



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

APRIL

2017

Office Staff

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Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects,
Point of Entry Coordinator*

Hanna Hall - *Services Specialist*

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Services Specialist*

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Rose Ann O'Rourke -
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Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - *Stauch -
Registered Dietician / Menu*



**Newsletters are 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.

Happy Easter

Warren-Washington Association for Mental Health

announces

"Come As You Are"

A staged reading of stories, poems and music about mental illness. Featured cast members include Marya Hornbacher and Michael Mack. Marya is an award-winning journalist, bestselling author, and Pulitzer-nominee for her book *Wasted: A Memoir of Anorexia and Bulimia*. Michael is an award-winning, poet, playwright and performer and is best known for his autobiographical solo play *Hearing Voices, Speaking in Tongues*, about his mother's recovery from schizophrenia. The cast will also include several other authors and local community members who have experience or love someone with a mental illness.

**Saturday, April 8th at 7 pm
Wood Theater**



NY Connects

Your Link to Long Term Services and Supports

Older Adults & Sexual Health

National Social Life, Health, and Aging Project surveyed more than 3,000 people between the ages of 57 and 85:

More than a quarter of those 75-85 reported being sexually active.

More than half of people between 65 and 74 reported being sexually active.

About 75% of people between 57 and 64 reported being sexually active.

AGE does NOT make it safer for us to have unprotected sex. As we age, our immune system function naturally declines leaving it more difficult for our bodies to fight off infection.

By 2020, it is estimated that 70 % of people living with HIV will be over age 50.

What You CAN Do:

Medicare pays 100% for your screening for HIV; call your primary care provider to get scheduled for this free Medicare Preventive Service.

Health care providers are now required by public health law to offer voluntary HIV testing at least once to all patients over the age of 13. If you do not get regular healthcare check-ups, below are some places you can call to schedule a free test:

Call for free, fast, and confidential testing for zip code 12845 (Lake George) & other Warren County areas:

Hudson Headwaters Warrensburg Health Center: 623-2844

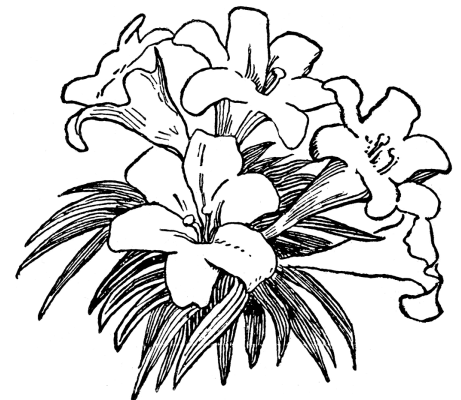
Hudson Headwaters Health Center on Broad Street: 792-2223

Warren County Health Services: 761-6580

Planned Parenthood Glens Falls Center: 792-0994

For Zip Code 12847 (Long Lake) & other Hamilton County areas:

Hamilton County Public Health Nursing Service: 648-6497



Plan now for your long term care needs. Call NY Connects @ 1-866-805-3931.

(For information about *other* counties, call the State NY Connects # at 1-800-342-9871.)

alzheimer's  association

Presents

Save the Date 
Adirondack
2017 Caregiver Forum

GF

THE GOLDBERG FOUNDATION

Tuesday May 9th | 9:30-4
The Queensbury Hotel

A day of education, information and local resources for family caregivers of those with Alzheimer's or a related dementia.

The forum will include a keynote speaker, workshops, lunch and a closing workshop. A \$20.00 non-refundable registration fee (includes lunch).

For more information contact:

Kym Hance at 518-888-5368, khance@alz.org;

Mary Lou Gaylord at 518-888-5606, mgaylord@alz.org;

Or Jim Hardman at 518-915-3115, jhardman@alz.org.

This forum is supported in part by a grant from the New York State Department of Health.

FREE

**TAX RETURN
PREPARATION**

If you earn less than \$53,505.
You may also qualify for up
to as much as \$6,269 of
Earned Income Tax Credit.



You Earned It!

Now Claim It!

File Your Tax Return!

Trained IRS Certified local
volunteers are available.

**To make an appointment
contact:**

Washington & Warren
County Volunteer Income
Tax Assistance Program

1-800-211-5128

Sponsored by:

*The Tri County United Way
VITA Coalition*

518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.

