

March 2021 – Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

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, or until the food has reached 165 degrees. Let stand 2-3 minutes prior to serving. **Caution contents will be hot. Age 60+suggested contribution is \$3. Per meal, under age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	March 2 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin/Topping	March 3 Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie	March 4 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	March 6 Macaroni & Cheese Stewed Tomatoes Broccoli Fruited Gelatin/Topping
March 8 Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake	March 9 Chicken & Biscuit Brown Rice Italian Veggies Yogurt w/Berries	March 10 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Mandarin Oranges	March 11 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	March 12 Baked Fish Scandia Red Roasted Potatoes Zucchini &Tomatoes Rice Pudding/topping
March 15 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	March 16 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	March 17 St. Patrick's Day Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 18 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	March 19 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
March 22 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	March 23 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Topping	March 24 Greek Penne and Chicken Peas & Onions Mandarin Orange	March 25 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	March 26 CHEF'S CHOICE
March 29 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	March 30 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler	March 31 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit		

Meal site numbers:

Bolton: (518)644-2368
Cedars: (518)832-1705
cedars@warrencountyny.gov
Chestertown: (518)494-3119

Johnsburg: (518)251-2711
Long Lake: (518)624-5221
Warrensburg: (518)623- 2653
Lake Pleasant: (518)548-4941
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200
First Presb. Church Glens Falls &
Solomon Heights, Queensbury:
(518)832-1705
Wells: (518)924-4066

Please Note: Contact your Meal Site to request a substitution if you do not care for Fish or Liver.



Office Staff

Deanna "Dee" Park - Director

Catherine Bearor -
Services Specialist

Susan Dornan -
NY Connects Coordinator

Hanna Hall-Services Specialist

Dinah Kawaguchi - Keyboard
Specialist

Tammy Morehouse -
Services Specialist

Rose Ann O'Rourke -
Coordinator of Services

Jami Rivers - Receptionist

Mary Ann McCarthy -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu



Newsletters are available
online at:

www.warrencountyny.gov/ofa/newsletters.php

Or contact Mary Ann at
761-6347 to be added to our
email list.

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

WINTER EDITION

2021

January, February and March

Happy New Year

Office for the Aging Program Updates

We hope everyone is staying safe and healthy. It is extremely important that we listen to the advice given to us by our Public Health officials. Please make sure you are limiting your contact with others, wearing a mask any time you are around others, and maintaining six feet distance when in the public. These small steps can help us keep our numbers down and our businesses, schools, etc. open.

A couple of updates from the Office for the Aging:

1. We will continue our altered home delivered meal deliveries through 2021 (Mondays, Wednesdays and Fridays). Around the holidays, this may be changed. This is to minimize our contact and the potential spread of COVID.
2. Medical Transportation program remains on hold.
3. The congregate (dine-in) locations will remain closed until at least the spring. We were hoping to open these back up sooner, but with the increase in positive COVID cases, it is more important that we do our part to keep you all safe.
4. Starting in January, we will be preparing our meals for the Chestertown area out of the Warrensburg location. Deliveries will remain the same, and when the congregate (dine-in) sites open, meals will still be provided at Chestertown.
5. We will continue to do assessments via telephone, and any visits to the office will be by appointment only.
6. Unfortunately, we received some bad news last week regarding our reimbursement from the state. Effective 11/1/2020, our reimbursement was cut by 20%. While we were one of the last agencies to be hit, we do not know when this will end. We will be taking some small steps to reduce our expenses, which should have a minimal impact on the services we provide.
7. We will continue to meet the dietary guidelines set forth by the New York State Office for the Aging, but there will be some changes to the meals. These changes will allow us to continue to provide meals to as many residents of Warren and Hamilton County as we can, but help reduce our financial burden on all of our tax payers. We thank you in advance for your understanding and support. Again, stay safe and healthy. We hope that 2021 will be a much better year!!!!!!

