

September 2012



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

Gluten-Free Diet: A Weight-Loss Option?

Gluten-free is not the same as a low-carb diet. Before you jump on this bandwagon, understand what a gluten-free diet really means.

People with celiac disease or gluten sensitivity rely on a special diet to treat the condition and relieve their symptoms. Recently, other people have been adopting this diet, which cuts out gluten, a protein found in certain grains, ***as a weight-loss tool or a detox diet.***

Although this type of **diet** is crucial for people with celiac disease, "the gluten-free diet is **not a weight-loss diet.** People with celiac disease can't eat foods containing gluten, which is found specifically in wheat, rye, and barley. However, a gluten-free diet is a medically prescribed method of eating that involves more than just cutting out certain foods.

The Gluten-Free Diet: A Quick Overview

When people with celiac disease eat foods containing gluten, their immune system responds by causing damage to structures in the small intestine that absorb nutrients. More than 2 million Americans have the condition, which can cause a variety of symptoms including anemia, digestive upset and bloating, fatigue, and weight loss.

According to the National Institutes of Health, the only treatment for celiac disease is to closely adhere to a lifelong gluten-free diet. Aside from foods containing wheat, barley, and rye, gluten may be found in many processed foods. As a result, people on a gluten-free diet have to pay careful attention to what they eat.

If you suspect gluten's a problem, you should talk to your doctor and ask for a blood test and get a proper diagnosis.

When a Gluten-Free Diet Is a Choice

Certainly, you can try a gluten-free diet even if you don't medically need to do so. If you focus on a wide variety of whole foods such as fruits, vegetables, lean meats, dairy, and non-gluten grains like quinoa, you can probably build a diet that is healthy and nutritious, but skip the usual suspects — wheat, rye, and barley — that provide gluten. However, if you don't have gluten sensitivity, then a gluten-free diet isn't a "detox" diet because gluten isn't a toxin for your system.

So if you haven't been diagnosed with celiac disease or gluten sensitivity, it's okay to buck the gluten-free diet trend (gluten-free products can be very expensive). Do drop gluten if you are having a reaction to it, but only *after* seeing your doctor and getting the testing needed for a diagnosis.

End of the season recipes: there are still plenty of fresh vegetables to be found at the supermarket that are inexpensively priced as well as healthy and delicious

Sweet 'N' Sour Cabbage Sauté

Serves: 6 Total Time: 12 min Prep Time: 12 min

Ingredients

1 tablespoon(s) oil	1/4 cup(s) cider vinegar
1 small onion, chopped	3 tablespoon(s) sugar
1/2 head(s) (about 1 1/2 lb) green cabbage, coarsely chopped	1/4 teaspoon(s) salt
	2 ripe nectarines or peaches, pitted and chopped

Directions

1. Heat oil in large skillet over medium-high heat. Add onion; sauté 3 to 5 minutes or until transparent. Add cabbage; sauté 3 minutes more or until just tender.
2. Remove from heat; stir in vinegar, sugar, salt and nectarines.

Nutritional Information (per serving)

Calories 100

Total Fat 3g

Sodium 118mg

Total Carbohydrate 19g

Dietary Fiber 4g

Protein 2g

Three Cheese Tomato Tart

Serves 4 as entrée, 8 as appetizer

2 ripe tomatoes cut into 1/8-inch slices	1/2 cup shredded mozzarella cheese
1 sheet frozen puff pastry	2 tablespoons finely chopped basil
3 tablespoons light mayonnaise	Freshly grated Parmesan cheese, to taste
1/2 cup shredded cheddar cheese	Kosher salt and freshly ground black pepper

Directions: Preheat oven to 400°.

Lay out the tomato slices on a large sheet of paper towels. Cover with more paper towels and allow to drain for approximately 30 minutes (this is crucial to not getting a watery tart). Meanwhile, remove the sheet of puff pastry from the freezer and allow to thaw at room temperature for 30 minutes.

