

# July 2014

**Warren - Hamilton  
Counties  
Office for the Aging**

**1340 State Route 9  
Lake George NY 12845**

**(518) 761-6347**

**Toll Free Number 1 (888) 553-4994  
NY Connects 1 (866) 805-3931**

**WARREN COUNTY STAFF:**

**CHRISTIE SABO - DIRECTOR**

**CINDY ROSS - FISCAL MANAGER**

**ROSE-ANN O'ROURKE - COORDINATOR OF NUTRITION SERVICES**

**HARRIET BUNKER - COORDINATOR OF SERVICES**

**CINDY CABANA - SPECIALIST SERVICES FOR THE AGING**

**HANNA HALL - AGING SERVICES ASSISTANT**

**CECILY BURLINGAME - TYPIST / RECEPTIONIST**

**KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / "NEWSLETTER"**

**CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU**

**SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS**

**DINAH KAWAGUCHI - PART TIME TYPIST**



**Newsletters are now available online at  
[www.warrencountyny.gov/ofa/newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)**

**Please contact Kayla Jarrell to be added to our email list.**

**(518) 824-8824 or [jarrellk@warrencountyny.gov](mailto:jarrellk@warrencountyny.gov)**

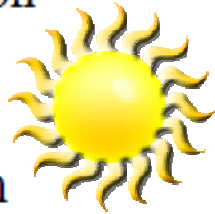
# OFA HIGHLIGHTS

## Warren/Hamilton Counties Office for the Aging NY Connects & Hamilton Co. DSS coming to visit You!

Hello readers, below are the dates when Abigail Eichler, Hamilton County DSS and Susan Dornan, NY Connects, Warren-Hamilton Office for the Aging will visit so please mark your calendar!

If you are unable to attend, let us know how we can help you, a family member, or neighbor by contacting NY Connects toll-free at 1-866-805-3931.

Wednesday, July 9 noon  
Long Lake Meal Site



Tuesday, July 22 11am  
Indian Lake Meal Site

Wednesday, August 20 11am  
Inlet Town Hall

Thursday, August 21 11:30am  
Speculator Meal Site

Wednesday, September 10 11am  
Wells Meal Site

### Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at [www.BenefitsCheckUp.org/SNAP](http://www.BenefitsCheckUp.org/SNAP).

1

**MYTH**  
SNAP is only for families with children.

**FACT**  
SNAP is for everyone who qualifies, including seniors.



2

**MYTH**  
I'll only get \$15 a month, so it's not worth applying.

**FACT**  
The average national SNAP benefit for a senior living alone is \$119 a month.



3

**MYTH**  
Other people need SNAP more than I do.

**FACT**  
Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4

**MYTH**  
No stores near me accept SNAP.

**FACT**  
Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5

**MYTH**  
It's too hard to apply for SNAP.

**FACT**  
Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



**ncoa**  
National Council on Aging

Visit [www.BenefitsCheckUp.org/SNAP](http://www.BenefitsCheckUp.org/SNAP) to get your application now!

©2014 National Council on Aging. All Rights Reserved. [www.ncoa.org](http://www.ncoa.org)



### Your Long Term Care Council meets Wednesday, July 16

YOU are invited! Plan now to attend our meeting on Long Term Care. We will begin at 10am at Hamilton County Public Health, White Birch Lane in Indian Lake. The meeting normally lasts no longer than 2 hours. Our Long Term Care Council members are from Hamilton, Warren, and Washington Counties. We meet four times a year to discuss ideas and solutions to improve long term care

choices. No dues are involved to join this meeting and it is open to anyone interested. For more information, contact Susan Dornan, NY Connects Coordinator at 1-866-805-3931. We are interested in your thoughts and concerns. You may even see some great wild life on your travels there!

## Volunteers Needed

### Meals on Wheels & Transportation Programs

Contact  
**Kayla Jarrell**  
-761-6347



# Joanie Fiore Flanagan's 2014 Bike MS Begging Letter

## Why I Fight MS

I believe that I can do something about Multiple Sclerosis. Life itself is unpredictable, but having MS makes that uncertainty even worse. Imagine dealing with the thought that maybe one day, you will wake up with partial blindness, or your memory will fail you for no apparent reason, or you may not always be able to walk. When I ride or fundraise, I am helping make at least one thing certain-that people with MS will continue to have hope for a cure and finding its cause.