February 2021 – Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

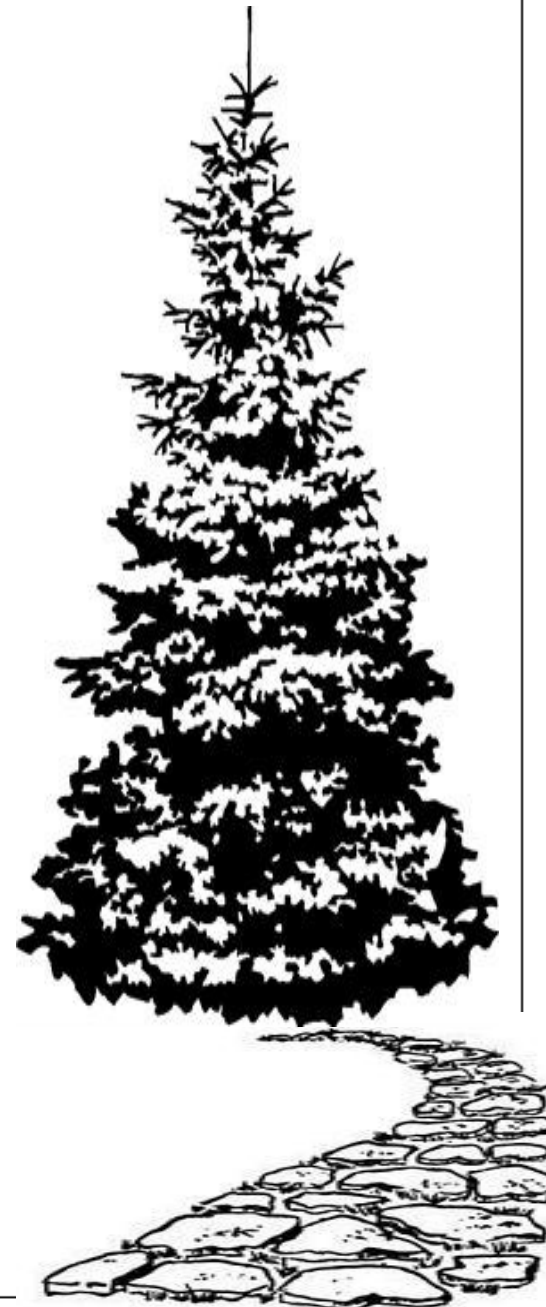
All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Let stand 2-3 minutes prior to serving. **Caution contents will be hot. Age 60+ suggested contribution is \$3. Per meal, under age 60 required contribution is \$5.**


Be ready, plan ahead: Licensed Home Care Services Agencies (LHCSAs)

Contact Warren-Hamilton Counties Office for the Aging NY Connects at 1-866-805-3931 for more information. Visit: https://profiles.health.ny.gov/directory/home_healths or NY Connects website: www.nyconnects.ny.gov

(W= licensed to serve Warren County) (H= licensed to serve Hamilton County)

Accent Health Care Services, Inc. (W)
Accredo (also Hamilton County) (W)
Accu Care Home Health Services, Inc. (W)
Adept Health Care Service Inc. (W)
Adirondack Manor Home Care Agency (W)
All Metro Health Care (W) (H)
All Metro Health Care (W)
America Homecare Agency Services Corporation (W)
Any-Time Home Care, Inc. (W)
Attentive Care of Albany, Inc. (W)
Belvedere Home Care (W)
Broadway Home Care (W) (H)
C. N. S. Home Care, Inc. (W)
Centers Home Care North East (W)
Concepts of Health Care, Inc. (W)
Coram Healthcare Corporation of Greater New York (W) (H)
Eddy Licensed Home Care Agency (W)
Fort Hudson Care Management (W) (H)
Fort Hudson Home Care, Inc. (W) (H)
Greater Adirondack Home Aides, Inc. (W) (H)
HCR/HCR Home Care (W) (H)
Home Aide Service of the Central Adirondacks, Inc. (H)
Home Health Care Partners Corporation (W) (H)
Interim Healthcare of the Capital Region (W)
Interim Healthcare of the Capital Region (W)
Interim Healthcare of the Capital Region (W)
Interim Healthcare of the Capital Region (W)
Lincare of New York, Inc. (W) (H)
Living Resources Home Care Agency, Inc. (W)
Maxim of New York, LLC (W) (H)
Neighbors NY Inc. (W)
North Country Home Services, Inc. (W) (H)
Nursecore of Albany (W)
Optum Infusion Services 100, Inc. (W) (H)
Top Quality Home Care Agency, LLC (W) (H)
Upstate Home Care (W) (H)
Visiting Nurses Home Care (W) (H)
Visiting Nurses Home Care (W) (H)
Visiting Nurses Home Care Johnstown Office (H)
Wesley Senior Solutions (W)