Unfold the puff pastry onto a parchment-lined baking sheet, pinching to close any holes in the seams. Using a fork, prick the dough *all over* to prevent it from puffing up during baking.

Spread a thin layer of mayonnaise over the entire puff pastry. Sprinkle evenly with shredded cheddar and mozzarella cheeses. Arrange the tomato slices over the cheese. Season generously with kosher salt and pepper. Grate a generous amount of Parmesan cheese on top and garnish with freshly chopped basil.

Bake for 30 minutes, until the pastry is golden brown and the cheese is melted. Remove the pastry from the baking sheet and let cool on a wire rack for 5 minutes. Cut into 9 squares and serve immediately.

Find the words about **desserts**, listed below, in the word search grid. Circle each letter one by one. Each letter of the word search grid may be used in more than one word. **When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about a dessert.**

Desserts Word Search Puzzle

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

DESSERTS WORD LIST

APPLE PIE	FUNNEL CAKE
BROWNIE	ICE CREAM
CHEESECAKE	JELL-O
CHOCOLATE CAKE	MUD PIE
COBBLER	PECAN PIE
COOKIE	PUDDING
CREME BRULEE	RED VELVET CAKE
DONUTS	SHORTCAKE
FLAN	SUNDAE
FRUIT	TURNOVER



Candy Rivera Whitehead, NYS EPIC Representative will be at the Warren/Hamilton Counties Office for the Aging to speak with you about:

- **EPIC eligibility**
- **How EPIC works with Medicare Part D**
- **Upcoming changes in 2013**

If you are thinking about enrolling in EPIC, or are currently enrolled and have questions about EPIC and Medicare Part D come to one of these enrollment sessions being held at the Warren/Hamilton Counties Office for the Aging:

October 17 9 AM – 12 PM

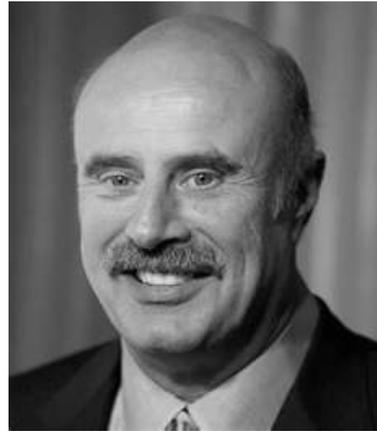
November 13 1:30 PM – 4:30 PM

December 17 10 AM – 1 PM

**Warren/Hamilton Counties Office for the Aging
1340 State Rt. 9
Lake George
Please call for appointment
(518) 761-6347**

Famous Birthdays!

September 1st – Dr. Phil McGraw –
Self-help guru began on
“Oprah Winfrey” program



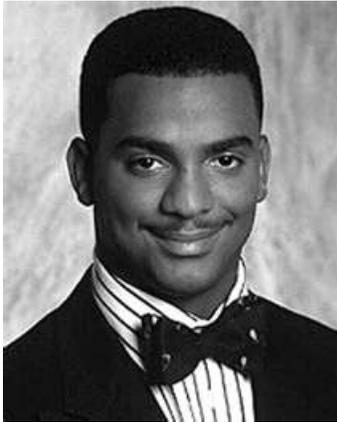
September 8th – Patsy Cline –
Legendary country singer recorded
“ I Fall to Pieces”

September 9th – Adam Sandler –
Comedian in movies such as
“The Wedding Singer”



September 14th – Clayton Moore –
Forever known as TV’s masked,
“The Lone Ranger”

September 17th – Anne Bancroft –
Best Actress as Annie Sullivan in
“The Miracle Worker”



September 21st – Alfonso Ribeiro –
Played preppie Carlton Banks on
“Fresh Prince of Bel-Air”

September 23rd – Jason Alexander –
Jerry’s neurotic friend George Costanza
on “Seinfeld”



September 25th – Will Smith –
“Fresh Prince” star in blockbuster
including “independence Day”

Joanie Fiore Flanagan's 2012 Bike MS Begging Letter

Why I Fight MS

I believe that I can do something about Multiple Sclerosis. Life itself is unpredictable, but having MS makes that uncertainty even worse. Imagine dealing with the thought that maybe one day, you will wake up with partial blindness, or your memory will fail you for no apparent reason, or you may not always be able to walk. When I ride or fundraise, I am helping make at least one thing certain-that people with MS will continue to have hope for a cure and finding its cause.