## Why I Ride

My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

## Help me reach my goal again this year

The only thing I love more than riding in Bike MS is when people I know and care about say "Yes, I will sponsor you," then hand me a check or cash. It makes me know that people out there do want to help create a world free of the baffling disease. It also makes me realize how lucky I am to be able to count on you year after year. Every dollar you sponsor is appreciated, as I strive to be a substantial fundraiser. Last year, through I was the top fundraiser for North Country Bike MS. My total for 2013 was over \$11,000. the support of my friends, family and business contacts,

Thank you in advance for your continued support. Help me meet my goal of \$14,000 in 2014!

The bike ride is Sept 20, 2014 at Burch Hill, Schodack, NY.

Please make checks payable to NMSS,

(National Multiple Sclerosis Society) and send to me

Joan Fiore Flanagan  
22 Nottingham Dr.  
Queensbury NY, 12804  
793-7427



## To donate on line

please go to the MS web site at [www.msupstateny.org](http://www.msupstateny.org),

click on "Make a donation", then "Find a Participant" Type in "Joan" and "Flanagan" and "NY" state.

Scroll down to "Donate Now" and follow the instructions.

## **Greater Glens Falls Senior Citizens**

is once again participating in  
Kiwanis Club of Glens Falls

2014 Duck Race

Your Lucky Duck # is coming your way!

Simply fill out this form, stop in to pick  
up your ticket(s) or  
we will gladly mail them to you!  
Tickets are \$5.00 each

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Your Duck Name: (optional)  
\_\_\_\_\_

This is the 24th Annual Kiwanis Club of  
Glens Falls \$1,000,000 Duck Race & Family  
Fun Day—11A.M.-2 P.M.

Race Begins at 12:31 p.m.  
Saturday, July 26, 2014 at  
Haviland's Cove Park, Glens Falls

### Mail form to:

Greater Glens Falls Senior Citizens  
Center, Inc  
380 Glen Street  
Glens Falls, NY 12801  
518 793-2189

Make checks payable to :  
GF Kiwanis



Thank You for helping us continue to provide the programs & services our growing Senior Community requests & deserves!

Duck whistles & more will be available at our center, our Lawn Sale on June 14th & the day of the race.

So Thank You & Good Duck!

## Your Lucky Duck # is coming your way!

How it works...

Million Dollar Duck Race Disclosure

- One duck out of every 3,000 ducks sold will be randomly selected as a potential winning million dollar duck!
- The potential winning duck numbers are kept in a sealed security envelope, prior to the race.
- When the first duck crosses the finish line, a race official will determine whether that duck is one of the pre-selected Million Dollar Ducks. If it is, the person holding the ticket with that duck's number on it, wins the \$1,000,000 Grand Prize.
- The million dollar prize is paid in equal annual installments of \$25,000.
- Minimum prize \$2,014 + lots more prizes

## PLEASE SUPPORT OUR 2014 SPONSORS

Better than New Painting  
Advance Rental & Supply

Barton Group

Cool Insuring Agency

ESMI

Gore & Laney CPA's

O'Toole's Restaurant

Premier Pavement Marking LLC

The Adirondack Trust Company

Whiteman Chevrolet

Durett Business Management

Full Moon Bar & Grill

Hilltop Construction Company

Martha's Dandee Crème

Mikado

Moving Made EZ

Next Door Pub

Plant Doctor

Robinson & Son Insurance

Saunders State Farm

Sheet Labels

Shed Stop

Stored Technology Solutions

Railroads on Parade

Tree Masters

Triple "G" Lawn Services

Warren Tire

Whittemore, Downen, Ricciardelli CPA's

Wilson Enterprises

WCD Enterprises

Media Sponsors

Glensfallsregion.com

LOOK TV

The Chronicle

**Need not be present to win...**

## How Old is Your Heart?

[Anne-Marie Botek](#)  
Editor-in-chief

Cholesterol, blood pressure and family history comprise the trifecta of cardiovascular data most often used by doctors to predict a person's heart disease risk. But some experts believe one key factor is missing from this group: arterial plaque.

