



Newsletter for Seniors

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

DECEMBER

2016

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Registered Dietician / Menu



**Newsletters are now
available online at:**

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact Suzanne Scott at
761-6347 to be added to our
email list.

Merry Christmas

2017 Holidays observed by Office for the Aging (There will be no meal delivery these days)

New Year's DayMonday, January 2nd
(observed)

Martin Luther King Jr. DayMonday, January 16th

President's DayMonday, February 20th

Memorial DayMonday, May 29th

Independence DayTuesday, July 4th

Labor DayMonday, September 4th

Columbus DayMonday, October 9th

Veteran's DayFriday, November 10th
(observed)

Thanksgiving DayThursday, November 23rd

Christmas Day (observed)Monday, December 25th

The Savvy Caregiver

A program for family & friends of a loved one with Alzheimer's

The Savvy Caregiver is a FREE, multi-session training series for family caregivers. For most family caregivers, caregiving itself is a new role – one for which training is needed, just as one would receive training for any new job. The Savvy Caregiver program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer's or dementia.



Hudson Falls

The Senior Center of Ft. Edward/Kingsbury

78 Oak Street, Hudson Falls, NY

Runs on Thursdays for 5 weeks

Remaining weeks:

December 1, 8, 15

6:30-8:30pm

This program is free, but you must register in advance.

To register call 518-867-4999, ext. 200 or e-mail tgarmley@alz.org

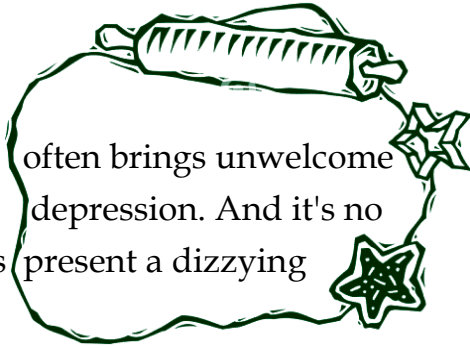
Made possible through a partnership with the Washington County OFA

Stress, Depression and the Holidays: Tips for Coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.



Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change

and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Give homemade gifts.
 - Start a family gift exchange.
 - Donate to a charity in someone's name.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.



Continued on next page →



7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Over-indulgence only adds to your stress and guilt.

Try these suggestions:

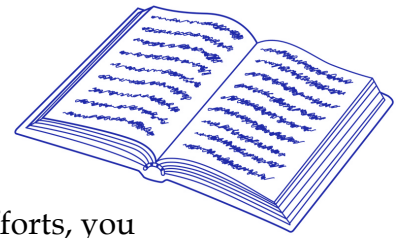


- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day.

9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing.
- Listening to soothing music.
- Getting a massage.
- Reading a book.



10. **Seek professional help if you need it.**

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.





Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director
Dawn Sumner, Senior Program Coordinator

Lauren Tompkins, Outreach Specialist
Joan Counter, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome

Some of this month's highlights.



