

# January 2015

**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**

**WARREN COUNTY STAFF:**

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**CINDY CABANA - SPECIALIST SERVICES FOR THE AGING**

**HANNA HALL - AGING SERVICES ASSISTANT**

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**KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / "NEWSLETTER"**

**CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU**

**SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS**

**NANCY ROSEN - RECEPTIONIST**

**DINAH KAWAGUCHI--PART TIME TYPIST**



**Newsletters are now available online at  
[www.warrencountyny.gov/ofa/newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)**

**Please contact Kayla Jarrell to be added to our email list.**

**(518) 824-8824 or [jarrellk@warrencountyny.gov](mailto:jarrellk@warrencountyny.gov)**

# OFA HIGHLIGHTS

WOULD YOU LIKE TO DECREASE THE IMPACT OF A STRESSFUL SITUATION BY HAVING A SAFE PLACE TO TALK? WOULD YOU LIKE TO INCREASE SOCIAL CONNECTION WITH OTHERS AS YOU HEAR ABOUT NEW IDEAS THAT MAY BE HELPFUL?

"Caring for Ourselves", a new support group for anyone caring for a family member, friend, or loved one may be what you've been looking for. We offer a safe place to discuss the stresses, challenges and the rewards of providing care, at no charge to you and reservations are not necessary.

**WE HAVE EXPANDED TO TWO MORNING & TWO EVENING MONTHLY GROUPS**

**11AM-12 GROUP**

**FACILITATED BY SUSAN**

**AT THE GLENS FALLS HOME**

**79 WARREN STREET**

**GLENS FALLS, NY 12801**

**WED, JAN 7 AND 21**

**WED, FEB 4 AND 18**

**5:30-6:30PM GROUP**

**FACILITATED BY DIANNE**

**AT HIGH PEAKS HOSPICE**

**79 GLENWOOD AVENUE**

**QUEENSBURY, NY 12804**

**THURS, JAN 8 AND 22**

**THURS, FEB 12 AND 26**

*\*We hope you'll join us; for more information contact Susan at 1-866-805-3931*

## This is Glaucoma Awareness Month

NOW is the time to schedule your eye exam!

Medicare helps pay for it!

**WHY schedule your exam NOW?**  
**Prevent this sight-stealing disease**  
**from taking away your vision.**

Limited insurance? Can't afford the co-pay?

Contact Glens Falls Association for the Blind at 792-3421

or Family Service Association of Glens Falls at 793-0797 if you need financial assistance for your eye exam, glasses, or have children who need preschool vision screening.

Glaucoma is a group of eye diseases that gradually steal sight without warning. You may lose up to 40% of your vision without even noticing. It mostly affects middle-aged and the elderly though can affect people of all ages. There is no cure for damage to the optic nerve however medication or surgery can slow or prevent further vision loss. People who have diabetes, are severely nearsighted, or are over 60 are at higher risk.

**FOR MORE INFORMATION: CONTACT SUSAN AT 1-866-805-3931**

## SUBSTITUTES NEEDED

Warren/Hamilton County  
Office for the Aging  
Meal Sites

Contact RoseAnn O'Rourke  
for more information

**(518)761-6347**

## Volunteers Needed

Meals on Wheels &  
Transportation Programs

Contact Kayla Jarrell

**761-6347**

## Training for Caregivers

FREE Four Part Series  
1-3:30 pm

- Jan.8<sup>th</sup> **Alzheimer's Disease:  
The Basics**
- Jan.15<sup>th</sup> **Behaviors and  
Communication**
- Jan.22<sup>nd</sup> **Safety and  
Wandering**
- Jan.29<sup>th</sup> **Activities**

## Alzheimer's Disease and Memory Related Disorders

Presented by:  
SOUTHERN ADIRONDACK INDEPENDENT LIVING



**Pre registration is required.  
Call 792-3537 to register.**  
Memory activity kits will be available  
for loan through the TRAIID program.  
***This series is available through a  
grant from the Leo Cox  
Philanthropic Foundation.***

# REQUESTING NOMINATIONS

SENIOR OF THE YEAR

AND

OUTSTANDING CONTRIBUTION BY A SENIOR

Do you know a senior who goes above and beyond to help others? Someone who gives their time and energy to worthwhile projects or organizations? A person others count on?