"Our current approach to heart health is so archaic. We need a revolution in how we offer heart disease care," says Steven Masley, M.D., author of *The 30 Day Heart Tune-Up*. Masley feels that the true age of a person's heart (and thus their risk of cardiac troubles) can be determined by examining the amount of plaque accumulated in the blood vessels surrounding the vital organ. "Looking at the traditional measures isn't enough—it's the buildup in your arteries that really ages your heart."

The number one cause of death in America (and the most common heart problem) is coronary artery disease (CAD)—a condition which causes the arteries around the heart to narrow and harden as layers of cholesterol, fat and calcium build up inside them. Perhaps the most insidious aspect of CAD is that the warning signs of the condition are minimal in the beginning. "For many people, a heart attack is their first symptom," says Masley. "If you wait until someone has heart disease to manage it, then it's too late."

### Plaque perpetrators and detection

Sugar and trans fat—not cholesterol—are the

primary contributors to CAD and the true enemies of heart health, according to Masley; "Those two ingredients are the biochemical equivalent of injecting liquid plastic into your veins. Sugar coats the insides of the arteries, making it easier for plaque to form, while trans fats act more like embalming fluid than anything else."

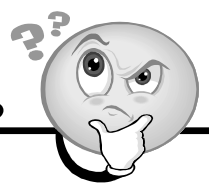
The simplest way to measure arterial plaque is to have a doctor perform a carotid intima-media thickness (CIMT) test; essentially an ultrasound of the arteries around the heart. However, broad use of the CIMT test remains controversial in the cardiac community.

Most insurance plans don't cover the cost of the procedure—which runs between \$250 and \$350, on average—and many medical experts debate the benefits of the exam for people who have no symptoms of heart disease. The American Heart Association says there's currently not enough scientific evidence to warrant widespread use of the test and urges individual patients to consult with their doctor to learn more about CIMT.

### Healing the heart with healthy foods

There is a silver lining when it comes to arterial plaque—it can be reduced with natural heart disease treatments, such as adopting the right diet and exercise program. "I've had hundreds of patients who've shrunk their plaque—reducing their heart's age by 10 years," says Masley. "In the U.S. we spend 90 percent of our time and money on procedures and prescriptions, not prevention. But the reality is that we can prevent 90 percent of heart disease with the right diet and exercise program."

# Whats New with HIICAP...



## **Office for the Aging Launches LIS/ Extra Help and MSP Outreach Effort**

**William Lane, Ph.D.**

The Warren-Hamilton Counties Offices for the Aging is launching an outreach effort to locate Medicare recipients who may be eligible for either the Medicare Part D Extra Help/Low-Income Subsidy (LIS) and/or one of the Medicare Savings Programs (MSPs). These two options were created in 2008 when Congress passed the Medicare Improvements for Patients and Providers Act (MIPPA).

### **LIS/Extra Help.**

Most people who qualify for the LIS/Extra Help will pay no premiums, no deductibles and no more than \$6.35 for each drug their Medicare Part D drug plan covers. Some people are automatically eligible for the LIS/Extra Help. The amount of savings you receive depends upon your income and resources. According to the National Council on Aging, the average savings for an individual is approximately \$4,000 per year. Also, if you qualify you do not have to wait for the open enrollment period to make this change or pay an enrollment penalty to begin receiving your new benefits.

### **Medicare Savings Program (MSPs).**

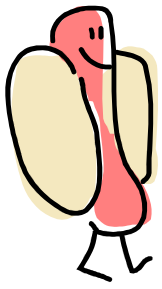
Even if you have income from working you may qualify for one of 4 programs MSP programs. The four programs are the Qualified Medicare Beneficiary (QMB) Program, the Specified Low-Income Medicare Beneficiary (SLBM) Program, the Qualifying Individual (QI) Program and the Qualified Disabled and Working Individuals Program (QDWI). Each of the programs has slightly different income and resource qualifying limits. While these programs may seem confusing trained HIICAP counselors can find the right program for you. If you qualify for one of the MSP programs you automatically qualify for LIS/Extra Help with your Medicare Part D.

