

May 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**

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SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS



**Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php**

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

(518) 824-8824 or jarrellk@warrencountyny.gov

OFA HIGHLIGHTS

Wanted/Needed : New Members

AARP North Country Chapter 3891 meets the 3rd Wednesday of the month at the Queensbury Senior Center on Bay Road next to the Queensbury Town Center. Our May meeting will be on the 21st and we have an interesting speaker on Bonsai trees. Bag lunch is at noon, with meeting to follow at 12:45 PM. Raffle tickets will be drawn at end of meeting. Please attend and bring a friend.

For more info contact
Cindy Hatin Vice President @ (518) 793-2365

Get involved!
**Join Mental Health
& Caregiver Support
Emergency Planning
Workgroup of
NY Connects**

1-866-805-3931

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With Help From

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Medication (qty 30)	Strength	Retail Price	Rx Card Price	Savings
Singulair (Brand)	10mg	\$247.99	\$184.57	25%
Montelukast (Generic)	10mg	\$34.65	\$24.08	30%
Xyzal (Brand)	5mg	\$181.31	\$76.18	57%
Levocetirizine (Generic)	5mg	\$69.74	\$18.81	73%
Clarinet (Brand)	5mg	\$192.81	\$172.15	10%
Desloratadin (Generic)	5mg	\$92.61	\$38.23	58%

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Amy Sgroi • amyd@nyrxcard.com • 518-878-6894

Francesco Ciccone • fciccone@nyrxcard.com • 917-715-1560

The 40th Annual Senior Citizen Luncheon

*Honoring Senior of the Year and Contributing Senior
from Warren and Hamilton Counties*

Thursday, May 22nd at noon

Fort William Henry

48 Canada Street

Lake George, NY 12845

Menu Choices (Entrée)

Beef, Chicken or Salmon

Cost \$16.95

**Anyone who wishes to attend please sign up with your
senior club, center, meal site or contact Maureen Mihalics**

**All reservations, with payment, MUST be received by
May 8th 2014.**

**If you have any questions or need additional information
please contact Maureen Mihalics at 668-5506**

Congratulations

- Senior of the Year for Warren County is **Lucy Abrahams** of Lake George
- Senior of the Year for Hamilton County is **Pete Simons** of Wells
- Outstanding Contributor for Warren County is **Bob Dalaba** of Queensbury
- Outstanding Contributor for Hamilton County is **Rose Simons** of Wells

Plan ahead!

Contact

**NY Connects at
1-866-805-3931**

**Warren County
Office for the Aging
for options in home
care.**

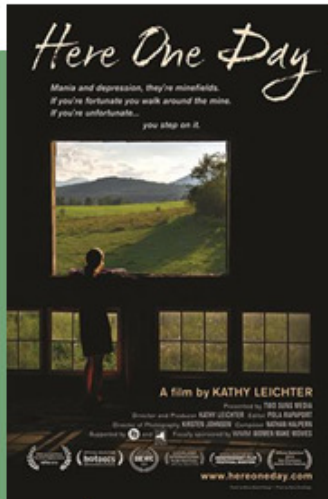
Volunteers Needed

Warren & Hamilton Counties
Office for the Aging

Meals on Wheels &
Transportation Programs

**Please contact
Kayla Jarrell**

**@
Warren/Hamilton County Office for the Aging
(518)-761-6347**



The Council for Prevention and
Crandall Public Library invite you to attend
a screening of **Here One Day**

Followed by a discussion with Producer and Director,
Kathy Leichter

**Here One Day
Tuesday, May 13, 2014
6:30 p.m.**

Crandall Public Library
251 Glen Street
Glens Falls, NY 12801
Start time is 6:30 p.m. (doors open at 6 p.m.)

When filmmaker Kathy Leichter moved back into the apartment she grew up in after her mother committed suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life from the challenges of her marriage to a State Senator, to her son's estrangement, to her struggles with bipolar disorder. Playing like a Greek tragedy, *Here One Day* is a bracing, visually arresting, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved.