Why not recognize this individual for their efforts with a nomination for the 2015 awards? Winners will be recognized locally and by the NYS Office for the Aging at an event in Albany on May 5th.

Information and nomination forms are available from your local senior club, meal site or contact the Office for the Aging at 518-761-6347.

**Don't delay; nomination forms must be received by  
January 16, 2015!!!**

# Whats New with HIICAP. . .



## What is HIICAP? Benefits and Services

William Lane, Ph.D.

I have been writing this HIICAP column for over a year. In thinking about this month's topic I realized that many readers may not really understand the purpose and full scope of the HIICAP program. So, this month's column will provide readers with a broad overview of the program and how it serves the needs of the residents of Warren and Hamilton Counties.

### What is HIICAP?

The Warren/Hamilton Counties Offices for the Aging provides the Health Insurance, Information, Counseling and Assistance Program (HIICAP) as part of a network of health insurance counseling programs covering every county in New York State. The HIICAP program receives Federal Assistance from the Centers for Medicare and Medicaid Services (CMS) as well as the State of New York. The mission of the HIICAP program is to both provide assistance and educate residents about Medicare, Medicare Advantage plans and Medicare Part D prescription drug programs as well as numerous other health insurance issues.

In addition to the above programs, HIICAP also provides information on all the programs that serve low income residents. These programs include the Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Programs, "Extra Help" prescription assistance and pharmacy discount programs. These programs may pay part of your monthly costs, offer discounts or provide full medical coverage.

### Who can use the HIICAP program?

The Warren/Hamilton Counties HIICAP Program serves all Medicare beneficiaries as well as those who will soon become Medicare eligible. To be eligible you must reside in one of the two counties. Counseling and assistance is provided by highly trained counselors, either over the telephone or during scheduled appointments. All your information is held in strict confidence. The most common services provided by HIICAP are:

Facilitating initial enrollment into Medicare Parts A, B and D.

Explaining the benefits covered under Medicare Parts A and B.

Selecting a Medicare Part D prescription drug plan. Once you have made your initial choice, your coverage should be reviewed annually during the fall open enrollment period.

Explaining the differences between original Medicare and Medicare Advantage Plans.

Information about supplemental insurance programs, usually called Medigap plans, that cover all or a portion of those charges not covered by Medicare.

Helping clients resolve specific health insurance problems.

Looking to see if you may be eligible for additional help in paying for your health care costs through programs such as EPIC or Extra Help.

Help with special problems that may arise during the year, such as loss of coverage through no fault of your own.

Assistance to consumers who believe they have been the victims of fraud or abuse related to health insurance coverage.

### Is there a cost for HIICAP services?

No. HIICAP counseling services are funded by CMS and the State of New York and there are no charges for the services offered by the program.

### How can Residents Access HIICAP Services?

The first number to call is the Warren/Hamilton Counties Offices for the Aging (518) 761-6347. The receptionist will connect you with an experienced HIICAP counselor who may be able to answer your question over the phone. If not, you will be able to make an in-person appointment.

The HIICAP web site is maintained by the New York State Office for the Aging. The link is <http://www.aging.ny.gov/HealthBenefits/Index.cfm>

The Medicare program also offers the Medicare Resources help line. The national number is 1-800-633-4227.

Dr. William Lane is the owner of William Lane Associates, a gerontological consulting firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.