Why I Ride

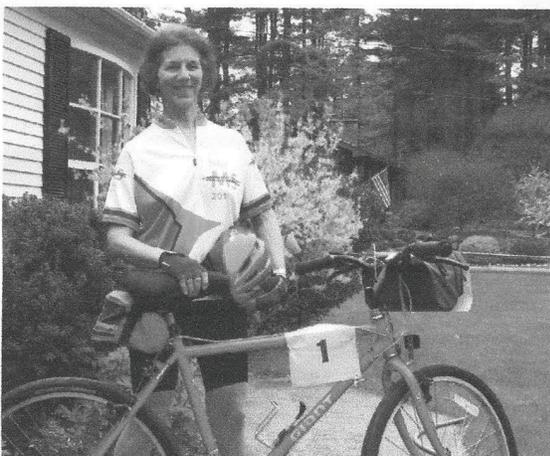
My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

Help me reach my goal again this year

The only thing I love more than riding in Bike MS is when people I know and care about say "Yes, I will sponsor you," then hand me a check or cash. It makes me know that people out there do want to help create a world free of the baffling disease. It also makes me realize how lucky I am to be able to count on you year after year. Every dollar you sponsor is appreciated, as I strive to be a substantial fundraiser. Last year, through the support of my friends, family and business contacts, I was the top fundraiser for North Country Bike MS. My total for 2011 was over \$9,297. Thank you in advance for your continued support. Help me meet my goal of \$12,000 in 2012!

The bike ride is Sept 22, 2012 at Burch Hill, Schodak, NY.
Please make checks payable to NMSS,
(National Multiple Sclerosis Society) and send to me

Joan Fiore Flanagan
22 Nottingham Dr.
Queensbury NY, 12804
793-7427



To donate on line

please go to the MS web site at www.msupstateny.org , click "bike ms", then "Donate", then "Hudson River Ramble". Type in "Joan" and "Flanagan" as my names and click "Find a participant", click Joan Flanagan again for the 2012 ride and click "Donate to participant" beneath the thermometer and add your name.

The U.S. Supreme Court, Health Care Reform, & Medicare: What's Next?

By Linda L. Miller, MPA

On June 28th, 2012 the U.S. Supreme Court, in a widely anticipated decision, narrowly upheld most provisions of the Affordable Care Act (ACA). Of course, the ACA is more commonly referred to as Health Care Reform or, by critics, as “Obamacare.” Whether you love it, hate it, or fall somewhere in between, most Americans know only the headline grabbing provisions of the Act, but at 2,409 pages, there were few stones—however minor and technical—left unturned. And, while the Court deliberated, implementation of the ACA has moved forward.

Since the Medicare provisions of the ACA were left intact by the Court's decision, in this month's newsletter we will take a *brief* look at highlights of the Act as they relate to Medicare—and I'll keep it well under 2,000 pages, *I promise!* We'll look at what is in place in 2012 (which you may or may not be aware of) and what to expect as we go forward into 2013.

Shrinking the “Donut Hole”

Probably the best-known provision of the ACA amendments—to Medicare was the shrinking of the “donut hole” in Medicare Part D Prescription Drug Coverage, beginning in 2011. Perhaps some of you are experiencing this savings on high cost drugs if you have reached the gap in coverage of your Part D plan this year. Nationwide, the U.S. Department of Health and Human Services reports that, as a result of the new provisions, in 2011 about 4 million people with Medicare saved an average of \$625 each in the coverage gap.