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 1 Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake	February 2 Macaroni & Cheese Stewed Tomatoes Broccoli Fruited Gelatin/Topping	February 3 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Mandarin Oranges	February 4 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	February 5 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding/topping
February 8 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	February 9 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	February 10 Swedish Meatballs Over Noodles California Veggies Cookie	February 11 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	February 12 Greek Penne and Chicken Peas & Onions Mandarin Orange
February 15 Meal Site Closed 	February 16 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Topping	February 17 Ash Wednesday Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange	February 18 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	February 19 CHEF'S CHOICE
February 22 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	February 23 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler	February 24 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	February 25 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	February 26 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday

January 2021 – Altered delivery Schedule

Warren/Hamilton Counties Office for the Aging

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 165 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Let stand 2-3 minutes prior to serving. **Caution contents will be hot. Age 60+suggested contribution is \$3. Per meal, under age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				January 1  Meal site Closed
January 4 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	January 5 Macaroni & Cheese Stewed Tomatoes Broccoli Fruited Gelatin/Topping	January 6 Swedish Meatballs Over Noodles California Veggies Cookie	January 7 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	January 8 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
January 11 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	January 12 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Topping	January 13 Greek Penne and Chicken Peas & Onions Mandarin Orange	January 14 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	January 15 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
January 18  Meal site Closed	January 19 CHEF'S CHOICE	January 20 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	January 21 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	January 22 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
January 25 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	January 26 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin/Topping	January 27 Chicken & Biscuit Brown Rice Italian Veggies Yogurt w/Berries	January 28 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	January 29 Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie

Certified Home Health Agencies (CHHAs)

(W= licensed to serve Warren County)

(H= licensed to serve Hamilton County)

Contact Warren-Hamilton Counties Office for the Aging NY Connects at 1-866-805-3931 for more information or go to the NY Connects website: www.nyconnects.ny.gov

Community Health Center of St. Mary's Healthcare and Nathan Littauer Hospital (W) (H)

Fort Hudson Certified Home Health Agency, Inc. (W)

Hamilton County Public Health Nursing Service Home Health Agency (H)

HCR / HCR Home Care (W) (H)

Living Resources Certified Home Health Agency Inc. (W)

Visiting Nurse Service of Northeastern New York (W)

VNA Home Health (W)

Warren County Health Services (W)

MARCH SAVE THE DATE

NY Connects Long Term Care Council invites you to join us Thursday, March 11, 2021 for our meeting. Our NY Connects Long Term Care Council invites community members to join our membership! It's free to participate, no mandatory attendance, and you will receive lots of information. Interested?

CALL 1-866-805-3931 OR 711 RELAY FOR INFO



Have a question for us? Email it to our newsletter editor, Mary Ann @ McCarthyM@warrencountyny.gov
We will answer your question in an upcoming issue or follow up with you directly if you prefer.