Sign up now! Be a part of Seniors On The Go!



T

Mon May 15th - May 17th Mystic CT - 3 Days / 2 Nights Itinerary includes Mystic Seaport, Mystic Aquarium, Riverboat Cruise & Essex Steam Train Ride. Accommodations Mystic Hilton. Two dinners, One Lunch & 2 Breakfasts. **Deposit due ASAP. Final payment due by April 1st!**

Member
\$499pp dbl
Non-member
\$509

Wed May 31st - Schuyler & Crailo Historic Tours & Dutch Apple Lock Cruise

Learn about Alexander Hamilton and his marriage to Elizabeth Schuyler. Experience history coming to life with knowledgeable guides. Enjoy a cruise along the Hudson River with a boxed lunch catered by Nicoles. Take in exhibits and a brief film from Albany's past to present at the Albany Visitors Center.

Member
\$69
Non-member
\$79

R

Thurs June 29th - Fair Haven Inn, Rokeby Farm, Charlotte Ferry & Essex.

One of the best-documented Underground Railroad sites in the country. A remarkable family of Quakers, farmers, abolitionists, artists and authors, the Robinson's Family farm provided a safe haven for two fugitives from slavery in the 1830's. Visit the house as well as the museum where stunning exhibits chronicle their story. Lunch at the Fairhaven Inn. Ferry ride to Essex NY.

Member
\$68
Non-member
\$78

A

Wed July 26th - Wings Castle & Innesfree Gardens and Millbrook Winery

An ideal summer day beginning with lunch & wine tasting followed by a tour of the privately owned and unique Wings Castle. Enjoy a gentle stroll through stunning and beautifully landscaped gardens at Innesfree in Millbrook NY.

Member
\$83
Non-member
\$93

V

Thurs Aug 17th - Williamstown Theatre festival or Clark Museum

Lunch on your own with numerous restaurants and eateries to choose from. Then your choice of a 2pm matinee of "A Legendary Romance" at the Williamstown Theater Fest (Williams College) or an afternoon at the magnificent Clark Museum. Take your pick!

Member
\$57/\$89
Non-member
\$67/\$99
Your Choice
of Museum
or Theater
admission

E

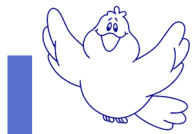
Wed Sept 6th-8th - Bike on Block Island. 3 Days/2 Nights. Accommodations - Atlantic Inn

Take a step back in time at this spectacular Inn. Energize with biking, kayaking, or sailing. 6-11 miles of mostly flat biking. Call Melissa for Info. 745-4439

Cost
\$975 Dbl

Fri. Sept. 29th - Flavor of Vermont. Guided tour of Manchester & Dorset with "Backroads Discovery Tour" guide, lunch at historic Wilburton Inn & afternoon At Manchester's 29th Annual Art & Craft Festival.

Member
\$77
Non-member
\$87



L

Fri. Oct 13th - Adirondack Experience. Visit the Wild Center of Tupper Lake. Lunch included at Adirondack Hotel, Long lake and narrated cruise aboard WW Durant on Raquette Lake.

Member
\$92
Non-member
\$102



GLENS FALLS SENIOR CENTER

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801
Email: kbrenghseniors@gmail.com