**Outreach Efforts.** Beginning in July through the end of September the Warren-Hamilton Counties Office for the Aging (OFA) will be

partnering with the Greater Glens Falls Senior Center and William Lane Associates (Wm. Lane Assoc.). The goal is to reach out to seniors across both Counties in an attempt to contact as many residents as possible who may qualify for one of the above programs. During the months of July and August the Greater Glens Falls Senior Center will hold a number of events in Glens Falls and Queensbury to inform seniors about these programs. In addition, Harriet Bunker from the OFA and Linda Miller from Wm. Lane Assoc. will contact a number of outreach events throughout both Counties. Although firm dates have not yet been established, outreach events will be held in Bolton Landing, Indian Lake, Lake Luzerne, Queensberry, Warrensburg and other locations. Dates for all these events will be announced in the near future.

Two major outreach events have been scheduled for Glens Falls. The first will be held starting at 1:00 pm on September 23rd at the Greater Glens Falls Senior Center, 380 Glen Street. The next day, September 24th, the partners will hold an outreach event beginning at 1:00 pm at the Salvation Army located at 37 Broad Street in Glens Falls. Please pass this information on to friends, relatives or anyone else you feel might qualify to enroll in one of these programs. If you live in the Glens Falls area you can contact the Greater Glens Falls Senior Center at (518) 793-2189 for information about these programs. If you live anywhere in Warren or Hamilton Counties, including Glens Falls, you can always call the Warren-Hamilton Counties Office for Aging HIICAP program at (518) 761-6347 for information about these programs or any other questions you may have about all types of health insurance. Please watch for more information about these and other outreach events.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.



# THE FUN

July is National  
Hot Dog Month

**Volunteer Birthdays**



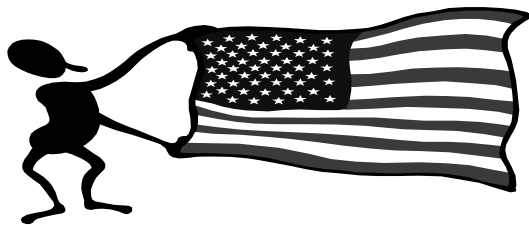
July is National  
Ice Cream Month

**PLEDGE OF ALLEGIANCE TO THE FLAG**

**Rick Hussa 9th**  
**Peg Fish 14th**  
**Alice Sullivan 25th**  
**Fran Cartmell 26th**

*"I PLEDGE ALLEGIANCE TO THE FLAG OF THE UNITED STATES OF AMERICA AND TO THE REPUBLIC FOR WHICH IT STANDS, ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL."*

Francis Bellamy



## Famous July Birthdays



**July 6<sup>th</sup> – Sylvester Stallone** “Rocky” and “Rambo”



**July 12<sup>th</sup> – Bill Cosby** “The Cosby Show”

**July 21<sup>st</sup> – Robin Williams** “Mrs. Doubtfire”

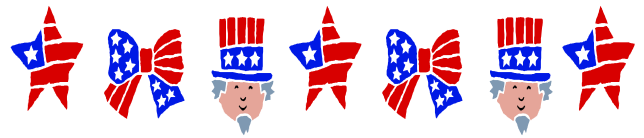


**July 25<sup>th</sup> – Estelle Getty** “The Golden Girls”





# CENTER



## Frozen Treats Summer Word Search

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

off the mark by Mark Parisi  
 www.offthemark.com



© Mark Parisi, Permission required for use.

- BANANA SPLIT
- BLIZZARD
- CREAMSICLE
- DILLY BAR
- DIPPED CONE
- DRUMSTICK
- FREEZIE
- FROZEN YOGURT
- FUDGESICLE
- GELATO

- ICE CREAM CAKE
- ICE CREAM CONE
- KLONDIKE BAR
- MILKSHAKE
- POPSICLE
- SHERBET
- SLUSHEE
- SNOW CONE
- SORBET
- SUNDAE

## Sudoku Puzzle

				5			8
8	9	4					
			6	4	1		7
			4	3	9		1
9	1	2					
				2			6
	4				6	8	
1		3	5				4
	5				1	2	

When the Word search Puzzle is complete, read the un-circled letters from left to right, top to bottom, to read an interesting fact .





**Glens Falls Senior Center**



# SENIOR CEN

Located at: 380 Glen Street, Glens Falls, NY 12801

Phone 793-2189 E-Mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)

Celebrating over 50 years of Service to our Senior Community

Something for everyone No Residency Requirements....