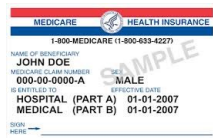


*Dear OFA,
My wife and I are full time caregivers for our three grandchildren, ages 2, 4 and 8. We didn't ever think we would be raising children at our age (our early 60's). Our daughter and her husband died in a tragic motor vehicle incident about a year ago and we decided we would take care of our grandchildren. Now that things are settling down, we are a bit confused and wondering about any programs that may be able to guide us in raising them.
Thank you,
Puzzled in Piseco*

*Dear Puzzled,
NYS Kinship Navigator is New York's Statewide Source for information and assistance for Kinship Caregivers like you. Call them at 1-877-454-6463 or on the web at www.nysnavigator.org*

*Sincerely,
Office for the Aging*





HIICAP Corner

Medicare Information and Updates



Dental Coverage and Medicare



Although considered a critical part of preventative health care, dental coverage is one of the largest uncovered medical expenses facing Medicare recipients. Original Medicare (Parts A and B) covers dental only in very limited circumstances, such as when a necessary part of a covered Medicare procedure.

Despite the wealth of advertising that would suggest dental coverage for Medicare beneficiaries is plentiful, here are options for those not covered by employer insurance:

Medicare Advantage Plans - Because these plans are designed to coordinate with Medicare covered health services they offer only *limited* coverage of dental, such as preventative cleanings, exams, and x-rays. Access to the benefits varies, some using a network of providers and others a reimbursable amount to be used at a location of your choice. Other plans offer options to purchase increased coverage through a dental rider for an additional monthly premium.

* Contact Medicare at 1-800-633-4227 or www.medicare.gov to get options or contact information for Advantage plans in your county.

Dental Insurance Companies - Independent companies such as Delta Dental and AARP offer insurance policies that can be purchased outside of Medicare with the services and billing administered through the insurance companies directly.

* Some options: Delta Dental - www.deltadental.com (1-866-583-2085) or AARP - www.aarpdental.com (1-866-290-2939).

Discount Dental Programs - These programs are not insurance but work with participating dental providers to offer services at a reduced cost.

* Examples of companies offering these benefits are Health Economics Group, Inc. (<https://heginc.com/dental> or 1-800-666-6690) and Carington (www.caringtondentalsavings.com or 1-866-929-3195).

Medicaid - If your gross monthly income is below \$895 individual/\$1304 couple you may qualify for NYS Medicaid. Eligibility includes dental services from a provider that accepts Medicaid. However, there may be considerable wait times to see a provider since very few in the area accept Medicaid billing.

* Contact your Local Department of Social Services to apply:

Warren County (518)-761-6300 / Hamilton County (518)-648-6131.

If you currently work with a dental practice, check with them to ask which, if any, of these options are compatible. As with any insurance plan it is important that you review the costs vs. the benefits to decide what solution is right for you.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program



Winter Word Search

L	N	C	F	P	Y	K	C	X	T	A	J	F	H	D	E	T
N	L	A	O	L	J	F	I	N	S	P	S	H	E	D	P	D
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|------------|---------------|-------------|--------|
| WINTERTIME | HOT CHOCOLATE | GINGERBREAD | ARCTIC |
| TOBOGGAN | GLOVES | FLANNEL | PIOLET |
| SKI | SLED | FIREPLACE | SQUALL |
| RADIATOR | COMFORTER | CHILLY | SNOW |
| ICICLES | HIBERNATE | BALACLAVA | SLEET |





Office Bulletin Board



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Attention Meal Recipients:

No Meals will be delivered on the following dates:

Friday , December 25—Christmas Day


Friday, January 1st—New Years Day

Monday, January 18—Martin Luther King Jr. Day

Monday, February 15—President's Day


A Note Regarding Snow Days and Meal Deliveries

Due to COVID many of the school districts may have the option to hold classes remotely when the weather is bad as a replacement for snow days. If we have inclement weather and the drivers are unable to deliver meals it will be up to the Office for the Aging to decide if meal delivery should be cancelled. The site managers will make every effort to notify the home delivered meal recipients. Due to the large number of Clients served through Cedars Meal Site please check the local news stations, the OFA website or Facebook for meal cancellations. ***Meal Recipients please remember that if we have snow, ice or slippery conditions your walkways need to be cleared for the safety of the Volunteers. Thank YOU!***