If you have Part D, you will recall that your coverage begins anew each January—so, depending upon your drug plan, you probably have a new deductible to meet and, if your prescriptions are costly, you may reach a new coverage gap later in the year. In 2012, you are paying 50% in the coverage gap for brand-name drugs covered by your plan. In 2013, your portion will decrease to 47.5%. For generic drugs in the gap, it is different: you pay 86% this year and will pay 79% in 2013. In coming years, your percentage for both brand name and generic drugs will shrink gradually until the year 2020,

when the gap will be eliminated. (In 2020, your share will equal 25% of total drug cost for brand names and generics in the gap).

Preventive Services

Some of us take our pets to the vet on a more regular basis than we get ourselves to the doctor. Although a visit to the doctor when we feel well is not something we necessarily look forward to, in past years, there was another hurdle for some people—even with Medicare. For many older adults, the out-of-pocket costs of the doctor's visit and follow-up screenings have been more than their limited budgets could afford.

This has changed: the ACA included a new Medicare benefit with no out-of-pocket costs: you now have access to an annual wellness visit, which includes sitting down with your physician to develop a plan to help keep you healthy. While this is not a "head-to-toe" physical, it adds an important new preventive benefit to Medicare coverage.

Another related and important improvement in Medicare benefits was the elimination of Medicare Part B out-of-pocket costs (deductible and co-insurance) associated with preventive screenings. These include: mammograms; other cancer screenings; diabetes screenings; bone mass measurements; shots for flu, pneumonia and hepatitis B and cardiovascular screenings. Counseling to stop smoking now is also covered in full. A complete list is found in Section 2, "What Medicare Part A and Part B Cover" in your *Medicare & You 2012 Handbook*.

Each of these improvements in coverage is available in 2012 and continues into 2013 and beyond. Just a note of caution: Medicare pays for preventive services at set intervals; if you have screenings done more often, you may pay something towards a deductible or co-insurance. If you are a member of a Medicare Advantage Plan, check for specifics with your plan. By law, your health plan must provide coverage at least as good as Original Medicare. Some plans provide additional benefits designed for prevention and wellness.

With the annual wellness visit and preventive screenings more completely covered by Medicare, you—or a loved one--now have one less reason to procrastinate about scheduling that doctor's visit!

Behind the Scenes

The ACA contained a number of provisions intended to slow the growth of Medicare, because, let's face it; we're not getting any younger. The National Council on Aging notes that with the aging of the Baby Boomers, by 2030, 79 million Americans will have Medicare, up from 47 million in 2010. As a share of national GDP, Medicare is expected to grow from 3.5% to 6.4% over that same period.

Through a series of measures-including slowing payment increases to providers and reducing overpayments to Medicare Advantage plans- ACA provisions aim at slowing the growth in Medicare spending. The non-partisan Congressional Budget Office projects that the new Law will reduce Medicare costs by \$400 billion over ten years and extend the solvency of the Medicare Trust Fund for an additional 8 years--until 2024.

New models to improve care coordination among providers and offer patient-centered care are being tried as a result of the law; these innovations may impact all of us in the future. A corresponding crack-down on Medicare waste and fraud is intended to prevent loss of millions of dollars annually.

Final Thoughts

If you want to delve into more detail for yourself on the topic of Medicare and keep up with the ongoing discussion, please check the National Council on Aging website: www.ncoa.org or the Medicare Rights Center website at www.medicarerights.org. For specifics on what Medicare pays for, the current ***Medicare & You 2012 Handbook*** can be downloaded to your computer from the website: www.medicare.gov

And if all of these websites leave your head spinning, there is an answer to your question as near as your telephone. Please call the Office for the Aging at 761-6347 for assistance.

Linda L. Miller, MPA, in partnership with William Lane Associates, LLC, is pleased to offer HIICAP education and outreach services to the Warren/Hamilton Co. Office for the Aging. She can be reached at millerlinda@verizon.net.

