

July 2015

Warren - Hamilton Counties Office for the Aging

1340 State Route 9, Lake George NY 12845

(518) 761-6347

Toll free # 1-888-553-4994

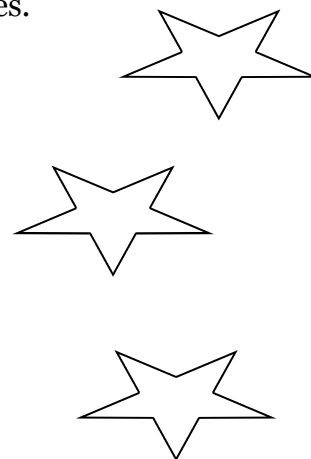
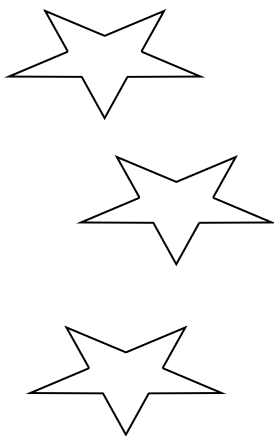
NY Connects 1-866-805-3931

Staff

- Christie Sabo, Director
- Harriet Bunker, Coordinator of Services
- Rose Ann O'Rourke, Coordinator of Nutrition Services
- Kayla Jarrell, Supervisor of Volunteers
- Cynthia Cabana, Specialist, Services for the Aging
- Hanna Hall, Aging Services Assistant
- Cynthia Ross, Fiscal Manager
- Dinah Kawaguchi, Part-time Typist
- Susan Dornan, NY Connects Coordinator
- Catherine Keating, RD CDN Consultant Dietitian/Menu
- Jami Rivers, Receptionist

Mission Statement

The Warren-Hamilton Counties Office for the Aging (OFA) is a bi-county governmental agency dedicated to maintaining seniors' independence and dignity. The OFA advocates for seniors and their families, providing support services, education and assistance in accessing available services.



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

(518) 761-6347 or dornans@warrencountyny.gov

Caring for Ourselves Group Caregiver Support Group

Join us 11am-noon on July 2 and 16 at The Glen at Hiland Meadows.

Our evening group meets 5:30-6:30pm July 9 and 23 at High Peaks Hospice. For more information, call 1-866-805-3931.



Caregivers join together to support each other, share ideas and concerns in this group.

FARMERS MARKET COUPONS ARE AVAILABLE FOR THOSE 60 AND OLDER! CALL TO SEE IF YOU QUALIFY. ANYONE ELIGIBLE FOR SSI, SECT 8 HOUSING SUBSIDY, OR PUBLIC ASSISTANCE DOES QUALIFY. IF YOUR HOUSEHOLD MONTHLY INCOME IS 1815\$ OR LESS FOR 1 PERSON OR 2456\$ OR LESS FOR 2 PERSONS OR 3098\$ OR LESS FOR 3 PERSONS YOU QUALIFY.

High Peaks Hospice & Palliative Care, Inc.

79 Glenwood Avenue, 2nd Floor, Queensbury, NY 12804

GOOD GRIEF SUPPORT GROUP

A safe, supportive environment
for moving through the grieving process.

First and Third Wednesdays every month 5-6PM

Pre-registering is appreciated.....

Please call 743-1672 for more information.

Free and Open to All

What does the Future Hold for Medicare?

The basic four-part structure of Medicare has remained the same for approximately 10 years since the creation of the Part D prescription drug program. This structure will remain the same. One question that many ask is “Why are there four parts?”

In particular, why is Part A for hospital-based services and Part B set up to cover outpatient services? The answer lies in the way health care insurance was structured when Medicare was created.

When Medicare was established in 1965 there was one dominant form of private insurance, the Blue Cross/Blue Shield Plans. Blue Cross focused on covering hospital care while Blue Shield covered outpatient care. Medicare was constructed to mirror this organization so as to provide a more seamless transfer from the private to a public form of insurance. It was also an organizational structure that made sense to health care providers. Blue Cross/Blue Shield was actually involved in the administration of Medicare during the start-up years of the program.

Services and premiums. For 2015, the Medicare Part B premium for most people is \$104.90 each month. The deductible is \$147.00 per year. Most people do not pay a premium for Part A.