Rene Clements, Executive Director

Shiela Satterlee, Assist. Director

Lauren Tompkins, Outreach Specialist

Joan Counter, Admin. Assistant

Visit our website at

<http://www.greaterglensfallseniorcenter.com> for more information.

## NEW MEMBERS WELCOME

**NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS**

### SOME OF THIS MONTH'S HIGHLIGHTS



Tues-7/1	Card Craft-\$5-make 3 special cards	1:00 p.m.
Wed-7/2	Film-"Man Of The Year"-Robin Williams	1:00 p.m.
Mon-7/7	Games Your Grandparents played-Parks Bentley speaker-\$1.00 donation	1:00 p.m.
Tues-7/8	Prospect Mountain/van trip-call for fee	12:30 p.m.
Wed-7/9	Defensive Driving Class-call to sign up immediately-fee	9 a.m.-5 p.m.
Wed-7/9	Hee Haw Show-Little Theatre On The Farm-Cost: \$5 plus van fee	2:00 p.m.
Thurs-7/10	Crandall Park Picnic-Cost: \$7-summer food and fun.	12:00 p.m.
Mon-7/14	One Stroke Painting Class-\$15-sign up by July 10	12:30-2:00 p.m.
Tues-7/15	Vocal Concert-Anne Granger-Broadway songs	1:00 p.m.
Wed-7/16	Lunch Bunch-Ambrosia-Aviation Road-separate checks	12:00 p.m.
Thurs-7/17	Lake George Youtheatre-" <i>Into The Woods</i> "-Cost: \$10/\$12 with van	9:30 a.m.
Fri-7/18	Seagle Colony, Schroon Lake-Rossini Opera-call for price	12:30 p.m.
Mon-7/21	Center Line Dancers perform	1:00 p.m.
Thurs-7/22	Ice Cream Social	1:00 p.m.
Wed-7/23	Film-" <i>Monument Men</i> "	1:00 p.m.
Fri-7/25	Lake George Youtheatre-" <i>Snoopy</i> "-Cost: \$10/\$12 with van	9:30 a.m.
Mon-7/28	Special Bingo-refreshments, prizes, lots of games	1:15 p.m.
Tues-7/29	Outdoor games, weather permitting or indoors	1:00 p.m.
Wed-7/30	Racino-Van transportation \$6-call to sign up by July 25	9:00 a.m.

Monday- Friday	Thrift Shop-new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

### Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/Performing Line Dancing/Woodshop/Golf/Crafts/Cards/Bingo & Much More. Trips include: Irish Splendor, Alaska Cruise, California Coastal, British Landscapes. **Call Center for pricing and information on the upcoming trips and events or see on line.**

**Don't be lonely- come and participate in "YOUR SENIOR CENTER".**

**TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

**DUCK TICKETS SPONSORED BY GLENS FALLS KIWANIS CLUB  
NOW AVAILABLE. TAKE A CHANCE TO WIN \$1,000,000.00. TICKETS  
ARE \$5.00 DUCK WHISTLES AND MORE AVAILABLE AT SENIOR  
CENTER.**



# TER NEWS

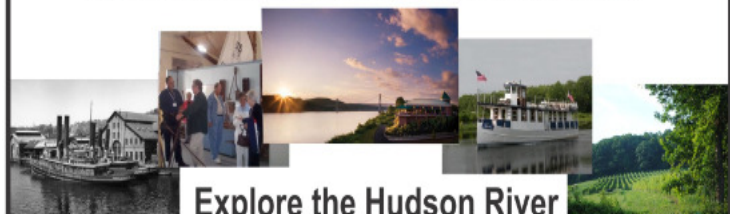
QUEENSBURY SR. CITIZENS INC PRESENTS

Niagara Falls & Toronto

\$75 Deposit due by 6/15



Don't miss out! Seats still available!



Explore the Hudson River  
Thursday July 10th

Cost  
\$87

Visit the Hudson River Maritime Museum

Learn about the fascinating history of the Hudson River with a guided tour

Take a Stroll on the Walkway Over the Hudson

Take in the views from the longest elevated pedestrian bridge in the world with a 1.28 mile span. Take in the scenery as you walk or choose to stay on the bus and ride to the opposite shore

Lunch at Shadows On The Hudson

Enjoy lunch on a covered deck overlooking the scenic Hudson River

Empire Cruise Line

Learn more about the Hudson River with a narrated 1 1/2 hour cruise after lunch

Millbrook Winery

Tour & wine tasting of five Millbrook wines plus souvenir wine glass

## Summer Fest 2014

"A Salute to Our Veterans"

Thursday July 31st at 5pm

Back by Popular Demand!