HIICAP Corner

Medicare Information and Updates





Medicare Advantage Open Enrollment Period (MAOEP)

January 1st -March 31st

Occasionally beneficiaries become aware of gaps in health and/or prescription coverage when actively using their plan in the new year. With the MAOEP beneficiaries who are enrolled in an Advantage Plan have the opportunity to make a one-time switch from the plan they have chosen for 2021 to either Original Medicare or another Medicare Advantage Plan. The change will be effective the 1st of the month following the new enrollment. If choosing to switch to Original Medicare or an Advantage Plan that does not have Part D prescription drug coverage, the beneficiary will have a coordinated Special Enrollment Period to join a Medicare Part D Prescription Drug Plan (PDP).

Some things to keep in mind during this Medicare Advantage OEP:

- * Before making any changes to your plan, consult the representative who enrolled you or the plan directly with questions or concerns. Getting your plan to work effectively for you may be as beneficial as a change of coverage.
- * The advertising for Medicare Advantage Plans offering extensive benefits for little or no cost will be continuing. The companies offering these plans will not necessarily have your best interest in mind so it is important if you are in contact with them that you get clarification on ALL of the plan details, not just the attractive extras. If you choose to enroll in one of these plans, you will likely be dis-enrolled from your current plan. As always, you can get impartial plan options from Medicare (www.medicare.gov or 1-800-633-4227) or your local Office for the Aging.
- * Remember to guard your personal information. Do not give out your Medicare number to one of these companies unless you are agreeing to enroll in a plan. If you feel you have been targeted by unfair practices, contact NY Statewide Action Senior Medicare Patrol (SMP) at 1-800-333-4374.

2021 Medicare Updates

- Medicare Part B standard premium: \$148.50/Month
- Medicare Part B deductible: \$203/year
- Medicare Part A inpatient deductible: \$1484/benefit period
- Social Security annual cost of living adjustment (COLA): 1.3%

Medicare Savings Program

Low income subsidy that grants eligible Medicare beneficiaries assistance with premiums for Part B and Part D, enrolls them into Extra Help (program that lowers prescription cost sharing), and can eliminate penalties for Medicare Part B and Part D. Contact your local Department of Social Services to apply (Warren 761-6300/Hamilton 648-6131)

Gross monthly income limits: \$1456 (individual) or \$1960 (couple)



HIICAP
 Health Insurance Information,
 Counseling and Assistance
 Program

This publication was supported in part by a grant from the U.S. Administration for Community Living

Legal Aid is Here to Serve Warren and Hamilton Counties

You may have heard by now that the Legal Aid Society of Northeastern New York has partnered with the Warren and Hamilton Counties Office for the Aging to provide free legal services for seniors in Warren and Hamilton Counties who are interested in estate planning or need advice on a civil legal matter. But did you know that for income-eligible residents of Warren and Hamilton Counties of all ages we offer a wide variety of other services? Including the following; Tenants rights, Family Law, Unemployment benefits, social Security disability benefits, SNAP benefits, Consumer Law, DSS denials and

Community Out Reach. When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County) and the best time to call is at 9:00 A.M. Monday through Thursday.



Hamilton County

Wells

Covid continues to control our lives and the short term thing to do is to minimize in person contact with those who we don't live with all the time. Seniors are a particular focus group so we continue to postpone our gatherings. Christmas and New Years will likely follow Thanksgiving experiences of tiny groups. Keep being smart as to how many exposures you have.

- Please wear masks, avoid groups, wash hands, stay well
- Meal site continues to be on pause for congregate meals, home delivery is available at 518-924-4066
- Library is open on Tue, Thur, 6-8 PM, Sat 10-noon. Face coverings and limited crowds
- AARP safe driver classes cancelled until at least March, 2021. Online course available at www.aarpdriversafety.org
- The library music program is cancelled for the year
- Keep checking on each other, stay well

Brian A Griffin



Attention Veterans and Surviving Spouses

ARE YOU ELIGIBLE...