| | | |
|-------------|--|----------------|
| 12/1 | Festival of Trees \$18. Lunch @ Queensbury Hotel | 12 noon- 2 pm |
| 12/2 | Christmas decorating and Pot Luck Lunch | 12 noon |
| 12/6 | Cohoes Music Hall: Lunch and a movie (Van will leave at 10:30 am) | 11:30 am |
| 12/7 | Annual Glens Falls Senior Center Christmas Banquet @ Great Escape Lodge | 12 noon |
| 12/8 | Racino: (The van will leave the center at 9:30 am return for 2:30) | 9:30 am |
| 12/12 | Christmas Crafting with Allison Smith: **Bring your old Christmas cards or photos | 1 pm |
| 12/13 | Save Energy, Save Dollars with Roxanne Westcott of Cornell Cooperative | 1 pm |
| 12/14 | Cane or Walking Stick Self Defense @ T-Shirt Factory w/ Sam Ling Cost is \$10.00 | 1 pm |
| 12/15 | Peppermill Brunch order off menu, followed by Nativity Viewing @ Parks Bentley- \$5 per Person | 11 am |
| 12/16 | 1 st Annual Christmas Victorian Tea w/ Christmas Treats \$8.00 per person | 1 pm |
| 12/20 | Jimmy Mazz Hall of Springs Luncheon & Show \$39.00 (Bus leaves @ 10 am) | 10 am |
| 12/21 | Christmas Cards for Area Senior Assisted Living Seniors Come & Wish a Senior Joy | 1 pm |
| 12/23 | Center will close at Noon | |
| 12/24 | CENTER IS CLOSED for Christmas Holiday | |
| 12/26 | CENTER IS CLOSED for Christmas Holiday | |
| 12/27 | Special Bingo | 1 pm |
| 12/28 | News Letter | 1 pm |
| 12/30 | End of Year 2016 Gathering | 1 pm |
| Mon- Fri | Thrift Shop - new items all the time | 10 am-2 pm |
| Every Tues | Bingo in am/Program in pm - transportation provided | 10 am |
| Every Wed | Scrabble Group/Bridge Game | 10 am |
| Every Thurs | Chair Yoga- with Tobey- sponsored by MVP | 10:30-11:30 am |
| Mon-Thurs | OSTEO Busters Exercise Program- Monday-Thursday-sponsored by RSVP | 9-10 am |
| Every Fri | Tai Chi Class with Sam Ling-cost: \$6 | 9-10 am |

Need not be a member to participate in any of the activities and/or trips.

December Highlights!

Charlie Brown's Christmas, December 16th

Jimmy Mazz, Hall of Springs, December 20th



Transportation to center available - 24 hours notice



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Stay Healthy During the Holidays

Whether you're at the mall, at a party, or on a train or plane, you can stop yourself from getting sick and out of shape. Learn the easy ways to stay well all season long.

Beat germs, stay well - Beyond getting the flu vaccine, there's a lot you can do to help your body weather the season. This is how to keep healthy – and merry – as you shop, travel, and celebrate.

Wipe away germs - Before you settle in for the flight (or train or bus ride), run disinfecting wipes over the armrests, the tray table and latch, the air vent, and your seatbelt buckle, and let air-dry. Clean anything you might touch so you don't pick up germs that those who sat there before you left behind.

Indeed, studies done at the University of Arizona in Tucson have turned up flu virus – and even the antibiotic-resistant bacteria MRSA – on airline tray tables. From what we can tell from our results, no one ever disinfects those things.

Stay hydrated - Staying well-hydrated keeps those mucous membranes moist so they can better keep bugs out of our systems.

Watch your hands - Pack an alcohol-based hand sanitizer in your purse, and use it regularly. The germs on your hands are the single biggest threat to your health, any time of year. That's because cold viruses tend to spread more from hand-to-mouth contact than through airborne droplets, making mall doors, escalator rails, elevator buttons, and ATM touch screens virus central.

Stop for a rubdown - Try a chair at the massage kiosk or salon: In a study at Cedars-Sinai Medical Center in Los Angeles, a single Swedish massage session lowered levels of the stress hormone cortisol and boosted several types of white blood cells, which protect the body against germs.

Say no to treats - Don't fall into the "I deserve this treat!" trap. Yes, strolling around the mall is good exercise. That said, we tend to overestimate how many calories we burn when we shop, at most you burn 150 calories an hour if you weigh 150 pounds, and that's a generous estimate. Reality check: You'd have to walk for six hours to burn off a Cinnabon Classic Cinnamon Roll. Resist! Resist!

Snack wisely - Packing healthy snacks in your bag helps you fight temptation. Recommended take-alongs: a piece of fruit, low-fat string cheese, an ounce of nuts, a whole-wheat pita stuffed with turkey, low-fat Greek yogurt, or a granola bar (look for brands with about 150 calories, no more than 10 grams of sugar, and at least 3 grams of fiber).

Stay in, rest up - If you run yourself ragged and don't get a good night's sleep, you risk getting ill just because you've worn down your body's defenses. A study in the *Archives of Internal Medicine* found that people who slept at least eight hours nightly were about *three times less likely* to catch a cold than those who snoozed for less than seven.