Because of the legislation contained in the Affordable Care Act, the percentage you save in the “donut hole” or coverage gap (Medicare prescription drug coverage) will increase each year through 2020. Last year beneficiaries received a 50% discount on brand-name drugs. This year the co-pay is set at 45% and by 2020 your cost will only be 25%. This year beneficiaries will pay 65% of the cost of generic drugs while in the coverage gap. This percentage will also fall to 25% in 2020. The reduction in out-of-pocket costs is a result of changes to the Medicare under the Affordable Care Act.

New Medicare cards are coming. In April President Obama signed legislation to correct long-standing issues around how physicians are reimbursed under Medicare. Part of that legislation requires the Social Security Administration to issue new Medicare cards to all beneficiaries who do not display, code or embed their Social Security number (SSN). The Social Security Administration has four years to issue the new cards to all 56.2 million beneficiaries. These new cards, which will contain a newly assigned Medicare number, will offer everyone another level of protection against identity theft and other forms of fraud and abuse. With a stolen SSN identity, thieves can target the Social Security benefits of a member and attempt to redirect direct deposits to another bank account. They can commit fraud and crimes using a false identity obtained with the social security members’ SSN.

The new Medicare card scam. As soon as it was announced that new Medicare cards were going to be issued, the elder abuse criminals sprang into action. The scam works this way: you answer the phone and the unknown caller claims to be with Medicare or another government office. He or she informs you that a new Medicare card is in the mail and you will receive it in a few days. They tell you in the meantime, you need to reset your direct deposit so your Medicare funds can be deposited into your bank account. They tell you that to do this, all you need to do is give the caller your banking information (bank, routing and account numbers). The scammers say they will take care of the rest. If you receive a call like this, hang up immediately!!! Medicare will never make this kind of phone call to you. Social Security and Medicare sends everything to you through the mail. They will only telephone you if you have asked them to.

Extra help. “Extra help” refers to receiving help to reduce the cost of your Medicare Part D drug coverage. For 2015 if you qualify for “extra help”, in many cases you will pay no more than \$2.65 for a generic drug and \$6.60 for a name brand. Many people qualify for “extra help” and are surprised at how high the resource and income limits are. If you would like information about the various “extra help” programs, call the Warren/Hamilton Counties Office for the Aging HIICAP program at 518-761-6347. If you are eligible, “extra help” could save you hundreds of \$\$\$ on your prescription drugs. Also, if you receive “extra help” then you don’t have to wait for Fall 2015 open enrollment period to make changes in your coverage. You can make a change in your drug plan as soon as you become eligible for extra help.

Dr. William Lane is the owner of William Lane Associates, a gerontological consulting 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.

Eating Right in Summer

A balanced diet is essential to maintaining a healthy lifestyle, and with the hot summer in full swing, it's often easy to forget good eating habits. The benefits of eating healthy can include increased mental acuteness, higher energy, faster healing time and better management of illness and health problems – important for everyone, but particularly valuable for seniors. It's even been found that a healthy diet helps keep people emotionally balanced.

Here are some tips for eating right during the summer:

- Light and easy is the way to go. Fresh foods like salads are easily digestible in the summertime.
 - Keep the water flowing. Drinking enough water every day is critical to keeping yourself hydrated and away from sugary drinks or unhealthy snacks.
 - Eat lots of colors! The more colorful your plate is, the better it is.
 - Stay away from the sugar. Some of the favorite summertime treats such as popsicles and key lime pie are loaded with sugar. Opt to eat fruit instead for desserts or snacks.
 - Eat fruits and vegetables at every meal. Don't weigh yourself down with starches. And, by eating fruits and vegetables throughout the day, you'll be able to maintain your energy level better.
- Try some smoothies! Mixing fresh fruits, and even leafy greens, with some calcium and ice will keep you cool, provide you with necessary nutrients and taste great.



Summer Stew

You won't heat up the kitchen during the summer when you prepare this easy one-dish meal. This beef, carrots, potatoes, and fire-roasted tomatoes recipe can be ready to serve in less than 30 minutes.

Ingredients:

- ~A 17 ounce package refrigerated cooked beef roast au jus
- ~An 8 ounce package peeled fresh baby carrots, sliced
- ~ 3 ½ cups water
- ~ 1/2 package 16 ounce package refrigerated rosemary-and-roasted garlic-seasoned, diced red-skinned potatoes (about 2 cups)
- ~ A 14 1/2 ounce can diced fire-roasted tomatoes with garlic
- ~ 2 tablespoons freshly snipped oregano

Directions:

1. Pour juices from beef roast into large saucepan or saucepan; set meat aside. Add carrots and 1 cup water to saucepan; bring to boiling. Reduce heat, simmer, covered, 3 minutes. Add remaining water, potatoes, tomatoes, and 1 tablespoon oregano. Return to boiling; cover. Simmer 3 minutes or until vegetables are tender. Break beef into bite-size pieces and add to stew; heat through. Season with salt. Spoon into shallow bowls; top with freshly ground black pepper and remaining oregano.