## 10 Questions to Ask Before Hiring a Caregiver or Home Care Agency

Marlo Sollitto  
Contributing Editor

Using an agency to hire paid caregivers may give older adults and their families a false sense of security regarding the background and skill set of the caregiver, according to a recent study. Just because it's an agency employee doesn't necessarily mean the caregiver is trained to care for an elderly person.

Researchers posed as consumers seeking a caregiver for an older adult relative. The study, published in the Journal of the American Geriatrics Society, surveyed 180 agencies around the country about their hiring methods, screening measures, training practices, skill competencies, assessments and supervision.

They found:

- Only 55 percent of the agencies did a federal background check.
- Only one-third of agencies said they did drug testing.
- Only one-third test for caregiver skill competency.
- Supervision ranged from none to weekly and included home visits, telephone calls, and caregivers visiting the office.

Based on these results, people looking for home caregivers are taking shots in the dark as to whether they will get a trained professional who provides quality care or one with little-to no experience and training.

By being an educated consumer, you can find a qualified, reputable agency that employs caregivers who will care for your parent with compassion and skill.

## Here are 10 questions to ask before you hire a caregiver:

1. Number one on the list is to go through a well-known agency. This doesn't necessarily mean a large franchise, but get references.
2. What recruiting methods do they use? How are they finding job candidates? Newspaper ads? Staff agencies? Craig's List?
3. What are their hiring requirements for prospective employees?
4. What screenings are performed on caregivers before they are hired? Criminal background check -- federal or state? Drug screening?
5. How does the agency assess what the caregiver is capable of doing?
6. Does the agency train caregivers? What does that training entail? Are they knowledgeable about elderly health conditions and certified in CPR?
7. Are the caregivers insured and bonded through the agency?
8. Is the agency diligent about sending the same caregiver to the home, rather than a revolving door of strangers who parents don't know or trust?
9. If you are not satisfied with a particular caregiver, will the agency provide a different person?
10. Does the agency provide a supervisor to evaluate the quality of home care on a regular basis? How frequently?

Like so many things caregivers are responsible for, hiring in-home care requires due diligence, to make sure their loved one is safely cared for.

# THE FUN Volunteer Birthdays

Jackie McCann— 1st

Ann Blanchard—8th

Bob Moore — 21st

Don Bernhoft 26th

Kelton Rose 31st



James O'Hara—3rd

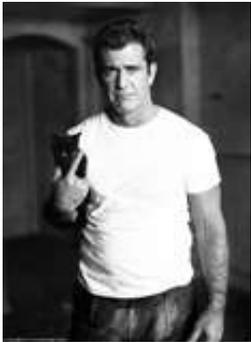
Frank O'Keefe — 14th

Mary Smith 21st

Bob Dalaba 27th

Barbara Coughlin 6th

# Famous Birthdays



3<sup>rd</sup> Mel Gibson  
(Popular star of "Braveheart"  
and "Lethal Weapon")



8<sup>th</sup> Elvis Presley  
The King of Rock n' Roll,



15<sup>th</sup> Dr. Martin Luther King Jr.  
(Civil Right leader "I Have a Dream")



29<sup>th</sup> Oprah Winfrey  
(Talk show host, actress)

- ⇒ **The owl is the only bird to drop its upper eyelid to wink. All other birds raise their lower eyelids.**
- ⇒ **Chewing gum while peeling onions will keep you from crying.**
- ⇒ **Large kangaroos cover more than 30 feet with each jump.**



## Pick-Up Lines & Comebacks

If you were a new hamburger at McDonald's, you would be McGorgeous.



Can I borrow a quarter? I want to call my mom and tell her I just met the girl of my dreams.