★ Joey Vincent ★

"One-Man Musical Comedy Review"

A Gifted Musician & Hysterical Comedian!  
A Performance You Don't Want To Miss!

Barnsider  
BBQ  
Dinner

Call 761-8224 or 745-4439

Sponsored by

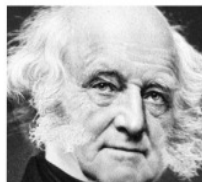
Neighbors NY

& Queensbury Senior Citizens Inc.

Ice cream  
social  
donated by  
Stewarts Shops



Sept. 11th 2014



Mac-Haydn Theater in Chatham NY

"The All Night Strut" Musical Revue - Matinee

A classy, sassy musical celebration of the 1930's and 1940's. "The All Night Strut" struts it's stuff in a two act bonanza of the way things were during the depression, World War II and the post war boom. An afternoon filled with jazz, blues, bebop and classic songs such as "Ain't Misbehavin, In the Mood, Java Jive, Fascinating Rhythm, Tuxedo Junction" and a whole lot more.

Martin Van Buren National Historic Site "Lindenwald"

Tour the 36 room mansion of Martin Van Buren, the eighth president of the United States. Politics before the Civil war was a whirlwind of opposing interest groups. Van Buren was able to unite those groups becoming president in 1837. Learn more about our nations history!

Lunch included at Jacksons old Chatham House, a favored secret of locals!

Cost \$77 Deadline: Friday Aug 8th

Call 745-4439 or 761-8224

**\*\* You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour**

**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Guided Tours of Niagara Falls & Toronto
- ◆ A Journey to The Falls on a "Hornblower Niagara Cruise"
- ◆ Gaming at Fallsview Casino
- ◆ A visit to Niagara-on-the-Lake & Queen Victoria Park
- ◆ A visit to Casa Loma; Canada's most magnificent castle
- ◆ and much more

**\$479 \***

**5 DAYS 4 NIGHTS**  
PER PERSON, DOUBLE OCCUPANCY  
**(Mon - Fri)**  
**September**  
**22 - 26, 2014**

Departure: Queensbury, NY @ 8 am

**Day 1:** Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

**Day 2:** Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park - home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

**Day 3:** Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate - Casa Loma! Later, you will dine at a local restaurant.

**Day 4:** Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

**Day 5:** Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**

With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$159 for single occupancy. Final Payment Due: 7/15/2014

**FOR INFORMATION & RESERVATIONS CONTACT:**

Melissa Pagnotta @ (518) 745-4439

Motor coach driver and step on guides gratuities included in flyer price

Form ID: 1800-5A0406



Great Trip!  
Sign Up Now!

Hildene & Weston Playhouse in Vermont  
Wednesday August 6th



\*Includes visit to Vermont Country Store

2pm matinee  
"A Chorus Line"



- \* Mary & Robert Todd Lincoln's home.
  - \* Carriage Barn - Welcome Center
  - \* Hoyt Formal Gardens, kitchen & cutting gardens
  - \* Abraham Lincoln & 2nd Inaugural Exhibit
  - \* Rowland Agriculture Center
  - \* Museum Store
  - \* Pullman Car Exhibit
  - \* Boxed Gourmet Deli lunch
- Cost \$86  
July 1st Deadline Extended.  
Sign up Now!

Call (518) 745-4439  
for reservations



## Pineapple Chicken Salad with Balsamic Vinaigrette

Serves 8

### Ingredients

- 4 boneless, skinless chicken breasts, each about 5 ounces
  - 1 tablespoon olive oil
  - 1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 tablespoons juice
  - 2 cups broccoli florets
  - 4 cups fresh baby spinach leaves
  - 1/2 cup thinly sliced red onions
- For the vinaigrette
- 1/4 cup olive oil
  - 2 tablespoons balsamic vinegar
  - 2 teaspoons sugar
  - 1/4 teaspoon ground cinnamon

### Directions

Cut each chicken breast into cubes. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes.

