

November 2013



**NEWSLETTER
FOR SENIORS**

WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347 PHONE
DIRECTOR— CHRISTIE SABO
Toll Free Number 1(888)553-4994

Types of Apples

R	Q	W	E	R	T	Y	U	T	I	O	P	A	H	S
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Gala
 Macoun
 Red Delicious
 Tioga
 Wantage

Honey Crisp
 Orin
 Spartan
 Viking
 Waltz
 Zestar

Jonagold
 Paula Red
 Tom Putt
 Waltana
 Yates



The Greater Glens Falls Senior Citizens 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.....

Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

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

NEW MEMBERS WELCOME

NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-11/4	Humana Health Plan Information-drop in	1:00 p.m.
Tues-11/5	Wildlife program-Trish Marki-live birds	1:00 p.m.
Wed-11/6	United Health Plan information	1:00 p.m.
Thurs-11/7	Lunch Bunch-Ambrosia Diner-Aviation Road, Queensbury	12:00 p.m.
Fri-11/8	Free Veteran's Breakfast-call by November 6 to sign up	9:00 a.m.
Mon-11/11	One Stroke Painting Class-Cost: \$15-fall project	12:30 p.m.
Mon-11/11	Good Books Club- <i>"Half Broke Horses"</i> by Jeanette Walls	1:00 p.m.
Tues-11/12	Blue Shield of NE New York Health Plan information	1:00 p.m.
Wed-11/13	Defensive Driving Class-sign up ASAP-\$17 AARP member/\$19 non member	9 a.m.-5 p.m.
Mon-11/18	Today's Options Health Plan information	1:00 p.m.
Tues-11/19	Movie/Popcorn film- <i>"Great Gatsby"</i>	1:00 p.m.
Wed-11/20	Annual Membership meeting/dessert	12:30 & 1:00 p.m.
Sat-11/23	Christmas Boutique-all things holiday sale	9 a.m.-2 p.m.
Mon-11/25	Pot Luck/holiday decorating party	12:00 p.m.
Tues-11/26	Newsletter mailing	1:00 p.m.
Wed-11/27	Special Bingo-transportation/large cards available	1:15 p.m.

Monday- Friday	Thrift Shop/Boutique-new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/ performing line dancing/Woodshop/Golf/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

Call Center for pricing and information on the upcoming trips and events!

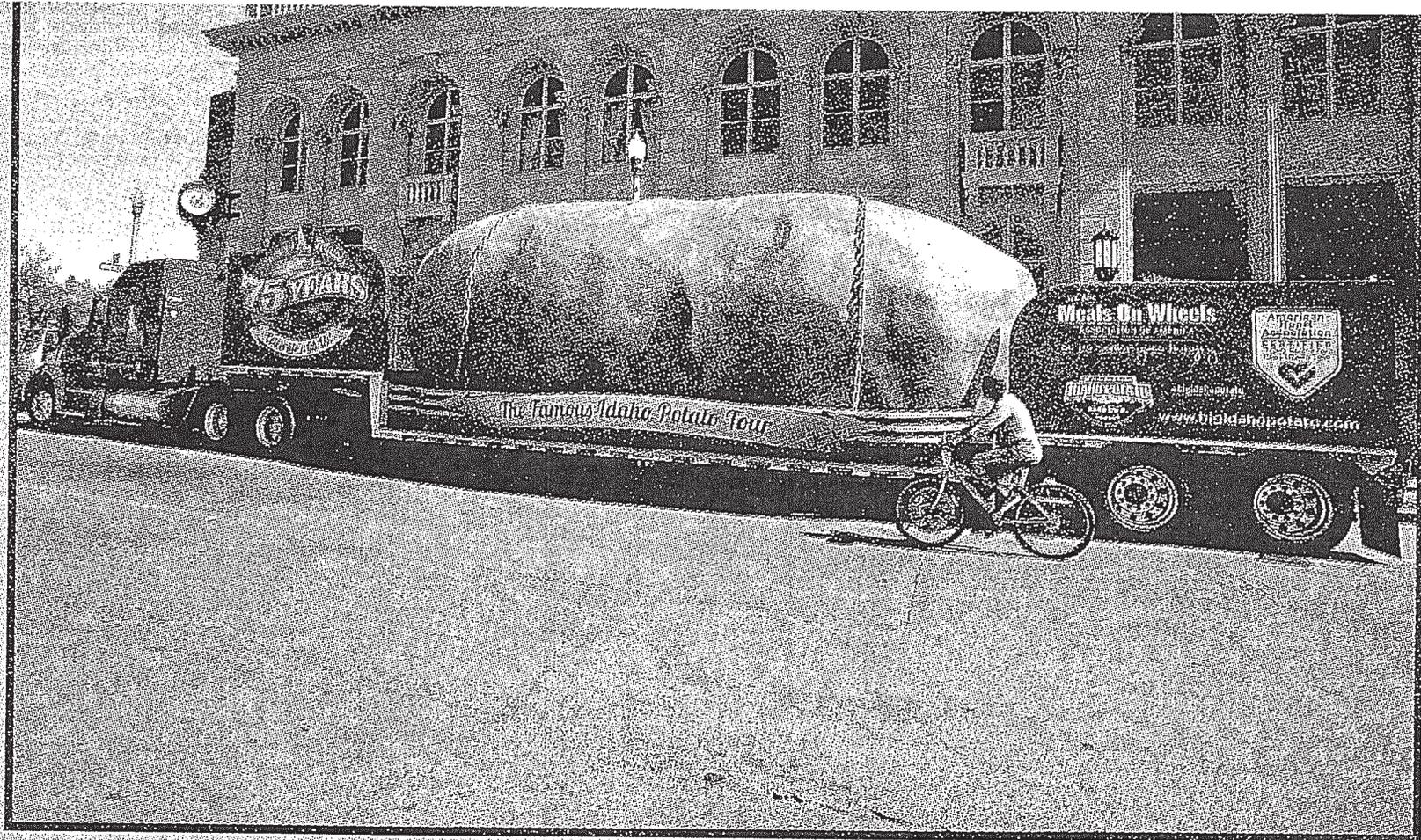
Don't be lonely- come and participate in "YOUR SENIOR CENTER".

TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name: _____

Address: _____ Phone: _____



TOTALLY TUBERLAR

It's a bird, it's a plane...no, that's a potato. But a rather large one, and it was parked on the streets of Troy on Monday (Sept. 30), stopped for a few hours while on a cross-country tour to raise awareness for Meals-on-Wheels, a "nonprofit organization that delivers more than one million meals each day to homebound seniors."

The giant spud is actually a 28-foot-long, 12,000-pound prop built to celebrate the Idaho Potato Commission's 75th anniversary. The spectacle caused much debate between passers-by who had a difficult time deciding whether the tater was real or not. After leaving Troy, the giant tuber traveled to Syracuse.

—ERIN PIHLAJA



Greater Glens Falls Senior Citizens Center
Offering Two Events

The Christmas Boutique
Saturday, November 23, 9 a.m.-2 p.m.

*Come, Shop and Experience
Christmas at Sherman House*

Baked Goods

Jewelry

Holiday Decorations

Visit with Mrs. Santa Claus

Gifts Galore

380 Glen Street
Glens Falls, NY 12801
793-2189



We are now accepting Christmas donations!!



CHRISTMAS PARTY PLANNED

Wednesday, December 11, noon

Join us at the Queensbury Hotel for our annual holiday lunch-door prizes, 50/50, drawing for the Hannaford gift certificates. Have a great meal with lots of festive atmosphere and fellowship. The cost is \$23

Menu:

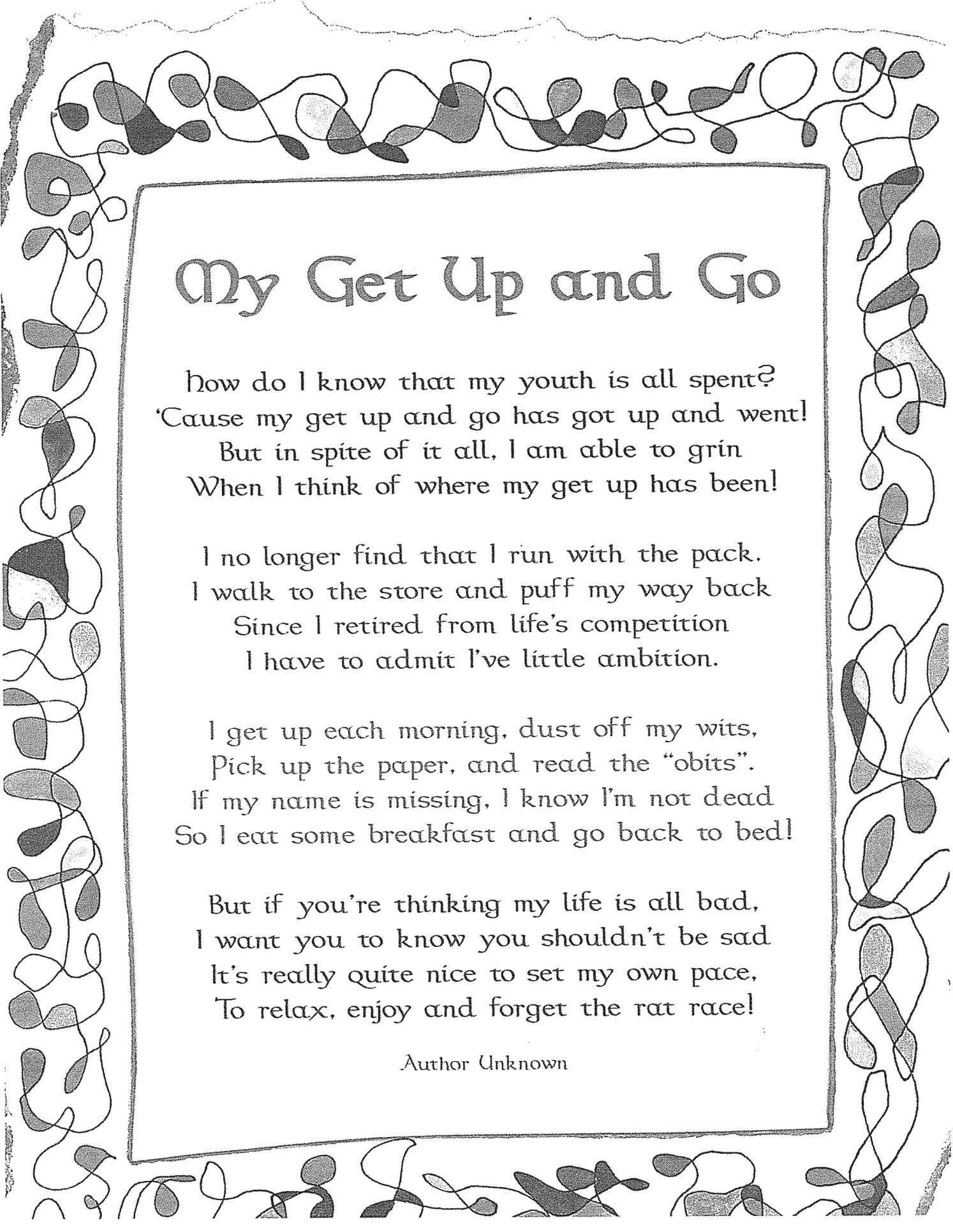
Tossed Garden Salad w/Assorted Dressings
Chef's choice potato/vegetable
Warm Crusty Rolls w/Butter