Here One Day has screened at world renowned film festivals including the Cleveland International Film Festival, the International Documentary Film Festival (IDFA), and Hot Docs Canadian International Documentary Festival among others and was shot by the 2010 winner of the Excellence in Cinematography Award at The Sundance Film Festival. For more information about the film, please go to: www.hereoneday.com

COUNCIL FOR PREVENTION

Promoting Health and Wellbeing

The Council for Prevention fosters healthy communities, schools, families, and individuals. The Council supports and encourages collaboration among leaders, professionals, and community members addressing the issues of mental health, substance abuse, disease prevention, treatment, and recovery.

For more information about the screening, please contact Allison Reynolds at (518) 746-1527 or allisonreynolds@councilforprevention.org

Community Connections Day!

May 10th 2014
10am – 1pm

**Activities for all ages.
@ Crandall Park, GF**

**Kayla Jarrell will be at the OFA
booth. Stop by to meet her and
enter our drawing.**

**Substitute
Workers Needed
at various meal sites
contact**

**RoseAnn O'Rourke
761-6347**

You Can Change Your Brain's Destiny Today.

[Dr. David Perlmutter](#), Expert
Neurologist, best-selling author

Alzheimer's now affects some 5.4 million Americans; and it is a disease for which there is not only no cure, but no meaningful treatment. That said, it's fundamentally important to embrace the notion that [Alzheimer's is a preventable disease](#). If you live to be age 85 years, or have already reached that milestone, statistically your risk for Alzheimer's is a breathtaking 50/50. That's a flip of a coin.

The good news is that recent scientific research is revealing that we can choose to change those odds for the better—dramatically!

Exercise is key to keeping your brain healthy

In upcoming articles, I'll be focusing on important dietary changes that can protect your brain, but for now I want to discuss the incredibly powerful role of aerobic exercise. While we all know that exercise makes for a healthier heart and may strengthen our bones, aerobics may well be the most powerful tonic for preserving, and even enhancing, brain health and function.

In a recent report in the prestigious scientific journal, "Proceedings of the National Academy of Science," researchers from the University of Pittsburgh described their results in comparing two groups of people. Each group contained 60 similarly aged adults. One group was given a stretching program to perform each day, while the second group was given an aerobics program.

At the beginning of the study, all participants had an MRI scan of their brains and a memory test. After one year, the MRI scans that were actually dedicated to evaluating the brain's memory center, as well as the memory test, were repeated in all the participants.

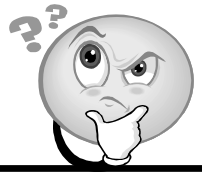
The results were astounding. The individuals who merely did the stretching showed progressive shrinking of their memory centers on the MRI scans, along with a decline in memory function. But, this was *not* observed in the group that did the aerobics. In fact, the MRI scans showed that there was an actual *increase* in the size of their memory centers, as well as improvement in memory function! Lead researcher of the study, Dr. Kirk Erickson, stated in the conclusion of the report, "These results clearly indicate that aerobic exercise is neuroprotective and that starting an exercise regimen later in life is not futile for either enhancing cognition or augmenting brain volume."

If only there were a pill that we could take that could accomplish this! As of this writing, no pharmaceutical remedy for Alzheimer's disease exists. And Alzheimer's begins with both shrinkage of the brain's memory center, as well as progressive failure of memory function.

So, the take home message is to dust off your sneakers and get back in the game. I recommend about 20 minutes of some form of aerobic exercise each day. Whether you choose to walk, bike, jog or swim, the key is to keep your heart rate up for the entire duration of your program.

As always, check with your healthcare provider before starting any new exercise program.

Whats New with HIICAP...



Social Security & Medicare Update

William C. Lane, Ph.D.

Just a reminder that each May, the nation celebrates Older Americans Month to recognize older persons for their contributions to society. This year, we are focusing on injury prevention with the theme *Safe Today, Healthy Tomorrow*.