In a large serving bowl, combine the cooked chicken, pineapple chunks, broccoli, spinach and onions.

To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, sugar and cinnamon in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve immediately.

### Dietitian's tip:

Balsamic vinegar adds vibrant flavor to this salad without a hint of fat or sodium. With its intense and complex flavor, this vinaigrette is a perfect complement to the chicken, pineapple and spinach salad.

Nutritional analysis per serving: Total carbohydrate 8 g, Dietary fiber 2 g, Sodium 75 mg, Saturated fat 1 g, Total fat 9 g, Cholesterol 41 mg, Protein 17 g, Calories 181

Adopted By: Mayo Clinic

## 8 Healthy Summer Foods to Add to Your Diet

### Find out which healthy foods to add to your diet this summer.

It's summer—that amazing time of year when fresh produce abounds. Here are some favorites and why they're a particularly good choice in the summer:

**1. Corn** - Nothing says summer like fresh sweet corn. And did you know that two antioxidants—lutein and zeaxanthin—in corn may act like natural sunglasses, helping to form macular pigment that filters out some of the sun's damaging rays? It's true. The same antioxidants may also help lower your risk of developing age-related macular degeneration—the leading cause of blindness in people over the age of 60.

**2. Iced Coffee** - An iced pick-me-up is a great way to start your summer mornings. Better yet: drinking a single cup of coffee daily may lower your risk of developing skin cancer. In one study, those who drank one cup of caffeinated coffee a day reduced their risk of developing nonmelanoma skin cancer by about 10 percent.

**3. Tart Cherries** - They deliver a host of health benefits. You may have heard that drinking tart cherry juice can help you get a better night's sleep and quell post-workout pain. But did you know that compounds in tart cherries may also help you slim down and get leaner? Why? The anthocyanins in tart cherries activate a molecule that helps rev up fat burning and decrease fat storage

**4. Tomatoes** - There's no question that sunscreen should be your first line of defense against the blazing summer sun. But eating tomatoes could give you a little extra protection: consuming more lycopene—the carotenoid that makes tomatoes red—may protect your skin from sunburn. Supplements, however, weren't as effective: a study showed those who received a lycopene supplement or synthetic lycopene weren't significantly protected against sunburn.

**5. Watermelon** - Staying hydrated keeps your memory sharp and your mood stable. It also helps keep your body cool (by sweating) during hot summer months. In addition to delivering skin-protecting lycopene, watermelon is 92 percent water (hence the name). Research shows that eating foods that are full of water helps keep you satisfied on fewer calories.

**6. Raspberries** - Raspberries are a great source of fiber— which helps lower cholesterol. One cup of raspberries has 8 grams of fiber— eating more fiber may help prevent weight gain or even promote weight loss.

**7. Iced Tea** - Sure, a tall glass of iced tea on a hot day is refreshing, but did you know it might also do your body good? Studies show if you drink tea regularly, you may lower your risk of Alzheimer's and diabetes, plus have healthier teeth and gums and stronger bones. How? Tea is rich in a class of antioxidants called flavonoids. Regardless of the variety—black, green, oolong, white or herbal—maximize the power of tea's flavonoids by drinking it freshly brewed. If you want to keep a batch of cold tea in your refrigerator, "add a little lemon juice." The citric acid and vitamin C in that squeeze of lemon—or lime, or orange—help preserve the flavonoids.

**8. Blueberries** - Fresh blueberries straight from the berry patch are a special treat! Turns out the antioxidants in them may help ward off muscle fatigue by mopping up the additional free radicals that muscles produce during exercise, according to recent research out of New Zealand.

Catherine Keating RD CDN  
Warren/Hamilton Co.'s OFA  
Adopted By: Eatingwell.com

## Mom's Pasta Primavera

**Yield:** Serves 4.

### INGREDIENTS

*4 cups of mixed vegetables, for example:*

1 carrot, peeled and cut into 2x1/2-inch strips

1 medium zucchini, sliced into 1/4-inch slices

1/2 small eggplant, sliced into 1/4-inch slices

1/2 red onion, sliced into 1/4-inch slices

1/2 bell pepper, any color, cut into thin strips

3 Tbsp. olive oil

Salt and pepper

1/2 teaspoon Italian seasoning or herbes de Provence

A sprinkling of garlic salt

1/4 cup of spaghetti, marinara, or tomato sauce

1 pint of cherry tomatoes, halved

1/2 pound pasta (use rice pasta for gluten-free version)

Grated Parmesan *optional*

### METHOD

**1** Bring a large pot of salted water to a boil (for your pasta).

**2** Heat oil in a large skillet on medium high heat. Add the vegetables, stir to coat with oil. Cook for about 10 minutes, stirring only occasionally, until vegetables are just cooked. Turn off heat, but let pan stay on the burner.