ENTRÉE CHOICE

Chicken Normandy-Chicken Breast
With Apple Cream Sauce
Pork Roast-Orange Mustard Cream Sauce
Stuffed Sole
Vegetable Strudel-Asiago Cheese/Garlic Lemon Sauce
Dessert: Warm Bread Pudding
Coffee, Tea
Fills up fast, sign up today!

Please bring a can or packaged food item for the local food pantries

Sponsored by CDPHP, MVP and The Cedars



My Get Up and Go

How do I know that my youth is all spent?
'Cause my get up and go has got up and went!

But in spite of it all, I am able to grin
When I think of where my get up has been!

I no longer find that I run with the pack.
I walk to the store and puff my way back
Since I retired from life's competition
I have to admit I've little ambition.

I get up each morning, dust off my wits,
Pick up the paper, and read the "obits".
If my name is missing, I know I'm not dead
So I eat some breakfast and go back to bed!

But if you're thinking my life is all bad,
I want you to know you shouldn't be sad
It's really quite nice to set my own pace,
To relax, enjoy and forget the rat race!

Author Unknown

Family Caregiver Education Training

Easing Caregiver Stress: A Caregiver Toolkit

Holiday Stress-Busting for Family Caregivers

Presented by: Maria Geizer - Home Instead Senior Care

The holiday season can be a particularly difficult time for families facing a long term illness, such as Alzheimer's disease or cancer. Join us for half hour workshop of tips and techniques to help ease your stress through the holidays and beyond.

Reiki as a Tool for Stress Management

Presented by: Penelope Jewell - Local Reiki Master and Author

Learn about the effectiveness of Reiki for stress management, and how easy it is to learn Reiki to support yourself and others. Free demonstrations will be given by the practitioner during the workshop!

Remembering How to Live

Presented by: Sue Gillingham, LPN – High Peaks Hospice

A discussion about taking time to experience the things that bring enjoyment and happiness to you and your loved one's lives.

When: Wednesday, November 20th
6pm -8pm (check-in at 5:45)

Where: The Glens Falls Home
79 Warren Street
Glens Falls, NY

Please join us for light refreshments and the *opportunity to speak with representatives from area resources* - respite, home care, support groups, and long term care services.

****Workshop size limited to 40. Please RSVP for guaranteed seating to Maria at Home Instead Senior Care 580-1042. Professionals are welcome to attend.**



High Peaks Hospice
& Palliative Care, Inc.
Dignity, comfort and peace at the end of life.