In recent weeks the Social Security Administration has announced several changes that may affect beneficiaries of all ages. The trend is clearly toward moving away from services provided at local Social Security offices toward using the website.

First, beginning August 1st, 2014 the Administration will discontinue providing Social Security number printouts. If you need proof of your Social Security number and can not locate your Social Security card, you will need to complete a Form SS-5 (Application for a Social Security Card) and provide the required documentation. You can obtain a copy of the form by visiting the website at www.socialsecurity.gov/ssnumber. You will need to provide documents to prove your identity, age and citizenship or lawful immigration status. You can mail your completed form with the original documents to address found on the form. Or you can take the form and documents to the local Social Security Office. For Warren County the address of the Social Security Office is Suite 1, 17 Cronin Rd, Queensbury, NY 12084. The phone number is 1-877-405-4875 and the office hours are 9:00-3:00 (MTThF) and 9:00-12:00 (W). Residents of Hamilton County should check the Social Security website for the closest office or call the Queensbury office for locations and hours of operation.

If you need a benefit verification letter for your Social Security or Supplemental Security Income benefits the best way is now to go online. You will first need to create an account by going to www.socialsecurity.gov/myaccount. Once you have created an account you can get the letter instantly. If you are unable to go online you can call 1-800-772-1213 to request a letter. Allow several weeks for delivery. These official letters include proof of your (1) benefit amount and type, (2) Medicare start date and withholding amount, if applicable, and (3) your age.

The most important change for Medicare recipients has to do with a change in New York state and not

Federal Medicare law. The change concerns being placed on *observational status* when admitted to a hospital. In order to be classified as admitted to a hospital, a Medicare beneficiary must spend three consecutive days in a hospital, not counting the day of discharge. This three day stay is necessary to qualify for subsequent coverage for a nursing-home stay including a short stay for rehabilitation. Also, if you are discharged while on observational status you may be charged for any medications you receive for pre-existing health problems. Medicare drug plans are not required to reimburse you for these drug costs.

On January 19, 2014 New York's Observation Status Law went into effect. All hospitals are now required to notify Medicare patients when they are placed on *observational status* instead of within 24 hours of when the billing decision was made. If you are alerted by the hospital that you are on *observational status* you should immediately contact your insurance company to determine if all your hospital charges will be covered. This information is crucial because Medicare Part A will only pay for the cost of rehabilitation in a nursing home setting if you have actually been admitted for 3 days. If you have any questions you should call the Warren/Hamilton Counties Office for the Aging HIICAP program at 518-761-6347. You can also call the Medicare Patient's Rights Helpline operated by the New York StateWide Senior Action Council at 1-800-333-4374. Counselors at both numbers will assist you and, if necessary, help you file an appeal to have your status formally changed. Also, do not hesitate to request assistance from one of the social workers on staff at all hospitals.

Finally, the HIICAP program will be doing extensive outreach later this summer to make eligible County residents aware of two programs, the Low-Income Subsidy (LIS) and Medicare Saving Programs (MSP).

Eligible County residents can receive significant assistance in paying for their Medicare premiums and other related costs through these programs. Next month's column will be devoted to this effort and these two programs

Dr. William Lane is the owner of William Lane Associates; a gerontological consulting firm based in Albany. He does not sell insurance, work for any insurance company, recommend any insurance products or offer financial planning or legal services.