New Members are Welcome, Come Join Our Family

Mon-4/3	Book Club - "Hillbilly Elegy by J.D. Vance	1 pm
Tues-4/4	Free Craft Class with Allison - Personal Photo Album	1 pm
Wed-4/5	Chapman - Many Layers of Victorian Woman	1 pm
Wed-4/5	Hospitality Committee Meeting	10 am
Thurs-4/6	Saratoga Racino - Van donation \$6	10 am
Thurs-4/6	Last class for Beginning Line Dancing - Center members \$6/nonmembers \$8	1 pm
Fri-4/7	"Forged in Flames"- How fires have shaped the history of Glens Falls	1 pm
Mon-4/10	Karen's Art Class - Cost: \$15 all materials provided	12:30 pm
Mon-4/10	Easter Theme - Mary Beth, Cornell Cooperative Extension	1 pm
Tues-4/11	Game Day	1 pm
Tues-4/11	Short stories with Bea Roman	1 pm
Wed-4/12	Defensive Driving - Cost: AARP members \$20/nonmembers \$25 - Registration 8:45 am	9 am - 4 pm
Thurs-4/13	Basket Raffle party - Refreshments served	1 pm
Fri-4/14	Center closes at 12:00 pm in observance of Good Friday	9 am - 12 pm
Mon-4/17	Wii Bowling Tournament at Glens Falls Senior Center	1 pm
Tues-4/18	Wild Life with Nancy Kimball	1 pm
Tues-4/18	Short stories with Bea Roman	1 pm
Wed-4/19	Movie and Popcorn - " Loving " - Interracial Marriage - starring Joel Edgerton and Ruth Negga	1 pm
Thurs-4/20	Lunch Bunch-SUNY Adirondack Culinary Arts-Cost: \$13.99 per person	12 pm
Fri-4/21	Writers Group meets - All are welcome!	1 pm
Fri-4/21	Special Bingo - Refreshments, large cards available	1 pm
Sun-4/23	"The Foreigner" - Spa Little Theatre"	2 pm
Mon-4/24	Creative Chameleon - projects \$10 or less-Limited space-15-20 people	1 pm
Tues-4/25	Shoebox workshop project	1 pm
Wed-4/26	Blood Pressure/Sugar Clinic - Volunteer Nurse - call by 4/24 to sign up	9 - 10 am
Wed-4/26	Newsletter Mailing - Volunteers needed	1 pm
Thurs-4/27	Decorate Sherman House for Victorian Tea	1 pm
Fri-4/28	Victorian Tea - Cost: \$8	1 pm
Ongoing Activities at a Glance:		
Monday- Friday	Thrift Shop - new items all the time	10 am - 2 pm
Every Tues	Bingo	10 am
Tues/Wed/Thurs	Tax preparation by appointments - Call the Center 793-2189	9:30 am - 3 pm
Every Wed	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga - with Tobey	10:30 - 11:30 am
Mon-Thurs	OSTEO Busters Exercise Program - Monday-Thursday - Sponsored by RSVP	9 - 10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9 am -10 am
Every Friday	Wii Bowling	10 am
	Line Dancing/Woodshop/Golf/Bowling/Cards/Special Bingo & Much More.	

BASKET RAFFLE ON DISPLAY! MONDAY-FRIDAY 9 - 4

- Call Center for pricing and information on the upcoming trips and events or see on line
- Transportation for Center activities available/medical transports by appointment



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Tips for Healthy Eating as You Age

Eating well is important in every stage of life, but as we age, our food choices and eating habits become even more important. Studies show that a good diet later in life can significantly impact your health, and may lower your risk of heart disease, high blood pressure, osteoporosis, and certain types of cancers.

It's never too late to think differently, change our habits, and start working towards achieving a healthy diet and lifestyle. The following five tips can help get you on the right track.

1. Change Your Shopping Habits - We first need to focus on forming and consuming healthy eating pattern to have a good diet. And that starts with our behavior and buying habits at the grocery store. The next time you find yourself preparing a meal or grocery shopping for yourself, remember to ask yourself: Does my plate or shopping cart contain the following?

A variety of vegetables from all of the subgroups (dark green, red and orange) and legumes (beans and peas)

Fruits, especially whole fruits

Grains, at least half of which are whole grains

Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages

A variety of protein sources, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds and soy products

Oils

2. Eat Nutrient-Dense Food - You may notice several of these items – fruits, vegetables, whole grains, low-fat dairy products and lean meats – are considered nutrient-dense. Nutrient-dense foods contain relatively few calories but high amounts of fiber, natural vitamins, and minerals. One benefit for seniors consuming a nutrient-dense diet is the extra boost it provides the body for fighting off damaging free-radicals. Another benefit is the important role it plays in lowering the risk of stroke, diabetes, and heart disease. The science here is overwhelming, and very clear: Eating nutrient-dense foods is critical in helping prevent and fight disease, and is considered central to forming a good diet.



3. Prepare and Eat Balanced Meals - The National Institute on Aging recommends including a variety of foods from each food group in every meal. Doing so is critical to forming a good diet and creating healthy eating habits. A popular and fun way to do this is to paint your plate. The general idea here is that having each color represented on your plate increases the likelihood that your meal will contain the healthy mix of nutrients, vitamins, and minerals that are all so essential to our diet, but are often under-represented in it.