**3** While you are cooking the vegetables, add the dry pasta to the boiling water and follow the cooking instructions for the pasta. You want to time it so that the pasta is done soon after the vegetables.

**4** Add a 1/4 cup of the spaghetti, marinara, or tomato sauce to the vegetables, along with 1/4 cup of water to thin the sauce. If you are using a prepared spaghetti or marinara sauce, you don't need to add much seasoning, just a 1/2 teaspoon of Italian seasoning or herbes de Provence, a few sprinkles of garlic salt, and salt and pepper to taste. If you are using a plain tomato sauce, you might want to start out cooking the vegetables by cooking a minced clove of garlic first, and then adding the vegetables, and then add a bit more of the seasoning (to taste). Spaghetti and marinara sauce are already seasoned.

**5** Once the pasta is ready - cooked but still a bit firm, or al dente - drain the pasta and put it directly into the skillet with the vegetables. Adjust seasoning. Add more sauce if needed. Gently mix in the cherry tomatoes.


Serve with some freshly grated Parmesan, if you like. A little bit of chopped fresh basil would go nicely with this as well.

Adopted by: Simply Recipes



# July 2014

## Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Suggested contribution \$3 per meal.</b>	<b>July 1</b> Meatloaf Mashed Potatoes Mixed Veggies Peach Cobbler	<b>July 2</b> Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	<b>July 3</b> <u>4<sup>th</sup> of July Picnic</u> Hot Dog/Bun Baked Beans Hot German Potato Salad Independence Dessert	<b>July 4 Independence Day</b>  <b>Meal Site Closed</b>
<b>July 7</b> Salisbury Steak Mashed Potatoes Broccoli Sliced Pears	<b>July 8</b> Baked Fish Scandia Orange Rice Pilaf Japanese Veggies Strawberry Shortcake	<b>July 9</b> Sloppy Joes on a Bun Summer Squash & Zucchini Casserole Corn Mandarin Orange	<b>July 10 Cold Plate</b> Chef Salad –(Turkey/Ham/Swiss Cheese/ Lettuce) Marinated Veggies <b>Birthday Cake</b>	<b>July 11</b> Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
<b>July 14 Brunch</b> Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	<b>July 15</b> Creamy Chicken Casserole Sweet Potatoes Spinach Chilled Pineapple	<b>July 16</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit	<b>July 17</b> Chicken Cacciatore Whole wheat Penne Pasta Italian Mixed Veggies Rice Pudding	<b>July 18 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp
<b>July 21</b> Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	<b>July 22</b> Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Chilled Peaches	<b>July 23</b> Roast Pork/ Gravy Mashed Potato Butternut Squash Pineapple Upside Down Cake	<b>July 24</b> <b>CHEF'S CHOICE</b>	<b>July 25 Cold Plate</b> Tuna salad on a Bun Macaroni Salad Broccoli Salad Cookie of the Day
<b>July 28</b> Veal Parmesan Penne/Marinara Sauce Cauliflower Garlic Bread Mandarin Oranges	<b>July 29</b> Apple N' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	<b>July 30</b> Lemon Baked Fish Roasted Red Potatoes Spinach Fresh Grapes	<b>July 31</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Carrots Chilled Peaches	

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change. Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. Caution contents will be hot.**

### Meal site Numbers:

Bolton-644-2368;  
Indian Lake; 648-5412;  
Lake Pleasant-548-4941;  
Soloman Hgts Qby --832-1705

Cedars-832-1705;  
Johnsburg-251-2711;  
Long Lake-624-5221;  
Warrensburg-623-2653;

Chestertown-494-3119  
Lake Luzerne; 696-2200  
1st Presb. Church GF --832-1705  
Wells-924-4066