THE FUN INTERESTING FACTS

- ◆ **The Titanic was the first ship to use the SOS signal.**
- ◆ **The average person who stops smoking requires one hour less sleep a night.**
- ◆ **Women blink nearly twice as much as men.**
- ◆ **Bats always turn left when exiting a cave.**
- ◆ **Your left lung is smaller than your right lung to make room for your heart.**
- ◆ **When you blush, the lining of your stomach also turns red.**
- ◆ **The attachment of the human skin to muscles is what causes dimples.**

Volunteer Birthdays

Annie McMahon 1st Anne Mabb 5th
Peter Fitzgerald 6th
Tom Ives 9th Chuck Adams 13th
Veronica Russell 14th
Diane Frazier 21st Joan Flanagan 23rd
Colbie Jarrell 24th

Famous April Birthdays

4th Audrey Hepburn - "Breakfast at Tiffany's" star
13th Beatrice Arthur - Actress on "The Golden Girls"
17th Bob Saget - Actor on "Full House"

CENTER

I Love You Mom!

Mom's smiles can brighten
any moment,
Mom's hugs put joy in all our
days,
Mom's love will stay with us
forever
and touch our lives in pre-
cious ways...
The values you've taught,
the care you've given,
and the wonderful love you've
shown,
have enriched my life
in more ways than I can
count.

I Love you Mom!

Author Unknown

PRUNE JUICE by George Sfarnas © 2005

www.PruneJuiceComics.com



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					1	9		
7			9	2			4	
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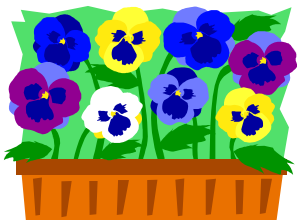
Mother's Day Word Search

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

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

BREAKFAST
CARD
CARNATIONS
CELEBRATE
CHILDREN
DAUGHTERS
FAMILY
FLOWERS
HAPPY
HOLIDAY

LOVE
MAY
MOMMY
MOTHERHOOD
MOTHERS
MUMMY
SECOND
SONS
SUNDAY
TELEPHONE



Glens Falls Senior Center

SENIOR CEN

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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.greaterglensfallsseniorcenter.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

Mon-5/5	Good Books Club- <i>"Somewhere South of Here"</i> -William Kowalski	1:00 p.m.
Tues-5/6	Law Day-Attorney James Burkett on senior issues, call to register	1:00 p.m.
Wed-5/7	Special Bingo-refreshments, lots of games, prizes	1:15 p.m.
Thurs-5/8	Lunch Bunch-Recovery Grill-Call Center to reserve	12:00 p.m.
Fri-5/9	Wii Bowling at Hudson Falls-call to sign up	1:00 p.m.
Mon-5/12	One Stroke Art Class-\$15, interesting project	12:30-2:00 p.m.
Tues-5/13	Film/Popcorn - <i>"Philomena"</i>	1:00 p.m.
Wed-5/14	Defensive Driving-call to reserve, fee involved	9:00 a.m.-5:00 p.m.
Fri-5/15	Newcomers Reception-members who have joined since April 2013	1:30 p.m.
Fri-5/16	Balancing Your Time for an easier life-by Blue Shield	1:00 p.m.
Mon-5/19	Who is "General Moreau"? Parks Bentley Place speaker-Senior Center	1:00 p.m.
Tues-5/20	1944 Radio Show-Gary Ferris, Red Cross	1:00 p.m.
Thurs-5/22	Senior Theater Workshop performance-donation-Wood Theater	1:00/7:00 p.m.
Wed-5/30	Racino Trip-call week in advance to register player number	9:00 a.m.
Wed-5/30	Writing group-come share your work	1:00 p.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/Bowling/Crafts/Cards/Bingo & Much More. Trips include: California Coastal, Irish Splendor, Alaska Cruise. **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

ANNUAL SPRING PARTY

HOLIDAY INN-LAKE GEORGE PROSPECT ROOM

Tuesday, May 29, 12:00 p.m.

Cost: \$21

Reserve by May 22

Come celebrate Spring!

Sponsored by CDPHP

Menu:

House Salad

Cheese Cake with Berry Drizzle

Beverage- Coffee/Tea/Soda

Choice Of:

Chicken Marsala

London Broil

Atlantic Salmon

Vegetable Lasagna

Steamed vegetables/oven roasted potatoes

TER NEWS

Queensbury Senior Citizens Present....