4. Pay Attention to Portion Sizes - Portion sizes have steadily and noticeably increased over the past 20 years, and with it, our waistlines have grown. Being in full control at the table and understanding the right amount to eat is powerful information. Each individual is unique, and each person has different caloric intake needs based on a myriad of factors. Understanding what yours are is absolutely critical to eating well and achieving a healthy diet.

5. Don't Skip Meals - While overeating poses challenges to a good diet, so too does under-eating, or choosing to skip meals altogether. While skipping meals on the rare occasion may boost health, evidence clearly and overwhelmingly indicates that making a habit of skipping meals is extremely detrimental to one's overall health. For example, skipping meals has been linked to profound negative changes in metabolism. According to one study conducted by the American Heart Association, those who skipped breakfast ultimately carried a higher risk of experiencing heart disease, a heart attack, or even death. Here, the evidence is once again very clear: in forming a healthy, balanced diet, there is simply no room for over-eating or under-eating.

Greek Diner Salad

3 tablespoon yogurt, fat-free plain
3 tablespoon mayonnaise, reduced-fat
2 tablespoon lemon juice
2 tablespoon mint, fresh chopped
1 clove(s) garlic minced
1 teaspoon honey

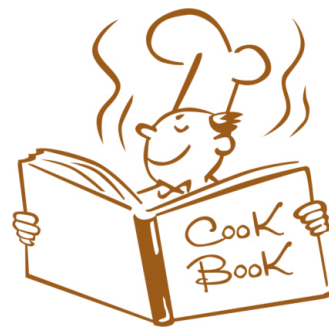
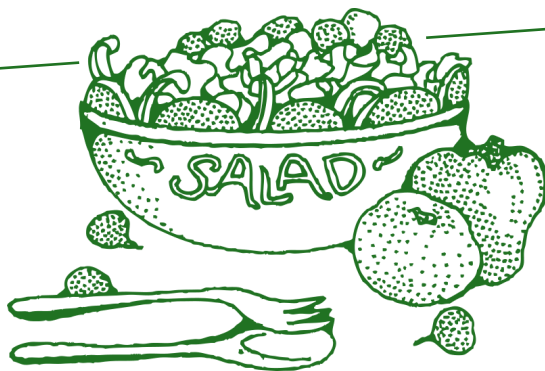
1/2 teaspoon salt
1 medium zucchini finely diced
1 large pepper(s), red, bell finely diced
1 bunch(es) radish(es) finely diced
15 ounce(s) beans, garbanzo (chickpeas) rinsed
4 large lettuce, Boston leaves, for serving

The secret to this New York diner-style salad is to dice the vegetables to the same size, so that the flavors can meld in one bite. The tangy dressing really perks up the vegetables and makes this dish a stand-alone entree or a zippy accompaniment to barbecued or roasted meats.

Whisk yogurt, mayonnaise, lemon juice, mint, garlic, honey and salt in a small bowl until creamy.

Toss zucchini, bell pepper, radishes and chickpeas in a large bowl. Pour the dressing over the vegetables; toss gently. To serve, spoon into lettuce leaves, using them as cups.

Servings: 4



◀ Nutrition Facts

Per serving
Calories 202
Fat 4g
Cholesterol 3mg
Sodium 585mg
Saturated Fat 1g
Protein 7g
Fiber 7g
Carbohydrates 35g

► Nutrition Facts

Per serving
Calories 390
Fat 16 g
Sodium 9 mg
Carbohydrates 28 g
Fiber 3 g
Protein 33 g

Percent Daily Values are based on a 2,000 calorie diet.

Chicken with Parmesan Noodles

1 9 ounce package refrigerated angel hair pasta
4 large carrots, thinly sliced
2 tablespoons butter
1 1/2 pounds skinless, boneless chicken breast halves

6 tablespoons purchased basil pesto
1/4 cup finely shredded Parmesan cheese
1/4 c Olive oil
Fresh basil (optional)

Cook pasta according to package directions.