Prevent overeating - We'd never tell you to pass up tasty holiday fare, but if you're feeling bloated after too many nights of baked Brie, try this simple party trick: Pop gum in your mouth 15 minutes before hitting the buffet table. Chewing gum tricks your brain into thinking you're eating, so you actually eat less.

Downing a mint in between servings can help, too: It gives your body time to get a read on whether you are full or not.

Roasted Pumpkin-Apple Soup

12 Servings

Apples add just a hint of sweetness to this velvety pumpkin soup.

4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
1/4 cup extra-virgin olive oil

1 1/4 teaspoons salt, divided
1/4 teaspoon freshly ground pepper
1 tablespoon chopped fresh sage
6 cups reduced-sodium chicken broth or vegetable broth
1/3 cup chopped hazelnuts, toasted (see Tip)
2 tablespoons hazelnut oil

Preheat oven to 450 °F.

Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.

Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

◀ Nutrition information:

Serving size: about 1/2 cup-
Per serving: 92 calories
2 g fat(1 g sat)
2 g fiber
18 g carbohydrates
1 g protein
4 mcg folate
5 mg cholesterol
9 g sugars
5 g added sugars
11108 IU vitamin A
12 mg vitamin C
32 mg calcium
0 mg iron
119 mg sodium
294 mg potassium

Make Ahead Tip: Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.

Tips: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Cut Down on Dishes:

A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Nutrition information ▶

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2 g fat(1 g sat)
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18 g carbohydrates
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4 mcg folate
5 mg cholesterol
9 g sugars
5 g added sugars
11108 IU vitamin A
12 mg vitamin C
32 mg calcium
0 mg iron
119 mg sodium
294 mg potassium



Maple-Roasted Sweet Potatoes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
1/3 cup pure maple syrup

2 tablespoons butter, melted
1 tablespoon lemon juice
1/2 teaspoon salt
Freshly ground pepper, to taste

Preheat oven to 400 °F.

Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.

Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Make Ahead Tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.



NY Connects

Your Link to Long Term Services and Supports



Please join us for NY Connects Long Term Care Council Meeting

Washington County Municipal Center
Building B Basement Training Room
383 Broadway, Fort Edward, NY 12828

Wednesday, December 7
10am-noon

Presenter: Charmaine Long,
Success Coach with
Employer Resource Network

*Reserve your spot by calling
LTCC Secretary Stephanie Ball at 746-2572.*



Holiday Potluck Luncheon

Friday, December 9
12 noon-2pm

Please bring a dish to share.

**Southern
Adirondack
Independent
Living Center**
71 Glenwood Ave
Queensbury



NY Connects provides information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and more.

Long Term Care Services & Support:

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

If we are on the phone with someone else, we will return your call as soon as we can to assist you.



Give Me a Break!

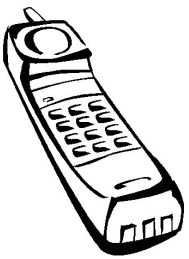
If you are a caregiver or know someone who is, have them contact us at **NY Connects 1-866-805-3931** to find out about what assistance is available....we all need a break sometimes!

Caregivers may need someone to provide companion care, personal care, transportation. Caregiver counseling and support groups are also available.



There is no charge for our services and your call is confidential.

NYS Lifeline



New York State's Lifeline Discounted Telephone Service helps income eligible consumers stay connected

and save \$\$ on their monthly telephone bills.

For more information, call **1-888-275-7721** or www.AskPSC.com

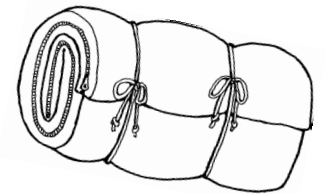
December: Time for Planning Your Emergency Readiness

Step 1- Know the basics: Know how to do things like turning off your gas & electricity; get to know some of your neighbors. Write the instructions down and keep them where you can easily access them.

Step 2- Have your emergency supplies ready: Have items you would need to survive until help arrives; also have a personal evacuation bag, ready to go if you need to leave your home.