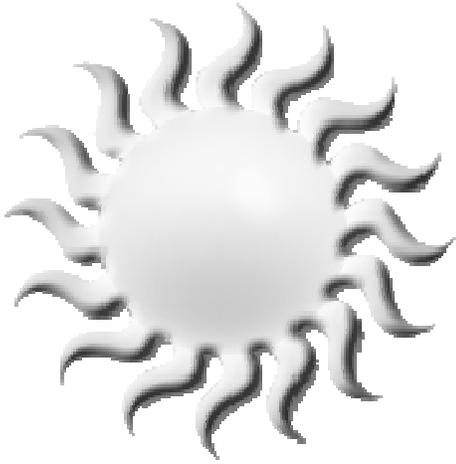
Home Instead
SENIOR CARE
To us, it's personalsm

The Glens Falls Home, Inc.
AGELESS OPPORTUNITIES

Facts

1. Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.
- 2. By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to give a thanksgiving feast.**
3. IN CANADA Thanksgiving Day is celebrated on the second Monday in October.
- 4. The Plymouth Pilgrims were the first to celebrate the Thanksgiving.**
5. The pilgrims sailed on the ship, which was known by the name of 'Mayflower'.
- 6. They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.**
7. The first Thanksgiving celebration lasted three days.
- 8. The state of New York officially made Thanksgiving Day an annual custom in 1817.**
9. Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.





**Order your free credit
report by calling
1-877-322-8228**

**You will receive your report from these three
nationwide credit reporting companies:**

Equifax, Experian, and TransUnion.

I apologize for any confusion with the 3 telephone numbers I provided in last month's newsletter; they are only to be used if you want to FREEZE your accounts so any credit extending agency would have to contact you first before extending credit in your name.

**Only by checking will you know if someone
used your name/personal information to open
an unauthorized new account, made
unauthorized charges, secured services or
benefits, or borrowed \$ in your name!**

Call 1-866-805-3931 to speak with Susan Dornan,

**NY Connects Coordinator at Warren-Hamilton
Counties Office for the Aging for more information.**

**NY Connects is a joint initiative between Warren/Hamilton Counties Office
for the Aging, Hamilton County Public Health & Hamilton County Department
of Social Services, Warren County Health Services & Warren county
Department of Social Services.**

Time for a Medicare Check-Up: Your Quick Guide to Open Enrollment for 2014

By Linda L. Miller, MPA, HIICAP Counselor

Each year, as the days get shorter and the nights get cooler, you can expect to hear more about Medicare. This year is no exception; **October 15 – December 7** is **Medicare Open Enrollment**. It's your annual chance to review your health care coverage and see if you need to make any changes.

The good news is that you don't need to go it alone. The Health Insurance Information, Counseling and Assistance Program (HIICAP) at the Office for the Aging (518) 761-6347 can assist. Call the OFA to make an appointment.

This article answers some common questions that people have about Medicare and highlights Medicare changes for 2014.

Q-What exactly can I do during Open Enrollment?

You can join a plan or drop or switch coverage during the Open Enrollment period, and, believe it or not, you can do it more than once. If you find a better plan, you may switch again. Keep in mind, though, that the plan you enroll in last becomes your final choice for 2014.

Q-What is new for 2014 that I should know about?

As a result of the Affordable Care Act, Medicare was amended to provide additional benefits including preventive services and cancer screenings at no cost to the patient. An annual Wellness Visit is also included at no charge for those with Medicare. Additionally, the coverage gap in Part D is shrinking each year and will be eliminated by 2020.

Some costs in Part D are actually declining slightly. For example, the deductible is reduced from \$325 in 2013 to \$310 in 2014. Plan premiums for both the Part D and Medicare Advantage plans on average remain stable—although individual plans will vary.

Q-How about the new Health Insurance Marketplace? How does it affect my Medicare benefits?

The Marketplace is designed for people who do not have any health coverage. If you have health coverage through Medicare, the Marketplace won't have any effect on your Medicare coverage.

Q-What are my Medicare Part D options?

In 2014, 31 Medicare Part D plans will be available in New York State. They range in price from \$12.60 monthly premium (Humana Wal-Mart Rx Plan) to \$144.40 (Aetna Medicare Rx Premier). The average monthly Part D premium for 2014 will be \$37.23.

Q-Should I sign up for the cheapest plan?

The actual out-of-pocket costs to you depend upon a number of factors. The monthly premium is only one of those factors. You need to price out the prescriptions that you take—including the dosage, along with what your plan charges; drug prices can vary considerably from plan to plan.

Q-This sounds complicated; how do I sort out which plan is best for me?

There is no way of knowing at a glance which of the Part D plans will work best for you, until your drugs are entered into the online Medicare Plan Finder. The Plan Finder calculates the best choice for you based upon cost, coverage, and convenience and you can “sort” based on which factors are most important to you. You can access the Plan Finder from your home computer at www.Medicare.gov. Or call 1-800-Medicare for personalized enrollment assistance over the phone. You may also request help through the Office for the Aging by calling (518) 761-6347.

Q-What if I would like to join a Medicare Advantage plan?

Again, there is no way knowing at a glance. Read the plan summaries and ask questions. Also, to compare plans side-by-side you may use the Plan Finder. You can get help over the phone at 1-800-Medicare. The MA plans may market their plans but operate with strict rules about how their representatives enroll people. Costs range from \$0 monthly premium to \$256 monthly next year; the plan for you depends upon your health needs.