# CENTER

## New Year's Eve/Day Word Search

### 1. ABOUT NEW YEAR'S

A O T S T



F I N D E R S



C E E H R



A P R Y T



Answer:



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

AULD LANG SYNE  
 BABY NEW YEAR  
 CELEBRATE  
 CHEERS  
 COUNTDOWN  
 DECEMBER  
 FATHER TIME  
 FESTIVE  
 FIRST  
 HOLIDAY

JANUARY  
 MIDNIGHT  
 NEW YEAR'S DAY  
 NEW YEAR'S EVE  
 OLD MAN TIME  
 PARTY  
 RESOLUTION  
 THIRTY-FIRST  
 TWELVE O'CLOCK  
 WINTER

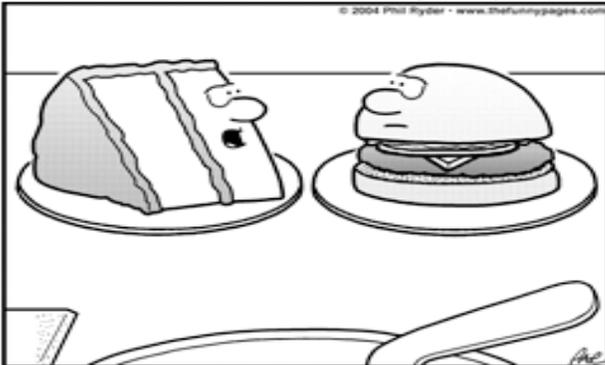
## Sudoku Puzzle

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

### THE JOKE'S ON YOU

by Phil Ryder & YOU

© 2004 Phil Ryder - www.thefunnypages.com



"Don't sweet-talk me! I saw you holding the pickle and the lettuce!"

- Trudy McConnell • Averagetown, USA



**Glens Falls Senior Center**



# SENIOR CEN

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

Phone 793-2189 E-Mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)

Celebrating over 50 years of Service to our Senior Community

Something for everyone No Residency Requirements....

Kim Bren, Executive Director

Shiela Satterlee, Assist. Director

Lauren Tompkins, Outreach Specialist

Joan Counter, Admin. Assistant

Visit our website at

<http://www.greaterglensfallsseniorcenter.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-1/5	Good Books Club- <i>"A Star For Mrs. Blade"</i> by April Smith	1:00 p.m.
Tues-1/6	Pot Luck- <i>"Undecorating Party"</i> -bring a dish to pass	12:00 p.m.
Wed-1/7	Coffee with a Cop-questions and answers on local law enforcement	10:00 a.m.
Thurs-1/8	Lunch Bunch-Rainer's at the Ramada Inn, exit 19-Dutch treat	1200 p.m.
Tues-1/13	Film/popcorn- <i>"Hitchcock"</i> -Helen Miren-free	1:00 p.m.
Wed-1/14	Reception for retiring Executive Director, Rene Clements	1:00-3:00 p.m.
Thurs-1/15	Walgreen's pharmacist on vitamins and supplements	1:00 p.m.
Tues-1/20	Michigan Rummy/game day-drop in	1:00 p.m.
Wed-1/21	Winter home cooked lunch-Cost: \$7	12:00 p.m.
Mon-1/26	Special Bingo-refreshments and fun	1:00 p.m.
Wed-1/28	Blood Pressure/Blood Sugar screening	8:30-9:30 a.m.
Wed-1/28	Newsletter mailing-everyone welcome	1:00 p.m.
Thurs-1/29	Racino trek-Cost \$6 transportation	9:00 a.m.
Fri-1/30	Writer's group-bring current/past works to share	1:00 p.m.

Monday- Friday	Thrift Shop-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	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 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/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. Call Center for pricing and information on the upcoming trips and events or see on line.

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

**TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

**Interested in Joining and receiving more information:**

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**HELP BY DONATING YOUR BASKET TODAY!**

Greater Glens Falls Senior Citizens Center  
380 Glen Street  
Glens Falls, NY 12801  
(518) 793-2189  
[agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)  
website:[http:// \(on line\)](http://www.greaterglensfallsseniorcenter.com)

[www.greaterglensfallsseniorcenter.com](http://www.greaterglensfallsseniorcenter.com)

**BASKET RAFFLE DONOR FORM**

The baskets will be on display starting Friday, February 13, 2015 and the drawing will be held on Thursday, April 16, 2015 at a Raffle Basket Party with refreshments. Party begins at 1:00 p.m.