Niagara Falls & Toronto Sept. 22nd - 26th

Full itinerary available
For info call (518)745-4439
or (518)761-8224



Highlights:

4 Nights Lodging (Canadian side)
4 Breakfast 4 Dinners
Guided tours of Niagara Falls & Toronto
Journey to the falls "Hornblower Cruise"
Visits to: Niagara on the Lake, Queen Victoria Park, Casa Loma (Canada's most magnificent castle)
Time for gaming at the Falls View Casino if so desired.

\$75 deposit due with registration before June 16th. Final payment by July 25th
Trip insurance available at time of deposit.

Cost \$479pp dbl \$638pp single

Call (518)745-4439 or (518)761-8224 for more info.
Full itinerary available

Queensbury Senior Center

Queensbury Senior Citizens Presents... Fabulous Finger Lakes!



with Accommodations at the Palmyra Inn
Mon. June 23rd - 25th



Belhurst Castle



Scenic Lake Cruise



Winery Tour

Sonnenberg Gardens & Mansion



Corning Glass



PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 2 Dinners, including Belhurst Castle
- * Corning Museum of Glass
- * Willard Memorial Chapel
- * Sonnenberg Gardens and Mansion
- * Wegman's Marketplace
- * Finger Lakes Winery tour and tasting
- * Scenic Lake Cruise
- * National Soaring Museum
- * Souvenir gift
- * Baggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Travel Insurance
Available:
Basic \$38pp
Enhanced \$51pp
(Due with deposit)

Cost \$394pp dbl

Cancellation insurance available upon request

FOR RESERVATIONS AND INFORMATION CONTACT:

Melissa Pagnotta - Activity & Travel Director

(518)745-4439

Deposit of \$50pp to register

Deadline: Friday May 23rd for final payment

A great getaway at an excellent value!

A wonderful opportunity to experience the finger lakes region and all it has to offer.

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Travel With  **QUEENSBURY SENIOR CITIZENS INC.** 2014
SENIORS ON THE GO!

Wed. June 4th - Experience Albany

Albany Institute of Art "Mystery of the Albany Mummies"
Albany Visitor's Center - "Stars of the Pharaohs" Planetarium show
Dutch Apple Lunch cruise.....**Cost \$68 Deadline May 2nd**

June 23rd- 25th Fabulous Finger Lakes

Belhurst castle, Sonnenberg gardens, lake Cruise, Corning Glass, Soaring Museum & more. Accommodations at Palmyra Inn
Cost \$394pp dbl Deposit \$50 due with registration. Final payment by May 23rd

Thurs. July 10th Explore the Hudson River

Hudson River Maritime Museum, Walkway over the Hudson, Lunch at Shadows on the Hudson, Empire Cruise, Millbrook Winery...**Cost \$87 Deadline June 9th**

Wed. Aug. 6th Hildene & Weston Theater

Self guided tour of Mary & Robert Todd Lincoln's Home & Gardens
Boxed Deli style lunch, "A Chorus Line" at Weston Theater, and the Vermont Country Store. **Cost \$86 Deadline July 1st**

Thurs. Sept. 11th - Mac-Haydn Theater & Lindenwald

Musical celebration of the 1930's and 1940's "All Night Strut." Martin Van Buren National Historic Site and Lunch at Jackson's old Chatham House.
Cost \$77 Deadline Fri. Aug 8th

Sept. 22nd-26th - Niagara Falls & Toronto with White Star Tours

4 Nights, 4 Dinners, 4 Breakfasts, Guided Tours of Niagara Falls & Toronto, Niagra On the Lake, "Hornblower" Falls Cruise, Queen Victoria Park, Casa Loma, & Falls View Casino. **Cost \$479pp dbl.** \$75 deposit with registration. Final Pay 7/25