Makes 4 servings.

Nutrition Facts (Summer Stew) Per serving: 253 kcal cal., 9 g fat, 64 mg chol., 948 mg sodium, 20 g carb., 3 g fiber, 25 g pro.

Tips to Beat the Heat

Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.

Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

Exercise Smart. Make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

THINKING OF MOVING? TOO MUCH “STUFF” PILING UP?

IT IS TIME TO CLEAN OUT & DOWNSIZE



Here are a few tips to get you started:

CHOOSE WHAT YOU WANT TO KEEP: TAKE EACH ITEM IN HAND AND ASK “DOES THIS BRING ME JOY?” IF IT DOES, KEEP IT...IF NOT, DISPOSE OF IT.

START WITH ONE CATEGORY, NOT PLACE. FOR EXAMPLE, BRING EVERY ITEM OF CLOTHING TO ONE PLACE, MAYBE YOUR LIVING ROOM FLOOR. PICK UP EACH ITEM-IF IT SPARKS JOY..THEN KEEP IT. CONTACT A LOCAL CHARITY TO RECYCLE GOOD ITEMS; IF YOU WOULDN'T WEAR IT DUE TO STAINS OR TEARS, THROW IT AWAY, SINCE NO ONE ELSE WOULD WANT IT EITHER. LET US KNOW HOW IT GOES!!!

If you are unable to do your housekeeping due to a disability, contact NY Connects about options to assist.

You may qualify for help through Medicaid or Office for the Aging.

If not, NY Connects has information on agencies you can hire.

Call NY Connects at Office for the Aging at 1-866-805-3931.

You may qualify for Medicaid ! Contact NY Connects at 1-866-805-3931 to see if you qualify. Medicaid covers long term care, medical transportation, and more. NY Connects is a program offering information and assistance located at Warren-Hamilton Counties Office for the Aging. Call or make your appointment today .

FUN, FUN

OUR VOLUNTEER JULY BIRTHDAYS

9TH RICK HUSSA
14TH PEG FISH
15TH PEG JASINSKI
**16TH MARGARET
IVERSON**
**25TH ALICE
SULLIVAN**
**26TH FRAN
CARTMELL**



***THANK YOU TO ALL OUR OFA HOME
DELIVERED MEAL VOLUNTEERS !!!***

THINGS TO THINK ABOUT...DO YOU KNOW:

WHICH PRESIDENT WAS BORN ON THE 4TH OF JULY?

WHO ARE THE TWO PRESIDENTS WHO DIED JULY 4, 1826

WHAT IS THE ONLY STATE TO HAVE A TOWN CALLED "PATRIOT"?