Q- High prescription costs strain my budget, Is there a way to lower my drug costs?

If you have a modest income and limited resources to rely upon, contact the Social Security Administration to apply for a Part D subsidy known as “Extra Help”. If you qualify, your costs should plummet. Your drug co-pays will be as little as \$1.20 for generics, and not over \$6.35 for brand-name drugs with Extra Help.

In addition, you may also qualify for one of the Medicare Savings Programs (MSP) that can pay your Part B premium. Qualifying for MSP can help get you Extra Help for drug costs too! Contact the office for the Aging at 761-6347 for more information about the Medicare Savings Program.

JOKE OF THE MONTH

off the mark by Mark Parisi
www.offthemark.com



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Volunteer Birthdays!

Pat Minucci – 4th

Scott Rager – 14th

John Curley – 16th

Ron Batchelder 20th

Marie Godsil-25th

Cathy Hodgkins – 25th

Wayne Carlton – 27th

Why Renting May Be Better than Buying for Seniors

Marlis Powers

Charlie and I moved to our senior retirement community four years ago. At the time we had every intention of purchasing the two-level condo as soon as our property in western New York sold.

In the meantime, we were renters with an option to buy. Now, four years have passed, our property sold long ago, and we have become comfortable with being renters.

But, Charlie being Charlie, has become obsessed with the idea that we should buy our condo.

Yes, the rent is high, but whenever an appliance dies it's not our problem – and several have bit the dust since we moved here. When the plumbing fails, we don't have to call the plumber – not our problem. If the air conditioning quits on a 98° day – the company has to deal with it, not us. When the roof needs replacing (the roof is twelve years old and due) the association will be responsible.

There is a lot to be said for renting, especially for senior citizens.

At least once a week Charlie tells me we should talk to the owners about buying our condo. I keep making excuses and putting him off. He just doesn't understand that becoming new property owners at age 79 and 77 really doesn't make too much sense. Something could happen to either one of us at any time and that could mean a long-term care facility of one type or another for one or both of us.

Senior living options are a difficult decision for the elderly. There are so many things to consider, not the least of which is finances.

Ideally, if and when we leave here, we will be able to buy into a facility in the area with extended care options, but we aren't ready for that at this point. However, it is unrealistic for us to think that neither of us will, at some time, require this type of care.

Many condos in our retirement community are currently for sale as the owners have moved on to extended care facilities. And the problem is, the places are not selling. So it really doesn't make any sense for us to buy our condo knowing that sooner, rather than later, we would probably have to sell it and move on.

How do I get this across to Charlie? I don't. I just keep trying to ignore the issue!

As you or your loved ones, face a similar decision, try to look at the long-term problems. Nothing lasts

forever. Hopefully, you will be able to make a decision that is in your own or your loved ones best interests.

SAVE THIS DATE !!!



FREE EVENT light refreshments FREE EVENT

Washington, Warren, Hamilton Counties Long Term Care Council presents:

Preparing & Responding to Local Emergencies

Tuesday, Nov 26, 2013 9:00 am - noon at Warren County Human Services Building

1340 State Route 9, Lake George, NY 12845 Info: Susan at NY Connects 1-866-805-3931

Open House to meet LTCC members 9-9:30

Planned Panel Members

Jonathan R. Pease, Deputy Director, Emergency Management Washington County
Marie Capezzuti, Infection Control Supervisor & Disaster Preparedness Coordinator
Laura Stebbins, Director of Emergency Preparedness, Glens Falls Hospital
Amy Drexel, Emergency Services Coordinator, Warren County
Don Purdy, Emergency Services Director, Hamilton County

**The purpose of the NY Connects Long Term Care Council is to identify emerging long-term care need, to forge new relationships, and to reinforce existing ones in order to work toward improved communication and more streamlined long-term care delivery system. For more information, contact Susan at 1-866-805-3931 or Stephanie at 746-2420.*

Cynthia Mitchell, Chairperson

Tammy Heckenberg, Vice-chairperson

Stephanie Ball, Secretary & NY Connects Washington County

Susan Dornan, NY Connects Coordinator, Warren/Hamilton Counties Office for the Aging

Christie Sabo, Director, Warren/Hamilton Counties Office for the Aging

Gina Cantanucci-Mitchell, Director, Washington County Aging & Disability Resource Center

FAMOUS BIRTHDAYS!



4th – Matthew McConaughey –
Actor’s first big role was in
“Dazed and Confused”

16th – Burgess Meredith –
Played trainer of “Rocky”
and the penguin in “Batman”



18th – Elizabeth Perkins –
Played Fred’s wife Wilma in
“The Flintstones” movie

21st – Goldie Hawn –
Star of “Laugh-in” and movies,
Kate Hudson’s mom.