ANY THEME YOU WISH TO USE FOR THE BASKET IS ACCEPTABLE AND WE ASK THAT NO USED ITEMS BE PLACED IN THE BASKET

(Please Print)

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
THEME: \_\_\_\_\_  
CONTENTS: \_\_\_\_\_

Use back if you need more space

VALUE \$ \_\_\_\_\_ (IF YOU WISH A RECEIPT FOR TAXES)

**THE BASKETS SHOULD BE DELIVERED TO THE SENIOR CENTER BY THURSDAY, FEBRUARY 12, 2015**

ANY QUESTIONS, PLEASE CALL  
THANK YOU FOR YOUR PARTICIPATION

# TRAVEL NEWS



Queensbury "Seniors On The Go" present...

## Ottawa & Thousand Islands

### June 8th -12th 2015

**Package Includes:** (3) Nights Lodging in Ottawa, (1) Night Thousand Islands, (3) Dinners, (4) Breakfasts, Guided Tour of Ottawa, Tour of Parliament Hill, Visit to Colorful Byward Market, Canadian Museum of Nature, Thousand Island Sightseeing Cruise to visit Boldt Castle. Visit to Casino du Lac Leamy. Luggage Handling, Taxes & Meal Gratuities. Motorcoach Transportation. Gratuities for Driver and Guides are not included. Travel Insurance is available upon request.

*Reserve your seat now! Passports required for travel*

Full Itinerary available at the Queensbury Center located at  
742 Bay Road in Queensbury or by calling

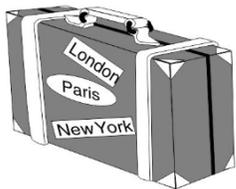
**(518) 745-4439**

**Cost \$594pp dbl**

**\$25 Deposit due with registration**

**Deposit due by March 1st. Final Payment by April 14th.**

*\*Call Melissa for further information*



## British Landscapes

featuring England, Scotland and Wales

### October 3rd - 12th 2015



10 days (12 meals 4 dinners)  
Round Trip Air & Transfers

#### Highlights

London City Tour with theater option, Visit Oxford, Overnight Castle Stay in Wales, English Lake District, William Wordsworth's home town of Grasmere England, Edinburgh Castle, Medieval City of York, Shakespear's birthplace Stratford-upon-Avon, Ann Hathaway's thatch-roofed cottage, Stonehenge, Cotswolds Region and so much more!

### 10 Days - 12 Meals: 8 Breakfasts / 4 Dinners

#### Book Now

see please note section for details

Double **\$3,699**

Single **\$4,349** Triple **\$3,669**

#### Regular rates:

Double **\$3,899**

Single **\$4,549** Triple **\$3,869**

- Day 1 Overnight flight
- Days 2, 3 London, England
- Day 4 North Wales
- Days 5, 6 Edinburgh, Scotland
- Day 7 York, England
- Day 8,9 Starford-Upon-Avon, England

**Included in Price:** Round-trip air from Albany plus transfers

**Not included in price:** Travel insurance premium or gratuities for guides and driver

\* All Rates are Per Person and are subject to change

**IMPORTANT CONDITIONS:** Your price is subject to increase prior to the time you make final payment. Your price is not subject to increase after you make full payment, except for charges or increases in government imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund.

**Melissa Pagnotta - Travel & Activity Director**

**melissa@seniorsonthego.org (518) 745-4439**

Beat the winter chill with a bowl of bone-warming soups like...