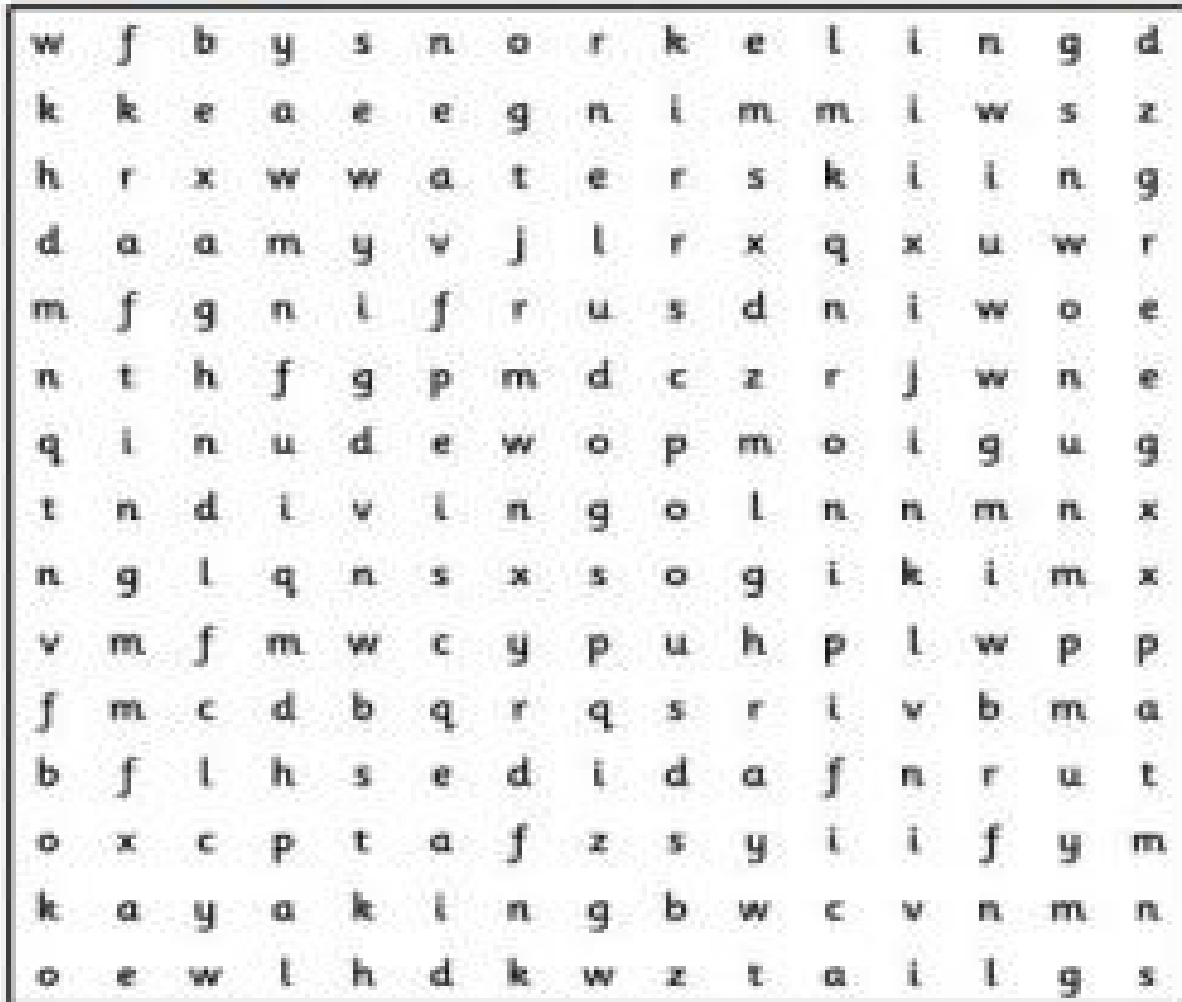
WHAT DID JOHN ADAMS AND HIS WIFE DINE ON JULY 4, 1776?

(The answer to the last one is turtle soup & poached salmon w/egg sauce)

& MORE FUN



Water Sports Word Search



diving

fishing

kayaking

rafting

rowing

sailing

snorkeling

surfing

swimming

water polo

waterskiing

windsurfing

SENIOR CEN

**Glens Falls
Senior Center**

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

Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com

Celebrating over 50 years of Service to our Senior Community

Something for everyone No Residency Requirements....

Kim Bren, 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 ARE WELCOME! YOU DON'T HAVE TO BE A MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES OR TRIPS !

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: New Orleans, 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

Interested in Joining and receiving more information:

Name: _____

Address: _____

Phone _____

!!! JULY EVENTS !!! JULY EVENTS !!! JULY EVENTS !!! JULY EVENTS !!! JULY EVENTS !!!