26th – Tina Turner –
Entertainer’s signature hit
was “Proud Mary”

November is American Diabetes Month
**A Step in the Right Direction:
Lose Weight & Lower Your Risk for Type 2 Diabetes**

With so many weight loss programs available, it is easy to become confused about what works and what does not when it comes to losing weight to lower your risk for type 2 diabetes. The National Diabetes Education Program (NDEP) wants you to know that you don't have to knock yourself out to lower your risk – in fact, the findings of a major study show that modest weight loss can reduce the risk of type 2 diabetes *by more than half*.

Here are some proven small steps developed by NDEP to help you make gradual lifestyle changes to lose weight safely and keep it off.

Small Step #1: Set a weight loss goal you can meet before starting a weight loss plan.

Aim to lose about 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh 200 pounds. Keep track of your daily food intake and physical activity in a log book and review it daily to see how you are doing. For support, invite family and friends to get involved.

Small Step #2: Make healthy food choices every day.

Keep healthy snacks such as fruit on hand at home. Pack healthy lunches so that you can take charge of what you eat during the day. To make sure you get enough fiber, eat more fruit and select a mix of colorful vegetables. Drink low-fat or nonfat milk or choose low-fat cheese. Choose whole-grain cereals, breads, crackers, brown rice, pasta, or oatmeal. Select lean meats and poultry. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

Small Step #3: Strive to become more physically active.

If you are not active, start off slowly and choose a physical activity you will stick with most days of the week. Slowly add more time until you reach at least 30 minutes of moderate intensity physical activity five days a week.

Build physical activity into your day. Take a brisk walk during lunchtime. Take the stairs instead of the elevator, or park farther away from your office. Join a community program like The Y and choose activities that you can enjoy such as swimming, water aerobics, or dance classes. Keep at it and remember to celebrate small successes.

For a free copy of *Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients* in English or Spanish, which includes a fat and calorie counter and physical activity tracker, plus more tips to help you lower your risk for type 2 diabetes, contact the National Diabetes Education Program at 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org and click on the *Small Steps. Big Rewards. Prevent Type 2 Diabetes.* campaign.

Serve your family a quick and healthy dish like these as you gather around the holiday dinner table.

Cranberry-Onion Pork Roast

Serves 4-6, with leftovers.

Ingredients

- 2 pound boneless pork loin roast
- 1 (16-oz) can whole cranberry sauce
- 1 (1-oz package) dried onion soup mix

Directions

1. Season roast with salt and pepper; place over indirect heat on grill; stir together cranberry sauce and onion soup mix and heat, covered, in microwave until hot (about one minute).
2. Baste roast with cranberry mixture every 10 minutes until roast is done about 40 minutes (20 minutes per pound); until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time.
3. Remove roast from heat; let rest about 10 minutes before slicing to serve.
4. Heat any leftover basting mixture to boiling, stir and boil for 5-10 minutes and serve alongside roast.

Nutritional Information Per Serving: Calories: 242 ; Protein: 25 g ; Fat: 5 g ; Sodium: 380 mg ; Cholesterol: 65 mg ; Saturated Fat: 1 g ; Carbohydrates: 24 g **Source: NPB**

Apple and Squash Bake

This recipe combines all the best fall flavors and makes a great alternative to the candied yams often served for Thanksgiving dinner.

Yield: 8 servings

Serving Size: 3/4 cup squash and apple bake

Ingredients

- 1/3 cup Splenda No Calorie Sweetener, Granulated
- 1 teaspoon molasses
- 1/4 cup light butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground mace
- 2 pounds butternut squash - peeled, seeded, and cut into 1/2 inch slices
- 2 large apples - cored, and cut into 1/2 inch slices

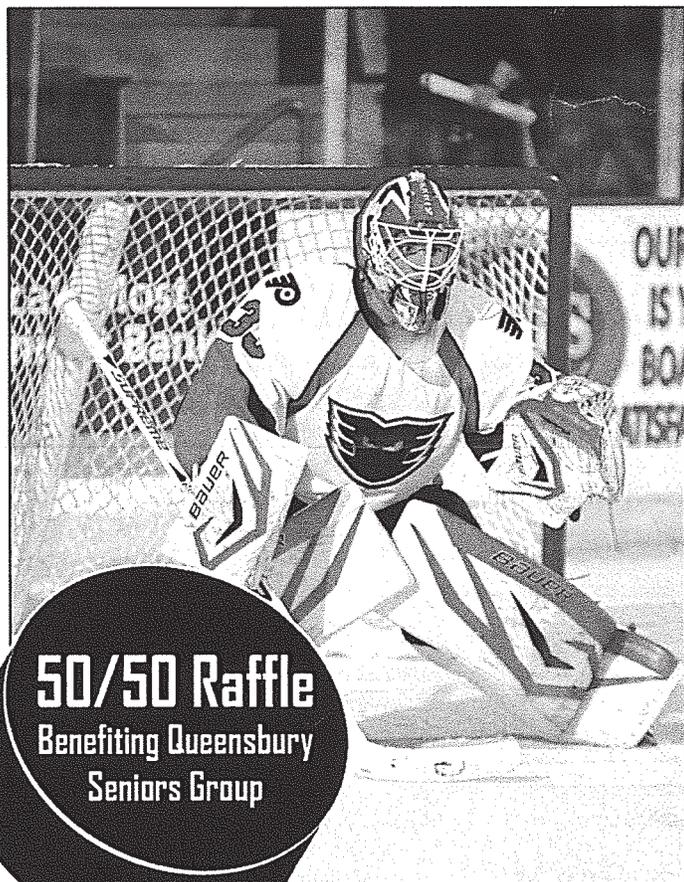
Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, stir together Splenda Granulated Sweetener, molasses, butter, flour, salt, and mace. Arrange squash in an ungreased 9x13 inch baking dish. Top with slices of apple, then sprinkle with the sugar mixture. Cover with a lid or aluminum foil.
3. Bake for 50 to 60 minutes in the preheated oven, or until squash is tender.