## Rustic Italian Tortellini Soup Recipe

*It's quick to fix on a busy night and full of healthy, tasty ingredients. It originally called for spicy sausage links, but you can use turkey sausage, or even ground turkey breast.*

**TOTAL TIME:** Prep: 20 min. Cook: 20 min.

**YIELD:** 6 servings

### Ingredients

- 3 Italian turkey sausage links (4 ounces *each*), casings removed
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 2 cans (14-1/2 ounces *each*) reduced-sodium chicken broth
- 1-3/4 cups water
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 package (9 ounces) refrigerated cheese tortellini
- 1 package (6 ounces) fresh baby spinach, coarsely chopped
- 2-1/4 teaspoons minced fresh basil *or* 3/4 teaspoon dried basil
- 1/4 teaspoon pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese, optional

### Directions

1. Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil.
2. Add tortellini; return to a boil. Cook for 7-9 minutes or until tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2-3 minutes longer or until spinach is wilted. Serve with cheese if desired.

Yield: 6 servings (2 quarts).

**Nutritional Facts** - 1-1/3 cups (calculated without cheese) equals 203 calories, 8 g fat (2 g saturated fat), 40 mg cholesterol, 878 mg sodium, 18 g carbohydrate, 3 g fiber, 16 g protein.

Adopted By: Tastes of Home

## 10 Ways to Improve Your Diet

Ready to turn around your eating habits? It doesn't require massive willpower or deprivation — just a little common sense and planning. Making simple changes that either cut out or burn off extra calories will add up to weight loss over the course of a year.

### 10 Steps to Speed Weight Loss

#### 1. Switch up your snacks.

First of all, watch mindless snacking. Those calories really add up. Instead of grazing on the baked goodies, have a plan for healthy snacks that combines a little bit of fat, protein, and crunch, such as apple slices smeared with peanut butter.

***If you are counting calories, doing the math may help: a pound is the equivalent of 3,500 calories, so if you can cut 100 calories out of your day, you will lose a pound in just over a month.***

#### 2. Cut out high-calorie condiments and sugars.

Instead of getting a coffee with sugar, try Splenda. Likewise, try mustard on your burger or sandwich instead of mayonnaise, and order your salad dressing on the side so that you can control the amount you eat.

#### 3. Hoof it.

Exercise is key. People who manage at least 150 minutes of activity a week are more successful with weight loss. Take the stairs instead of the elevator or park a bit farther from your destination so you have to walk. This will add extra exercise — and burn more calories.

#### 4. Anticipate temptation.

If you know you can't resist freshly baked brownies, don't keep a mix in your pantry. Also, if you are going somewhere with friends and family and know you'll have a hard time controlling yourself, make a decision before you get there about what you will eat.

#### 5. Try the veggie-loaded plate method.

One half of the plate should be vegetables. The other side can be split between protein and starchy carbohydrates. People who eat five or more servings of fruits and vegetables a day are more successful with weight loss.

#### 6. Skip the fast food.

A study of 1,713 adults who have been successful with weight loss demonstrated that people who eat at fast-food restaurants less than twice a week have greater success with their weight loss.

#### 7. Limit the calories you drink.

While most people understand sugary sodas add calories, sweetened tea is no less calorie-dense than soda, and you'd be better off eating the fruit than drinking the juice.

#### 8. Be accountable.

Whether you have a diet buddy you check in with, a support group, or a food diary, keeping track of your daily food choices takes only a few minutes, but can double your weight-loss success.

#### 9. Order smaller portions.

Data suggests that people who order smaller portions or share a plate at restaurants are more successful with weight loss.

#### 10. Acknowledge your success.

People who believe they can succeed with weight loss actually do lose weight more successfully. Take a moment to pat yourself on the back when you make healthy choices and achieve your short-term goals.

These small changes, all of which can easily be made, will quickly add up to more pound lost over time.