9 facts about September

- 1. September is National Chicken Month.**
2. The very first comic strip was printed in an American newspaper on September 11th, 1875
- 3. The poem “Mary had a Little Lamb” was published September 1st, 1830.**
4. World War II began September 1939, when Hitler invaded Poland.
- 5. The first airport opened on September 29.**
6. Band-Aids were invented in September
- 7. Native American Day is always celebrated on the 4th Friday of September.**
8. The 4th week of September is National Dog Week
- 9. Did you know the US Food Stamp Program was authorized by the US Congress as a program to distribute surplus food to poor, hungry Americans, September 11, 1959?**



NY Connects Presents:

Protecting Yourself

September 12 3-4:30pm hosted at

The Glen at Hiland Meadows

**Presenter: Melanie Grossman, Outreach Coordinator, NYS
Department of State, Division of Consumer Protection
& Maria Geizer, Community Relations Director, Home Instead**

This free program tells how to respond when your identity or financial accounts have been compromised, how to spot a scam and what to do if one happens to you. Understanding how scams work & knowing how to avoid them, can help protect you from being victimized.

*For more information: Susan Dornan @ Warren/Hamilton Counties
Office for the Aging 1-866-805-3931*

September is Ovarian Cancer Prevention Month



**Medicare pays 100%!
Call your health care provider today to schedule
your Cervical Cancer Screening.**

(Once every 24 months or every 12 months for those at high-risk)

Avoiding cancer risk factors may help prevent certain cancers. Risk factors include smoking, being overweight, and not getting enough exercise. The following risk factors may increase the risk of ovarian cancer:

~Talc~Obesity~Fertility drugs~Hormone replacement therapy
~Inherited risk~Family history of ovarian cancer

Talk to your health care professional about how you might lower your risk of cancer and be sure to inquire about any of the above risk factors you may have. Cancer prevention may never be 100% effective however early detection services like pap smears and pelvic exams can detect cancer when a person has no symptoms leading to earlier treatment.

Do you need help with transportation to your medical appointment? Call **NY Connects** at **1-866-805-3931** for information. If you have cancer and would like emotional support, contact **NY Connects** at **1-866-805-3931** to find out about counseling & support groups available for you.

Contact Susan Dornan, NY Connects Program Coordinator toll free for more information or questions you may have. NY Connects is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Department of Social Services, Warren County Health Services & Department of Social Services providing free information and assistance on long term care.

****Information from National Institute of Ovarian Cancer***

NY Connects, Hamilton Co. DSS, and SAIL Visiting You!

Hello readers, September brings the last 3 weeks of summer and welcoming fall. NY Connects continues connecting people with long term care resources as we enter into our 7th year. I have designated time this month to hear your concerns and share with you updated information. If you are unable to attend, let us know how we can help you, a family member, or neighbor by contacting NY Connects toll-free at 1-866-805-3931.



11:30 Cedars congregate meal Site, Tuesday September 4
Susan Dornan, NY Connects/OFA & Allison Reynolds, SAIL
(Southern Adirondack Independent Living Center)

11:30 Long Lake congregate meal site, Thursday September 6
Abby Eichler, Hamilton County & Susan Dornan, NY Connects/OFA

11:30 Glens Falls Presbyterian Church congregate meal site, Tuesday September 11
Susan Dornan, NY Connects/OFA & Allison Reynolds, SAIL

11:30 Solomon Heights congregate meal site, Thursday September 13
Susan Dornan, NY Connects/OFA

11:30 Johnsbury congregate meal site, Tuesday September 18
Susan Dornan, NY Connects/OFA & Allison Reynolds, SAIL

1130-1215 Wells congregate meal site, Thursday September 20
Abby Eichler, Hamilton County & Susan Dornan, NY Connects/OFA

1230-1:15 Lake Pleasant congregate meal site, Thursday September 20
Abby Eichler, Hamilton County & Susan Dornan, NY Connects/OFA

11:30 Bolton Landing congregate meal site, Tuesday September 25
Susan Dornan, NY Connects/OFA & Allison Reynolds, SAIL

