith
- 16th Charles W. Sullivan
- 17th Irene Euron
- 18th Suzanne Wallace
- 19th Christina Olson
- 20th Claudia Coman
- 24th Pam Gydesen
Melinda Marley
- 25th Beryl Evans
- 27th Patricia R. Tappan
- 30th Kathleen Mazzara
- 31st Paul F. Lewis

SEPTEMBER

- 1st Gail M. Domion
Roy VanSlyke
- 2nd Linda E. Folsom
Karen Slocum
- 3rd RoseMary Parody
- 4th Jean B. Gaudin
- 5th Ronal Gamble
- 7th Anna Kozakowski
Regina Nicolette
- 9th Kathleen Hoyt
Agnes Wilk
- 10th Helen Brandon
Ronald A. Covey
- 11th Ray Lenarcic
- 14th Ellen Culver
Linda M. Leonard
- 17th Vincenza Terricola
- 18th Margaret Garlock
- 19th Michele Hipkens
- 20th Helen Staskus
- 22nd Donna Cammann
Sandra Engelbrecht
- 23rd Cynthia Reles
- 24th Ralph Dow
Jean Kull
Mary Anne Ransom
- 26th Jay Waufle
- 27th Marcia Kendall

Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Taco Pie

1/4c butter 2/3c milk
1 pkg Taco Bell seasoning mix
2 1/2 c mashed potato flakes (you could also use left over mashed potatoes and omit the butter and milk)
1 lb ground beef 1/2 c salsa
1/2 c chopped onion 1c shredded lettuce
1 med tomato, chopped
1c sharp cheddar cheese, shredded
Sour cream, optional



Preheat oven to 350°. In a medium sauce pan, melt butter. Add milk and 2 tablespoons taco seasoning. Remove from heat and add potato flakes until incorporated. Press mixture into the bottom of a 10-inch pan.

Bake for 7-10 minutes until it just BARELY turns golden brown.

In a medium skillet, cook beef and onions until beef is browned and cooked through. Drain. Add Salsa and remaining taco seasoning. Cook until bubble.

Pour into crust. Bake for 15 minutes, or until crust is golden brown.

Let cool for 5 minutes. Top with cheese, lettuce, and tomatoes. Cut and serve with sour cream if you are one of those who like spoiled cream.

Banana Peanut Butter Mock Ice Cream

Banana (frozen)
Peanut Butter (1 Tablespoon per banana)

1. Peel ripe bananas and put them in a zip lock bag to freeze
2. Freeze for two hours (if you leave them longer, just let them defrost for a few minutes prior to starting)
3. Break bananas into chunks into a food processor or blender
4. Turn on and let the magic happen
5. Turn food processor/blender off to push bananas down as needed
6. Blend until smooth and texture resembles ice cream (can take a few minutes and a few push downs, but it will magically convert to the right texture eventually)
7. Add peanut butter and blend slightly until combined
8. You can add chocolate chips, Oreos, etc. as well!

Seven-Cup Salad

1c. Grated coconut
1c. Sour cream
1c. Crushed pineapple
1c. Miniature marshmallows
1c. Cottage cheese
1c. Chopped nuts
1c. Fruit cocktail



In large bowl, combine all ingredients, cover and refrigerate for at least 24 hours, then serve.

Inspiration

What is a Grandmother?

A grandmother is a lady who has no little children of her own. She likes other people's. A grandfather is a man grandmother. Grandmothers don't have to do anything except be there. They are old so they shouldn't play hard or run. It is enough that they drive us to the market and have lots of dimes ready. When they take us for walks, they slow down past things like pretty leaves and caterpillars. They never say, "Hurry up" ... Usually grandmothers are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums out. Grandmothers don't have to be smart, only answer questions like, "Why isn't God married?" and "How come dogs chase cats?" When they read to us they don't skip, or mind if we ask for the same story over again... Everybody should try to have a grandmother, especially if you don't have television, because they are the only grown-ups who have time.



I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.



Audrey Hepburn

I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we're all teachers - if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door.

Marla Gibbs



National Grandparents Day

September 11, 2016

In 1973, West Virginia Governor Arch Moore proclaimed the first Grandparents Day. Five years later, Congress named the first Sunday after Labor Day as National Grandparents Day. September was chosen to signify the "Autumn Years" of life.



Just For Fun!

A nurse friend of mine took a 104-year-old patient for a walk in the hospital corridor. When she got him back to his room and sat him own, he took a deep breath and announced, "That was great! I don't feel a day over 100!"

Knock! Knock!
Who's there?
Needle.
Needle who?
Needle little help getting' in the door.

If con is the opposite of pro, then isn't Congress the opposite of progress?
Jon Stewart

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

BLANKETS
CHILDREN
COOLER
DOGS
FRISBEE
GOGGLES
LIFEGUARD

OCEAN
PICNIC
RADIO
SAND
SANDALS
SHELLS
SNORKELS

SUNGLASSES
SWIMMING
TIDE
TOWELS
UMBRELLA
UNDERTOW
VOLLEYBALL
WAVES



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