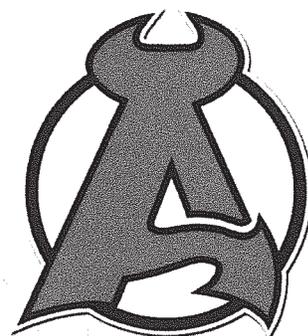
Nutritional Information Per Serving: Calories: 120 ; Calories from Fat: 30 ; Protein: 2 g ; Fat: 3.5 g ; Sodium: 340 mg ; Cholesterol: 10 mg ; Saturated Fat: 2 g ; Dietary Fiber: 4 g ; Sugars: 9 g ; Carbohydrates: 24 g **Source: Splenda**

ADIRONDACK PHANTOMS QUEENSBURY SENIORS GROUP NIGHT

NOVEMBER 23, VS ALBANY 7:00 PM



50/50 Raffle
Benefiting Queensbury
Seniors Group



TICKETS

- \$15 EACH
- \$5 OF EACH TICKET SOLD GOES BACK TO THE QUEENSBURY SENIORS GROUP

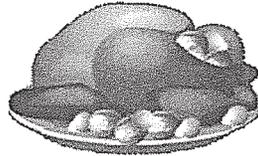
**YOUTH JERSEY GIVEAWAY
(FIRST 1,000 FANS 14-AND-UNDER)**

**FOR TICKETS:
QUEENSBURY SENIORS OFFICE
518.761.8224
PHANTOMS OFFICE
518.480.3355**

**THANKSGIVING CAN FOOD DRIVE
(DONATE A BAG OF CANS & GET A
FREE TICKET TO A FUTURE GAME)**



YOU'RE INVITED
TO THE ANNUAL
**HOMETOWN THANKSGIVING
DINNER**



WHAT?

It's your Thanksgiving turkey with all the trimmings, desserts, fellowship, and entertainment. Dinner is free and Reservations are NOT required.

WHEN?

Thanksgiving Day

Continuous seating from 12 NOON-3:00PM

**WE NEVER RUN OUT OF FOOD THANKS TO THE
GENEROSITY OF OUR DONORS**

WHERE?

**CHRIST CHURCH UNITED METHODIST
54 BAY STREET
GLENS FALLS, NY**

SPONSORED BY?

The people of the Greater Glens Falls community.