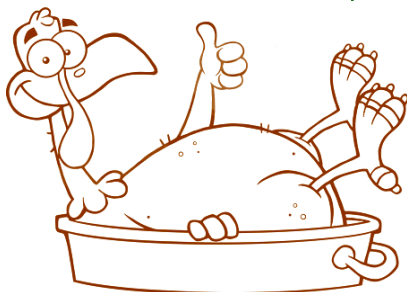
Boil carrots until tender.

In 12-inch skillet cook carrots in 1 tablespoon melted butter + olive oil over medium heat for 3 minutes. Add chicken; cook until no pink remains in chicken.

Add 4 tablespoons pesto; toss to coat.

Drain pasta. Return to pan; toss with remaining butter and pesto. Serve with chicken mixture. Sprinkle pasta with Parmesan cheese and ground black pepper. Drizzle with olive oil and top with basil.

Adopted by: BHG





★ 2017
Senior of the Year

Honorees

Brian Griffin, *Hamilton County Senior of the Year*

Lillian Phinney, *Warren County Senior of the Year*

Helen Christensen, *Hamilton County Contributing Senior of the Year*

Sally Pelletier, *Warren County Contributing Senior of the Year*

*Thank you for your nominations for “Senior of the Year” and
“Contributing Senior of the Year”.*

*Volunteers are an essential part of our community and
we thank you for your dedication.*

*The New York State Office for the Aging and the Association on Aging in New York
will be inviting these seniors to an awards ceremony on **Tuesday, May 9th** in Albany.*



Save the Date!

44th Annual Senior Citizen Luncheon

Honoring Seniors from Warren and Hamilton Counties

Thursday, May 18th

Location TBD. Watch for information in the May newsletter.



NATIONAL

April 23 - April 29

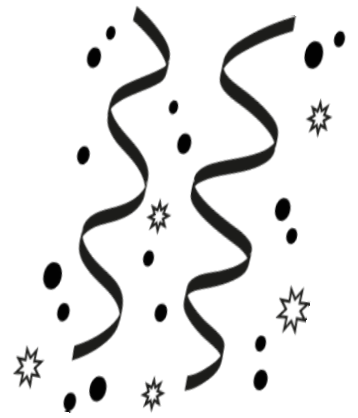
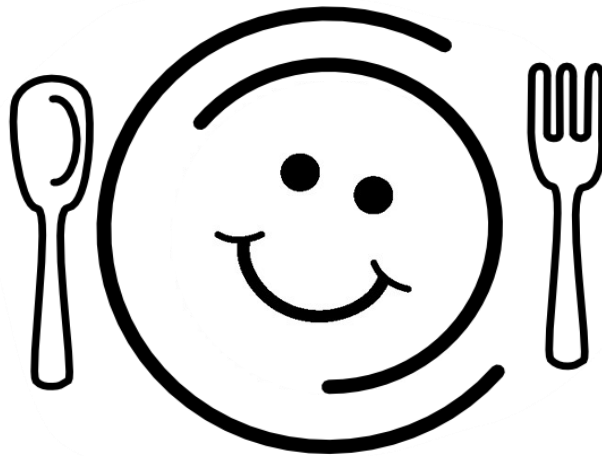
VOLUNTEER WEEK



Thank you Volunteers!

(for all you do for our community)

We couldn't do it without you!



You delivered **120,839** meals in 2016!



You gave **385** rides to medical appointments in 2016!



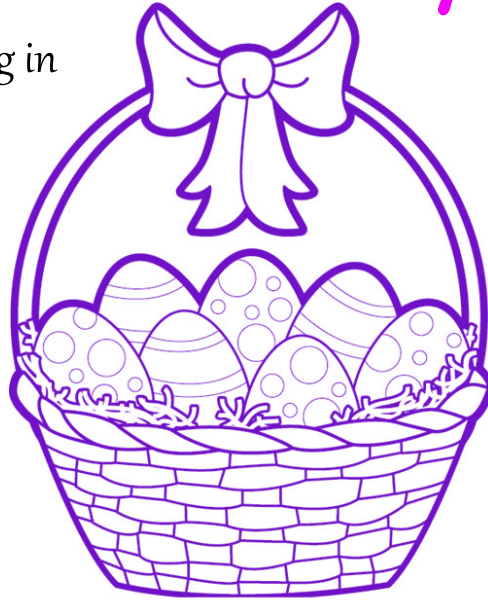
Office Board Bulletin



Happy Birthday

to our Volunteers celebrating in
April!