For medical, disability, pension, property tax exemptions, and other discounts? Let us complete a Veteran or Surviving Spouse 360° review of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS' SERVICES

Call 518/761-6342 for an appointment

Ingredients

- 12 ounces boneless beef sirloin steak
- 1 8 ounce carton dairy sour cream
- 2 tablespoons all-purpose flour
- ½ cup water
- 2 teaspoons instant beef bouillon granules
- ¼ teaspoon black pepper

Beef Stroganoff

- 2 cups sliced fresh mushrooms
- ½ cup chopped onion (1 medium)
- 1 clove garlic, minced
- 2 tablespoons butter or margarine
- 2 cups hot cooked noodles



Step 1

If desired, partially freeze beef for easier slicing. Trim fat from meat. Thinly slice meat across the grain into bite-size strips. In a small bowl stir together sour cream and flour. Stir in water, bouillon granules, and pepper; set aside.

Step 2

In a large skillet cook and stir the meat, mushrooms, onion, and garlic in hot butter over medium-high heat for 5 minutes or until desired doneness. Drain off fat.

Step 3

Stir sour cream mixture into skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve over noodles.

Nutrition Facts Per Serving: 427 calories; total fat 23g; cholesterol 119mg; sodium 575mg; potassium 569mg; carbohydrates 29g; fiber 2g; sugar 6g; protein 26g; calcium 91mg; iron 4mg.

Adopted By: BHG

Finding comfort and coziness in the winter Months

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





Vegetable Stew



What a great time of the year to make stew! My veggie stew is very hearty and filling despite not having any meat and is a wonderful addition to your "cold-weather" dishes. Plus it's VEGAN! If you follow this recipe, you will have a lot of leftovers – great for reheating for lunch or dinner!

- 2 tbsp. olive oil
- 2 cloves garlic, diced
- 2 cups sliced carrots
- 1-1/3 cups sliced celery
- 2 cups green beans, ends removed and halved
- 1-1/2 cups mushrooms, sliced
- 2 large red potatoes, cubed
- 1/4 cup green onion, chopped
- 1 tsp fresh thyme
- 1 tsp fresh sage
- 1 tsp salt
- 2 cans diced tomatoes
- 1 can tomato sauce
- 1 cup vegetable stock
- 1 cup red cooking wine
- 1 cup dry brown rice shell pasta
- 6 tbsp. flour



In a large stock pot, heat 1 tbsp. olive oil. Add the garlic, carrots, celery, mushrooms, potatoes, green beans, and green onion. Keep on medium heat for about 10 minutes, stirring often. This will begin to soften the veggies. Then add 1/2 cup vegetable stock. Simmer on medium heat for another 10 minutes, covered and stirring often. While these veggies are cooking, go ahead and boil your pasta in another saucepan with the remaining olive oil, al dente. Now add 2 cans of diced tomatoes, 1 can of tomato sauce, fresh thyme, sage, and salt to the veggies. Stir well. Let simmer for another 10 minutes, covered. Pour 1/2 cup of vegetable stock into your mixing bowl. Slowly begin adding the 6 tbsp flour – be sure all lumps are gone when you're finished mixing. Your vegetable stock and flour mixture will be a light brown and have the consistency of syrup. Strain your pasta, then add it to the stock pot. Mix well. Now you can add the vegetable stock and flour mixture to your stew (it's starting to look like a stew now!). Stir well. You can also add the last ingredient – red cooking wine. Ensure that everything is well mixed. Simmer on medium heat for another 10 minutes, covered. Adopted by: Sustainable cooking: Vegetarian & Vegan

CORNER

CATHERINE'S



New Year's Resolutions for Seniors

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

The New Year is a chance to make changes, live a healthier life, and feel better and happier about you. Just because you're not as young as you used to be doesn't mean that New Year's Resolutions can't give you a renewed sense of purpose or have a positive impact on your health and overall well-being. Try one of these New Year's resolutions for fostering a sense of purpose and improving your health.