Wed. Oct. 1st - Old Forge Lake Cr & ADK Scenic Railroad

2 hour cruise on Fulton Chain of Lakes, Lunch at Knotty Pine Restaurant, Adirondack Scenic Railroad along Moose River to Otter Lake, Old Forge Hardware Variety Store. **Cost \$81 Deadline Aug. 29th**

Thurs. Nov 6th - Cooperstown - Art & the Otesaga Hotel

Fenimore Art Museum, Joseph Popp Butterfly Conservatory & Gourmet Lunch at the Otesaga Resort Hotel. **Cost \$79 Deadline Oct. 8th**

Tues. Dec. 9th - Beeches Dinner Theater - Rome NY

"Sing We Now Of Christmas" Luncheon Matinee performance
Visit the Christmas Tree Shop on the way out. **Cost \$78 Deadline Nov. 5th**

Catherine's Corner

Roasted Asparagus with Balsamic-Butter Sauce

As spring approaches, the produce section starts to get interesting again! Right now that means buying bunches of those beautiful asparagus spears when you find them on sale. They'll be at their peak through May. Wait for a good price (around \$1-\$1.75/lb.), add it to your grocery cart, and plan to include this great side dish to your spring recipe rotation. It's ridiculously fast and easy to prepare and delicious to eat.



1 bunch fresh asparagus, washed, dried, and trimmed*
olive oil
salt & pepper, to taste
2 T. butter
2 t. soy sauce
1 t. balsamic vinegar

- ◆ Preheat the oven to 400-degrees.
- ◆ Arrange the asparagus on a rimmed baking sheet. Coat lightly with olive oil and season with salt & pepper (I just toss it together with my hands— a bit messy but much easier).
- ◆ Bake the asparagus for 10-12 minutes or until tender.

Melt the butter in a small saucepan over medium heat until lightly browned. Remove from heat and stir in the soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.

** Hold each asparagus spear between your fingers and snap off 1-2" from the base. The spear will naturally break at the point where it becomes tough. Discard tough ends.*

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted by Emily from Frugal Living NW

Making Physical Activity a Part of Your Life Spring Back Into Your Exercise Program:

Springtime weather tends to be ideal for outdoor exercise:

warm enough to wear light clothing, but cool enough to keep you comfortable during light-to-moderate exercise.

When it comes to getting the physical activity you need each week, it's important to pick activities you enjoy and that match your abilities. This will help ensure that you stick with them.

Things to keep in mind

- Try to do a variety of activities. This can make physical activity more enjoyable and reduce your risk of injury.
- Regular physical activity is still safe and beneficial even if you have problems doing normal daily activities, such as climbing stairs or walking.
- To get to and stay at a healthy weight, start by doing the equivalent of **150 minutes of moderate- intensity aerobic activity each week**. Keep in mind that you may need to do more activity or reduce the number of calories you eat to get to your desired weight

Improving Your balance - Are you at risk for falling because you've fallen in the past or have trouble walking? Older adults who are at risk for falling should do exercises that help them with balance. Try to do balance training on at least 3 days a week and do standardized exercises from a program that's been proven to reduce falls. These exercises might include backward walking, sideways walking, heel walking, toe walking, and practicing standing from a sitting position. Tai chi, a form of martial arts developed in China, may also help

with balance. **Balance training** - Check with your local senior center to see if they offer balance training or tai chi classes.

What if you have a chronic condition? - If you have a health condition such as arthritis, diabetes, or heart disease it doesn't mean you can't be active. In fact, it's just the opposite. Regular physical activity can improve your quality of life and even reduce your risk of developing other conditions. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you. Talk with your doctor to find out if your health condition limits, in any way, your ability to be active.

What if you have a disability? If you are an older adult with a disability, regular physical activity can provide you with important health benefits, like a stronger heart, lungs and muscles, improved mental health and a better ability to do everyday tasks. It's best to talk with your health care provider before you begin a physical activity routine. Try to get advice from a professional with experience in physical activity and disability.