- Evelyn Casella..... 6**
- Bernice Mennis..... 7**
- Holly Hahne..... 13**
- Agnes Rahill 16**
- Sharon Clark..... 20**
- Peter Trumball 29**



Meal Recipients:

Meal Site Closed

Due to Staff Training

Friday April 28th

••• Easter Trivia

1. How did eggs come to be associated with Easter?

- A. Edible treat easy to decorate
- B. Came from a chicken that is a symbol of Easter
- C. Because it was inexpensive
- D. It was considered a symbol of life

2. What is the most popular jellybean flavor?

- A. Cherry
- B. Strawberry
- C. Lime
- D. Grape

3. What kind of bread is associated with Easter?

- A. Bagel
- B. Hot cross buns
- C. Banana bread
- D. Biscuit

4. From which country was the Easter Bunny brought to America?

- A. Italy
- B. Germany
- C. Ukraine
- D. Hungary

5. Where is the world's largest collection of Easter eggs?

- A. Poland
- B. Ukraine
- C. Canada
- D. United States

6. Which flower is associated with Easter?

- A. Rose
- B. Dahlia
- C. Tulip
- D. Lily

7. Where is the world's largest decorated Easter egg?

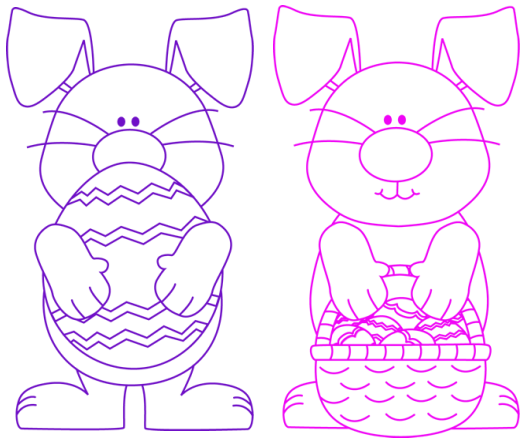
- A. Canada
- B. United States
- C. Germany
- D. Ukraine

8. What are the Easter colors?

- A. Pink and Purple
- B. Yellow and Pink
- C. Purple and Yellow
- D. Green and Purple

8. C. Purple and Yellow
 7. A. Canada
 6. D. Lily
 5. A. Poland

ANSWERS:
 1. D. It was considered a symbol of life
 2. A. Cherry
 3. B. Hot cross buns
 4. B. Germany



Easter Fun Word Search



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

BASKET

CHICK

RABBIT

NEST

PEEPS

SPRING

HUNT

CANDY

SEARCH

EASTER

CHOCOLATE

HIDE

BONNET

SUNDAY

BUNNY

JELLY BEANS

EGGS




GRASS

FLOWERS

April 2017

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
April 3 Pork Chops Sweet Potatoes Mixed Veggies Rice Pudding/Topping	April 4 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	April 5 American Goulash Tossed Salad Asparagus Apricots	April 6 - Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Spice Cake	April 7 Lemon Baked Fish Roasted Red Potatoes Green Beans Fresh Grapes
April 10 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	April 11 Meatloaf Mashed Potatoes Carrots Birthday Cake Happy Birthday!!	April 12 Chicken & Stuffing Casserole Wild Rice Beets Tropical Fruit Cup	April 13 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Dinner Roll Easter Dessert	April 14 Good Friday Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
April 17 Salisbury Steak Potato of the Day Broccoli Sliced Pears	April 18 Baked Fish Scandia Rice Pilaf Italian Veggies Pineapple Upside Down Cake	April 19 Sloppy Joes on a Bun Roasted Potato Bites Corn Mandarin Orange	April 20 - Cold Plate Chef Salad – Turkey, Ham, Swiss Cheese, Lettuce Marinated Veggies Strawberry Shortcake	April 21 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
April 24 Tortellini Alfredo with Chicken Brussels Sprouts Tropical Fruit Cup	April 25 Spanish Rice Broccoli Corn Bread Carrot Cake	April 26 - Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp	April 27 Meat Lasagna Italian Veggies Tossed Salad Fresh Fruit	April 28 Meal Site Closed  Staff Training Day
 		Suggested Contribution Per Meal: \$3		

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