Improve Your Diet One of the most popular resolutions around this time of year is to eat a healthier diet, but there are few people who can benefit more from eating better than seniors. As you get older, you need fewer calories from healthier foods. Here are a few ways you can improve your diet in 2021:

- Eating meat with less fat, such as chicken, tuna, salmon, or turkey.
- Increasing sources of calcium and Vitamin D (or even supplements) to support bones.
- Choosing fiber-rich carbs like whole grain bread, whole grain pasta, and brown rice.
- Eating fruits and vegetables, especially those with deep colors like spinach, carrots, oranges, and collard greens.
- Eating less processed sugar. If you're craving something sweet, have some fruit. A small bowl of strawberries can be just as sweet as a handful of cookies. They're also an excellent source of Vitamin C.
- Watch for foods that can irritate your stomach, like garlic, raw onion, and cucumber.



Get More Active - With aging comes a loss of muscle mass and mobility. One of your most effective weapons against losing mobility is staying active. If you've always been keen on fitness, as you get older, different types of exercise should take priority. Exercises that improve your mobility and flexibility should take precedence, including Tai Chi and yoga.

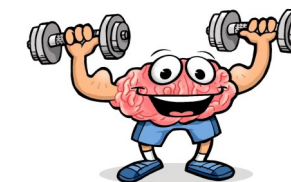


If you stay away from exercise because your joints bother you, you still have an option: aqua aerobics. The water will take the pressure off of your aching joints, allowing you to follow the class without any trouble. Almost anyone with joint pain or mobility issues can give it a try.

Give your brain a workout - The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college – some offer free classes for adults 65 and older.

Start the New Year off on the right foot. Set yourself a goal that will improve your life in one way or another, whether it's planning for the future, leading a healthier lifestyle, eating better, or sleeping better.

Adopted by: Lana Vrz: *The Washington Note*



Turkey Sliders with Avocado, Mushrooms and Swiss cheese

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 pounds ground, skinless turkey breast
- 1/4 teaspoon salt
- 1 cup sliced brown (crimini) mushrooms
- 4 slices low-fat Swiss cheese
- 2 small avocados (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Preheat oven to 450 degrees Fahrenheit. Arrange buns cut side up in single layer on baking sheet. Reserve. Shape turkey into 8 (3-inch wide) patties. (Uncooked patties will be larger than bun and will shrink as they cook.) Sprinkle salt over each patty. Heat large nonstick skillet or griddle pan over medium-high heat. Cook patties 2-3 minutes. Turn over patties. Cook 2-3 minutes or until patties are no longer pink in centers and register 165 F on instant-read thermometer. Transfer patties to bottoms of buns. In same skillet, cook mushrooms over medium heat, stirring frequently, until softened, about 3 minutes. Spoon mushrooms onto each patty; top with cheese. Transfer sliders to baking sheet. Bake 1-2 minutes or until cheese is melted and buns are heated through. Remove from oven. Spread avocado over cheese. Top with tomato slices. Put tops of buns on sliders. Pierce sliders with skewers. Serve immediately.



*February is American Heart Month:
Listen to your Heart: Learn about Heart Disease*

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Heart disease is the leading cause of death in women of all ages, races, and shapes and sizes in the United States. But women sometimes experience heart disease differently than men.

Healthy eating and physical activity go a long way to preventing heart disease, and keeping it from getting worse if you already have it.

Symptoms of a heart attack:

Women are somewhat less likely than men to experience chest pain.

Instead, they are more likely to experience:

Dizziness

Fatigue

Nausea

Stomach pain

Pressure or tightness in the chest

Women are also more likely than men to have no symptoms of coronary heart disease. Because women and their doctors may not recognize coronary heart disease symptoms that are different from men's, women may not be diagnosed and treated as quickly as men. It is important to seek care right away if you have symptoms of coronary heart disease.