Transportation for special needs can be arranged by calling
(518) 636-9679

Donations can be sent to POBox 2445, Glens Falls, NY 12801

WARREN-HAMILTON COUNTIES
OFFICE FOR THE AGING
2013-2014 H.E.A.P. OUTREACH SCHEDULE

WARREN COUNTY

Tuesday, November 19 th	<u>BOLTON MEALSITE</u> Church of St. Sacrament	8:30am-9:00am
Tuesday, November 19 th	<u>HAGUE TOWN HALL</u>	10:00am-10:30am
Tuesday, November 19 th	<u>LAKE GEORGE TOWN HALL</u> 26 Old Post Road, Lake George	11:30am-NOON
Tuesday, November 19 th	<u>WARRENSBURG TOWN HALL</u> 3797 Main St. Warrensburg	12:30pm-1:30pm
Wednesday, November 20 th	<u>WHITE WATER MANOR</u> North Creek	10:00am-11:00am
Wednesday, November 20 th	<u>JOHNSBURG Sen. Center/Mealsite</u> Rt. 28 North Creek	11:30am-NOON
Thursday, November 21 st	<u>CHESTERTOWN MEALSITE</u> Chester Municipal Center 6307 State Rt. 9	10:30am-11:30am
Thursday, November 21 st	<u>HORICON COMMUNITY CENTER</u> 6604 State Rt. 8 Brant Lake	1:00pm-1:30pm
Monday, November 25 th	<u>THURMAN TOWN HALL</u>	9:30am-10:30am
Monday, November 25 th	<u>STONY CREEK TOWN HALL</u>	11:00am-NOON
Monday, November 25 th	<u>LAKE LUZERNE MEALSITE</u> Luzerne Senior Center	10:30am-11:30am
Tuesday, December 3 rd	<u>MONTCALM/JOHN BURKE</u> Community Room	9:30am-10:00am
Tuesday, December 3 rd	<u>SOLOMON HEIGHTS</u> 18 Farr Lane East, Queensbury	10:30am-11:30am
Wednesday, December 4 th	<u>GLENS FALLS SENIOR CENTER</u> 380 Glen St. Glens Falls	10:00am-11:00am
Wednesday, December 4 th	<u>GLENS FALLS MEALSITE</u> Fellowship Hall First Presbyterian Church Corner of Glen & West Notre Dame	11:30am-NOON
Thursday, December 5 th	<u>QUEENSBURY SENIOR CENTER</u> Corner of Bay & Haviland Rds.	9:00am-9:30am
Tuesday, December 10 th	<u>CRONIN HI RISE</u> 43 Ridge St. Glens Falls (Activity Room)	9:00am-10:00am
Tuesday, December 10 th	<u>WEST GLENS FALLS VFW</u> Luzerne Rd. & Richardson St. Queensbury	10:30am-11:00am

All over 60 persons in Hamilton County who need assistance call: Harriet Bunker @1-888-553-4994

2013 - 2014 HEAP Monthly Income Eligibility Guidelines

Household Size	Tier I	Tier II
1	0 - 1,245	1,246 - 2,175
2	0 - 1,680	1,681 - 2,844
3	0 - 2,116	2,117 - 3,513
4	0 - 2,551	2,552 - 4,182
5	0 - 2,987	2,988 - 4,852
6	0 - 3,422	3,423 - 5,521
7	0 - 3,858	3,859 - 5,646
8	0 - 4,293	4,294 - 5,772
9	0 - 4,729	4,730 - 5,897
10	0 - 5,164	5,165 - 6,023
11	0 - 5,600	5,601 - 6,461
11+	\$436	\$503
\$25 add-ins broken down by vulnerable households (see 2013-2014 HEAP Desk Guide)		

PrintFreeSudokuPuzzles.com

Puzzle Set #C5568 Level: Challenging

4			8		7	3		
			3					
	5			2		8		6
	9		1		6		8	
								4
		6			2	5		1
		7	6	3	8		2	
6				1		4	9	8

A

							9	
	1	4					8	7
8	9		7		5	6		
	3	9			4	1		5
4	8		2	3				
				6				
		1						6
5		7	9					2
3			6					

B

November 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears
November 4 Brunch Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola	November 5 Election Day Baked Fish Scandia Scalloped Potatoes Carrots Tropical Fruit Salad	November 6 Beef Stroganoff over Noodles Italian Blend Veggies Pineapple Up-side Down Cake	November 7 Chicken Reuben Rice Veggie Casserole Broccoli Fruited Gelatin/Topping	November 8 Shepherd Pie with Mashed Potatoes & Corn Green Beans Birthday Cake
November 11  Meal Site Closed	November 12 Salisbury Steak/Gravy Sweet Potatoes Brussels Sprouts Mandarin Orange	November 13 Pork Chop/Applesauce Roasted Red Potatoes Spinach Strawberry Shortcake	November 14 Beef Stew Boiled Potatoes/Carrots Biscuit Apple Crisp	November 15 Hungarian Goulash California Medley Tossed Salad Fresh Fruit
November 18 Breaded Haddock Potato of the Day Green Beans Tropical Fruit Cup	November 19 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Chilled Apricots	November 20 CHEF'S CHOICE	November 21 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 22 Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad Garlic Bread Pudding/Topping
November 25 Sweet & Sour Chicken Brown Rice Oriental Veggies Mandarin Orange [November 26 Sausage Pasta Scandinavian Veggies Garlic Bread Chilled Peaches	November 27 Meatloaf/ Gravy Mashed Potatoes Peas & Onions Gingerbread/Topping	November 28 Happy Thanksgiving  Meal site Closed	November 29 Country Fried Steak Potato Tots Coleslaw Fresh Fruit

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

WARREN COUNTY OFFICE FOR THE AGING
1340 State Rte 9
Lake George , N.Y. 12845



Newsletters now available online at
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call
Kayla @ 824-8824

**“If your local school district is closed due to a snow
day, your meal site is also closed.”**

Staff:

WARREN COUNTY

CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
CHRIS LITTLE – COORDINATOR OF SERVICES
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING
CINDY CABANA – AGING SERVICES ASSISTANT
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO- DIRECTOR

(518) 761-6347 PHONE

Web site- www.warrencountyny.gov/ofa

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsborg-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066

Toll Free Number 1(888)553-4994