Adopted By: Everyday Health

## Healthified Broccoli Cheddar



Total Time: 40 min Prep: 15 min Cook: 25 min

Yield: 6 servings

### Ingredients

- 1 bunch broccoli
- 1 small onion, finely chopped
- 1 medium red-skinned potato, diced
- 1/4 cup [all-purpose flour](#)
- 3 cups low-sodium chicken or [vegetable broth](#)
- 1/4 teaspoon freshly grated nutmeg
- 1 cup grated extra-sharp Cheddar
- 1 teaspoon [Worcestershire sauce](#)
- One 12-ounce can fat-free [evaporated milk](#)
- Kosher salt and freshly ground black pepper
- 2 scallions, thinly sliced

### Directions

Separate the stems and the florets from the [broccoli](#). Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.

Mist a large pot with nonstick [cooking spray](#) and heat over medium heat. Add the broccoli stems, onions and [potatoes](#) and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.

Meanwhile, combine the reserved florets and 1/2 cup water in a small [saucepan](#). Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. [Garnish](#) with the [scallions](#).

Cook's Note: Leftover soup should be reheated in the microwave rather than the stovetop, where the cheese will "break" or separate from the broth.

Recipe courtesy Food Network Kitchens

# January 2015

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Suggested contribution \$3 per meal.</b></p>		 <p>January 1 Meal site Closed</p>	<p>January 2 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Rice Pudding/Topping</p>
<p>January 5 Lemon Baked Fish Au gratin Potatoes Mixed Veggies Peaches</p>	<p>January 6 Juice of the Day Chicken &amp; Biscuit Scandinavian Veggies Chilled Pineapple</p>	<p>January 7 Spanish Rice Broccoli Corn Bread Mandarin Oranges</p>	<p>January 8 Roast Pork Loin/Gravy Roasted Red Potatoes Winter Squash Apple Crisp</p>	<p>January 9 Chicken Parmesan Penne Pasta/Marmara Sauce Cauliflower Birthday Cake</p>
<p>January 12 Pepper Steak Mashed Potatoes Brussels Sprout Chilled Apricots</p>	<p>January 13 Sausage Pasta Italian Veggies Garlic Bread Mandarin Orange</p>	<p>January 14 Meatloaf/Gravy Mashed Potatoes Zucchini &amp; Tomatoes Peach Cobbler</p>	<p>January 15 Chicken &amp; Stuffing Casserole Sweet Potatoes Peas &amp; Onions Chilled Pears</p>	<p>January 16 Soup of the Day (at congregate sites only) Liver &amp; Onions Boiled Potatoes California Medley Brownie</p>
<p>January 19 Meal site Closed </p>	<p>January 20 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad</p>	<p>January 21 Pork Chop Mashed Potatoes Carrots Applesauce</p>	<p>January 22 Beef Stroganoff over Noodles Italian Veggies Pineapple Up-side Down Cake</p>	<p>January 23 Shepherd Pie with Mashed Potatoes &amp; Corn Green Beans Strawberry Shortcake</p>
<p>January 26 Chicken Reuben Rice Pilaf Japanese Veggies Mandarin Orange</p>	<p>January 27 Macaroni &amp; Cheese Stewed Tomatoes Carrot/Raisin Salad Fruited Gelatin</p>	<p>January 28 Beef Stew Boiled Potatoes/Carrots Biscuit Baked Cookie of the Day</p>	<p>January 29 Turkey Divan Broccoli Roasted Potato Bites Cranberry Crunch</p>	<p>January 30 Stuffed Shells with Marinara Meat Sauce Peas &amp; Onions Tossed Salad Garlic Bread Tropical Fruit Cup</p>

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.**

## Meal site Numbers:

Bolton-644-2368;  
Indian Lake; 648-5412;  
Lake Pleasant-548-4941;  
Solomon Hgts Qby -832-1705

Cedars-832-1705;  
Johnsburg-251-2711;  
Long Lake-624-5221;  
Warrensburg-623-2653;

Chestertown-494-3119  
Lake Luzerne; 696-2200  
1st Presb. Church GF -832-1705  
Wells-924-4066