Take Action for Your Heart Health

While some risk factors, such as age and family history of early heart disease, can't be changed, the truth is, there is something we can do at every stage of life to reduce our risk of heart disease.

Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

Here are some things you can do now for your heart health:

Move more

Improve your nutrition and eat healthier

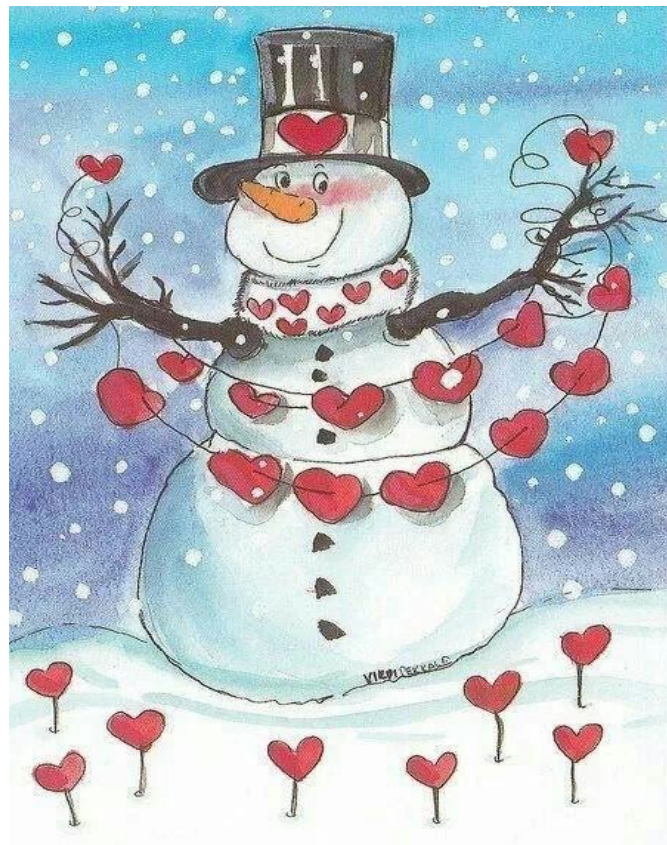
Check your heart health stats/numbers

Improve sleep and reduce stress

Stop smoking

Aim for a healthy weight

Adopted by: National Heart, Lung, and Blood Institute



March is National Nutrition Month

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Since March is National Nutrition Month, let's review the importance of healthy eating habits. Taking this quick quiz will help you to discover new ways you can take control of your health-starting today.

1. A variety of foods from all the groups in the Food Pyramid is a good way to ensure a well-balanced diet.

True

False

2. Butter has more calories than margarine.

True

False

3. The way food is prepared and cooked makes a difference in how many calories it has.

True

False

4. If you eat enough calories, you are sure to get enough vitamins and minerals

True

False

5. Exercise can help you to lose weight by decreasing your appetite.

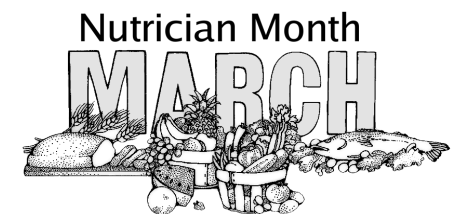
True

False

6. Carbohydrates are more fattening than fats and protein.

True

False



Answers:

1. True - A variety of foods chosen from the grains, vegetables, fruits, oils, milk, meats & beans

2. False - Both butter and margarine have 45 calories per teaspoon.

3. True - Breading and frying foods increases the number of calories in foods; baking, broiling, grilling, and boiling usually does not.

4. False - You can get plenty of calories from foods such as sweets which many not have many of the vitamins and minerals needed for good health.

5. True - Exercise burns up calories, helps develop muscles, and usually decreases one's appetite.

6. False - Carbohydrates and protein have the same number of calories per ounce (120); fats have twice as many (270).

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. It could be as simple as adding another veggie or fruit to every meal.