WED 7/1 WII BOWLING 1 PM THURS 7/2 FILM/POPCORN "WOMAN IN GOLD" W/HELEN MIRREN 1PM

MON 7/6 SPECIAL BINGO-PRIZES, REFRESHMENTS, LARGE CARDS AVAILABLE 1PM

TUES 7/7 BIRDS OF PREY-DIAMOND POINT LIBRARY-COST: 3\$ GAS DONATION, BRING YOUR LUNCH 12PM

WED 7/8 DEFENSIVE DRIVING CLASS-CALL TO RESERVE-20\$ AARP MEMBERS/25\$ NON AARP MEMBERS 9-5PM

THURS 7/9 LUNCH BUNCH-ADIRONDACK GRILL, ROUTE 149-ORDER FROM MENU 12PM

FRI 7/10 PREVNAR VACCINE CLINIC-NO APPOINTMENT NEEDED 1PM

MON 7/13 ONE STROKE ART CLASS-SUMMER/WINDOW SCENE-COST 15\$ 12:30PM

TUES 7/14 OPERA SARATOGA "CINDERELLA" CALL TO RESERVE 2PM

WED 7/15 THERAPY DOGS VISIT-YOU WILL LOVE THEM ! 1PM

THURS 7/16 CRANDALL PARK PICNIC-SPONSORED BY BLUE SHIELD 12PM

FRI 7/17 LG YOUTHEATRE "TARZAN" 10\$ TICKETS/34 GAS DONATION 9:30AM

MON 7/20 HISTORY MYSTERY-CAN YOU GUESS WHAT THIS IS? 1PM

TUES 7/21 REVERSE MORTGAGE INFORMATION 1PM

WED 7/22 CHINA BALLET-SPAC-CALL TO ORDER TICKETS 2PM

THURS 7/23 RACINO TREK COST: 6\$ GAS DONATION 9:30AM

FRI 7/24 LG YOUTHEATRE "AIDA" 10\$ TICKETS/3\$ GAS DONATION 9:30AM

MON 7/27 GAME/MICHIGAN RUMMY DAY- ALL KINDS OF GAMES 1PM

TUES 7/28 SHOEBOX WORKSHOP 1PM

WED 7/29 LG YOUTHEATRE "THOROUGHLY MODERN MILLIE" 10\$ TICKETS/3\$ GAS DONATION 1PM

THURS 7/30 SUNNY, THE SERVICE DOG VISITS 1PM

FRI 7/31 WRITERS GROUP MEETS/SEAGLE COLONY TREK-CALL TO SIGN UP 2PM

MON-FRI THRIFT SHOP-NEW ITEMS ALL THE TIME! 0AM-12PM

ALL TUESDAYS: BINGO AM/PROGRAM IN PM-TRANSPORTATION PROVIDED 10:30AM

ALL THURS: CHAIR YOGA WITH TOBY AT 10:30AM

MON-THURS OSTEO EXERCISE PROGRAM SPONSORED BY RSVP 9-10:15AM

ALL FRIDAYS TAI CHI CLASS WITH SAM LING- COST 6\$ 9-10AM

TER NEWS

**QUEENSBURY
SENIOR
CITIZENS INC.**
SENIORS ON THE GO!

Travel with Queensbury Senior Citizens!
Melissa Pagnotta Travel & Activity Director
Call 745-4439 or 761-8224

"Oklahoma" *At Bard College*



Richard B. Fisher Center for the Performing Arts

Wed. July 15th

The original Broadway production opened in March of 1943 and ran for an unprecedented 2,212 performances. It tells the story of Curly McLain and his romance with headstrong farm girl Laurie Williams who doesn't want to fall willingly into the arms of this handsome cowboy. In her attempts to avoid him, she ends up turning to the dark-hearted farmhand, Jud Fry, who wants to do more than take her to the dance. This musical, building on the innovations of the earlier "Showboat", epitomized the development of the "book musical", a musical play where the songs and dances are fully integrated into a well-made story with serious dramatic goals that are able to evoke genuine emotions other than laughter!

Rogers & Hammerstein won a special Pulitzer Prize for Oklahoma in 1944 and it has continued to win numerous awards with it's revival!

& Montgomery Place



Annandale-On-Hudson

A serene reflection of nearly 200 years of continuous family stewardship. The totality of the estate - house, gardens, arboretum, woodlands, orchards, hamlet and natural features - makes it a unique American treasure. The 380 acre property is an amazingly intact example of Hudson Valley estate life. Enjoy the property once belonging to the Livingston family with a tour of this Federal style mansion and it's inspiring vistas of the Hudson River & Catskill Mountains. Includes deli lunch.

Cost \$89 Deadline: Fri. June 5th

Living History Cruise

Wed. August 12th



To
General
Herkimer's
Home

On the Erie Canal

Cruise from Little Falls NY to the home of Revolutionary War Hero General Nicholas Herkimer, where you can explore the grounds and take a tour of this 1764 Georgian-style mansion. Learn about the history of the canal and the role General Herkimer played during the war. Enjoy a mouth watering buffet style BBQ lunch from Promise Land BBQ and experience an 18th Century chocolate making demonstration with costumed re-enactors. Includes a Visit to "Gems along the Mohawk" before heading home.