When to check with your doctor - Doing activity that requires moderate effort is safe for most people, but if you have a health condition such as heart disease, arthritis, or diabetes be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA

Adopted By: CDC - Centers for Disease Control and Prevention

Guide to Spring Fruits and Vegetables

One way to significantly reduce your grocery bill each month is to create your menu plans around produce that is currently in season for your area.

Healthful eating is never as easy as it is in the spring. With fresh fruits and vegetables flourishing, you only need minimal preparation to bring out maximum flavor. From salads to sides, entrées to desserts.

Spring Fruits and Veggies: Artichokes Arugula Asparagus Broccoli Cabbage Carrots Fava Beans Fiddlehead Ferns New potatoes Rhubarb Spinach Sugar Snap Peas Vidalia onions Zucchini Apricots Avocados Blueberries Kiwi Grapefruit Lemons Pineapples Strawberries Tomatoes

Linguine with Spring Vegetables

Get an instant taste of spring with this one-pot pasta. In 20 minutes, you'll have linguine in a silky sauce with crisp-tender asparagus and snap peas.

Prep: 20 mins. Servings: 4

INGREDIENTS

- Coarse salt and ground pepper
- 3/4 pound linguine
- 1 pound asparagus (tough ends removed), cut into 1-inch lengths
- 1 medium zucchini, halved lengthwise (quartered if large) and thinly sliced
- 4 ounces sugar snap peas (stem ends trimmed), halved
- 1/2 cup heavy cream
- 1 tablespoon butter, cut into pieces
- 2 tablespoons fresh tarragon leaves



DIRECTIONS


In a large pot of boiling salted water, cook pasta 4 minutes short of al dente; add asparagus, zucchini, and snap peas. Cook until vegetables are crisp-tender, about 3 minutes. Reserve 1/2 cup pasta water; drain pasta mixture, and set aside.

In the same pot, bring cream and butter to a simmer. Toss in pasta mixture and enough pasta water to create a thin sauce (it will thicken as it stands). Season with salt and pepper, and top with tarragon

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted by: Everyday Foods

May 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested contribution \$3 per meal.	May is National Senior Citizens Month		May 1 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day	May 2 CHEF'S CHOICE
May 5 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pineapple	May 6 Quiche of the Day Muffin of the Day Mixed Veggies Yogurt Parfait with Fruit & Granola	May 7 Lemon Baked Fish Roasted Red Potatoes Carrots Chilled Peaches	May 8 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian blend Veggies Fresh Fruit	May 9 Happy Mother's Day Apple N' Onion Chicken Sweet Potatoes Broccoli Mother's Day Dessert
May 12 Breaded Haddock Au gratin Potatoes Japanese Veggies Rice Pudding/Topping	May 13 Pork Chops Mashed Potatoes Winter Squash Mandarin Orange	May 14 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Apricots	May 15 American Goulash Tossed Salad Asparagus Fresh Grapes	May 16 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Four Bean Salad Berry Crisp
May 19 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	May 20 Meatloaf Mashed Potatoes Carrots Peach Cobbler	May 21 Chicken & Stuffing Casserole Sweet Potatoes Peas & Onions Tropical Fruit Cup	May 22 Cold Plate Citrus, Turkey, and Spinach Salad Fresh Tomato Salad Muffin of the Day BirthDay Cake	May 23 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Fresh Fruit
May 26  Meal site Closed	May 27 Baked Fish Scandia Orange Rice Pilaf Italian Veggies Mandarin Orange	May 28 Sloppy Joes on a Bun Summer Squash & Zucchini Casserole Corn Pineapple Upside Down Cake	May 29 Cold Plate Chef Salad -(Turkey/Ham/Swiss Cheese/ Lettuce) Marinated Veggies Strawberry Shortcake	May 30 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit

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;

Cedars-832-1705;
Johnsburg-251-2711;
Long Lake-624-5221;
Wells-924-4066

Chestertown-494-3119
Lake Luzerne; 696-2200
Warrensburg-623-2653;