Examples: your emergency contact list, cell phone, 3-6 days of your medications with updated list of medication taking, water and food, that won't spoil, for 3 days, portable radio, flashlight, extra batteries, light sticks (these glow in dark and are safer than candles) some cash, waterproof matches. Evacuation bag suggestions: toilet paper, alcohol wipes, gel hand sanitizer, disposable dust masks, good pair of walking shoes, blanket/sleeping bag, compact rain coat, change of clothing, 1-2 bottles of water, some breakfast bars and hard candy, extra pair of prescription glasses, copy of current medication list and emergency contacts.



Step 3- Make a personal plan: If you have special needs relating to mobility, medical equipment, medications, and support services, make a readiness plan so that your essential needs will still be met in an emergency situation. Suggestions: Ask your home health care provider about emergency procedures, register with Special Needs Registry (Warren County go to www.warrencountyny.gov/emergency/registry/ and fill out online form or call 518-761-6580 and register over the phone), have an old unpowered wheelchair handy in event power goes out, find out about options for temporary emergency power if you depend on home dialysis or infusion.



Office Board Bulletin

Happy Birthday

to our Volunteers celebrating in

December!

| | |
|------------------------|----|
| Gene Casella..... | 6 |
| Gail Connor..... | 12 |
| Joe Maglione..... | 12 |
| Bob Diamond | 13 |
| Mark Fisher | 16 |
| Louissette Bureau..... | 17 |
| Pete Cartier | 19 |
| Joan Bovee..... | 25 |
| Deborah Coburn..... | 26 |



*Come
Volunteer!*



Call the Office for the Aging
761-6347

Meal Site Closed

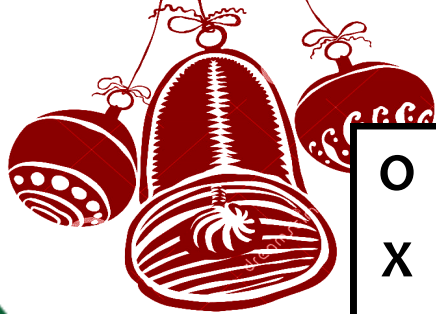
Monday, December 26th



Fill Your Time
& Your Heart
Helping Others

Merry Christmas

word search
for the tree



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ANGEL

CHRISTMAS

LIGHTS

PRESENTS

BELLS

SNOWFLAKES

ORNAMENTS

REINDEER

BOWS

CROSS

PICTURES

STARS

CANDLES

GARLAND

PINE CONES

TINSEL

CANDY CANE

HOLLY






POPCORN

WREATH

December 2016

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RDN CDN

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  | Suggested Contribution Per Meal: \$3 |  | December 1 Quiche of the Day Scandinavian Veggies Muffin of the Day Pears | December 2 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Cinnamon Coffee Cake |
| December 5 Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day | December 6 Pepper Steak Mashed Potatoes Brussels Sprout Chilled Peaches | December 7 Eggplant Parmesan Spaghetti w/ Marinara Sauce Peas & Onions Apple Crisp | December 8 Cheeseburger Pie Roaster Potatoes Bites Broccoli Coleslaw Mandarin Oranges | December 9 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Pineapple |
| December 12 Chicken Parmesan Penne Pasta w/ Marinara Sauce Cauliflower Chilled Apricots | December 13 Pork Chop Roasted Red Potatoes Carrots Chilled Applesauce | December 14 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler | December 15 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup | December 16 Stuffed Shells w/ Marinara Meat Sauce Peas & Onions Tossed Salad Garlic Bread Brownie |
| December 19 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad | December 20 Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake | December 21  Chef's Choice |  December 22 Christmas Dinner Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert | December 23 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit |
| December 26 Meal Site Closed  | December 27 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple | December 28 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange | December 29 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch | December 30 Beef Stew Boiled Potatoes/ Carrots Biscuit Cookie of the Day |

Meal site numbers: _____

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

Johnsburg: 251-2711
Long Lake: 624-5221
Warrensburg: 623- 2653
Lake Pleasant: 548-4941
Indian Lake: 648-5412

Lake Luzerne: 696-2200
First Presb. Church Glens Falls &
Solomon Heights, Queensbury:
832-1705
Wells: 924-4066