Cost \$76 Deadline: July 10th

JULY 2015 WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING MEAL SITE MENU

Bolton: 644-2368 Cedars: 832-1705 cedars@warrencountyny.gov Chestertown: 494-3119

Indian Lake: 648-5412 Johnsbury: 251-2711 Lake Luzerne: 696-2200

Lake Pleasant: 548-4941 Long Lake: 624-5221 GF First Presbyterian Church: 832-1705

Solomon Heights: 832-1705 Warrensburg: 623-2653 Wells: 924-4066

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) **Micro-wave:** 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation is Three Dollars For each meal. THANK YOU	THANK YOU TO ALL WHO HELP DELIVER OUR MEALS!	July 1 Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Fruit	July 2 4th of July Picnic BBQ Chicken Hot German Potato Salad Baked Beans Independence Day Dessert	July 3 th  Meal site Closed
July 6 Breaded Haddock Au Gratin Potatoes Japanese Veggies Rice Pudding/Topping	July 7 Pork Chops Sweet Potatoes Cauliflower Mandarin Orange	July 8 Staff Training Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	July 9 American Goulash Tossed Salad Asparagus Apricots	July 10 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Spice Cake

<p>July 13</p> <p>Chicken Pot Pie with Potatoes & Veggies</p> <p>Spinach</p> <p>Chilled Pears</p>	<p>July 14</p> <p>Meatloaf</p> <p>Mashed Potatoes</p> <p>Peas & Onions</p> <p>Peach Cobbler</p>	<p>July 15</p> <p>Chicken & Stuffing</p> <p>Casserole</p> <p>Sweet Potatoes</p> <p>Carrots</p> <p>Tropical Fruit Cup</p>	<p>July 16 Cold Plate</p> <p>Chef Salad</p> <p>(Turkey/Ham/ Swiss Cheese/ Lettuce)</p> <p>Marinated Veggies</p> <p>Birthday Cake</p>	<p>July 17</p> <p>Stuffed Shells with Marinara</p> <p>Meat Sauce</p> <p>Tossed Salad</p> <p>Scandinavian Veggies</p> <p>Fresh Fruit</p>
<p>July 20</p> <p>Salisbury Steak</p> <p>Potato of the Day</p> <p>Broccoli</p> <p>Sliced Pears</p>	<p>July 21</p> <p>Baked Fish Scandia</p> <p>Rice Pilaf</p> <p>Italian Veggies</p> <p>Strawberry Shortcake</p>	<p>July 22</p> <p>Sloppy Joes on a Bun</p> <p>Potato Bites</p> <p>Corn</p> <p>Mandarin Orange</p>	<p>July 23 Cold Plate</p> <p>Chicken Cordon Bleu</p> <p>Salad Plate</p> <p>Fresh Tomato salad</p> <p>Pineapple Upside Down Cake</p>	<p>July 24</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes</p> <p>Sunshine Salad</p> <p>Fresh Fruit</p>
<p>July 27</p> <p>CHEF'S CHOICE</p>	<p>July 28 Brunch</p> <p>Quiche of the Day</p> <p>Muffin of the Day</p> <p>Mixed Veggies</p> <p>Yogurt Parfait with Fruit & Granola</p>	<p>July 29</p> <p>Beef Stew</p> <p>Boiled Potatoes/Carrots</p> <p>Biscuit</p> <p>Cookie of the Day</p>	<p>July 30</p> <p>Spaghetti & Meatballs</p> <p>Marinara Sauce</p> <p>Green Beans</p> <p>Tossed Salad</p> <p>Fresh Fruit</p>	<p>July 31 Cold Plate</p> <p>Sliced Roast Beef Plate with Potato Salad & Coleslaw</p> <p>Sandwich Roll</p> <p>Berry Crisp</p>

2015 LEATHERSTOCKING HONOR FLIGHTS

We are looking for more **VETERANS** for **Sept 12th & Oct 17th**

If you are a WWII or Korean Veteran and have NOT gone on an **Honor Flight** now is a good time to submit your application. **YOU fly free!!** We also need Guardians to assist on each flight. Have you gone as a Guardian yet? Why not think about going on an **Honor Flight** in 2015. It will be a very rewarding experience for you.

You can download required application(s) on our website or pick one up at the Warren County Veterans' Services Office 1340 State Route 9, Lake George NY 12845

Contact Denise DiResta, Warren County Veterans' Services Director ~ Phone: 518/761-6342
or [Liz Reinhart, Veterans Coordinator](#)

Leatherstocking Honor Flights, P.O. Box 621 Cobleskill, NY 12043

Phone: [\(518\) 673-3965](tel:5186733965) Cell: [\(518\) 339-2464](tel:5183392464) Email: liz13317@gmail.com



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A TRANSITIONAL LIVING PROGRAM
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HOMELESS VETERANS. FOR MORE
INFORMATION OR TO MAKE A
DONATION: 793-6545



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veterans available 24 hours a day
including holidays and weekends