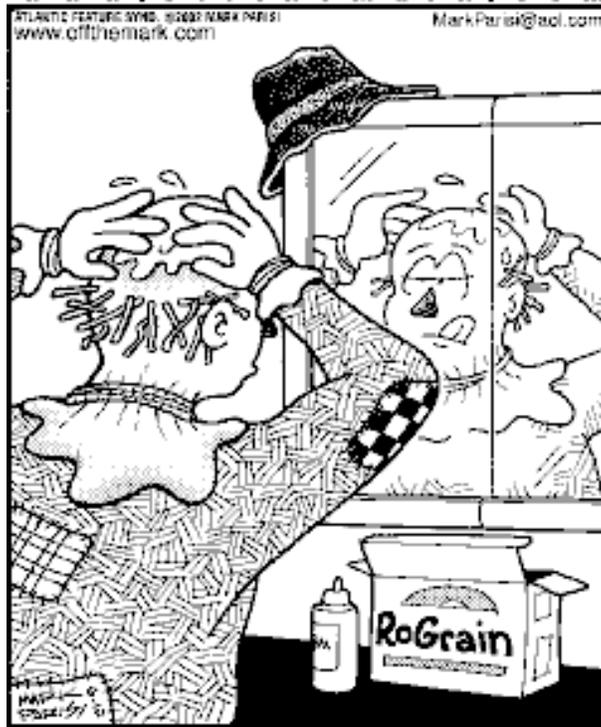
11:30 Indian Lake congregate meal site, Wednesday September 26
Abby Eichler, Hamilton County & Susan Dornan, NY Connects/OFA

11:30 Chestertown congregate meal site, Thursday September 27
Susan Dornan, NY Connects/OFA

*****We will have some pens, seed packets, and chap sticks for you!***

Joke of the Month

off the mark by Mark Parisi
www.offthemark.com



© Mark Parisi, Permission required for use.

Volunteer Birthdays!

Dave Thompson- 5th

Susan Herlihy-12th

Pat Oddey – 13th

Marylou Round – 14th

Frank Shields – 14th

Lynn Potenza- 16th

MaryJean Muncil – 17th

Mary LaMere – 19th

Phil Cote – 22nd

June Hartman-29th



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 Fax 793-7640 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

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Tues-9/4	Seniors and Grief-Home Instead Speaker-Free	1:00 p.m. +
Wed-9/5	Special Bingo-prizes, lots of games, refreshments	1:15 p.m.
Fri-9/7	Bowling League begins-Spare Time Lanes, South Glens Falls-call to join	9:00 a.m.
Mon-9/10	One Stroke Painting class-one on one instruction-Cost: \$15	12:30-2 p.m.
Mon-9/10	Good Books Club-"Unbroken" by Laura Hillenbrand-come join discussion	1:00 p.m.
Tues-9/11	Patriot's Day Lunch-wear red, white, and blue-Call to reserve-Cost: \$7	12:00 p.m.
Wed-9/12	"Whales Of August"-Aging In Place film/discussion	1:00 p.m.
Wed-9/12	50's/60's show-Little Theater On The Farm-Admission: \$4or \$8 with van-depart: 1:15	Show 2:00
Thurs-9/13	Lake George Dinner Theater-Holiday Inn-call to reserve-Cost: \$47 /van \$49	11:15 a.m.
Mon-9/17	Know your library-Frank Pelkey-free-drop in	1:00 p.m.
Tues-9/18	Michigan Rummy-free	1:00 p.m.
Thurs-9/20	Third Thursday Art Walk-meet a local artist	4:00-7:00 pm.
Fri-9/21	Lunch Bunch-Skene Manor-Whitehall -call to reserve	Depart: 11:00 a.m.
Mon-9/24	Film "The Artist"-drop in-Free	1:00 a.m.
Wed-9/26	Defensive Driving-AARP sponsored-call to reserve	9:00-5:00
Thurs-9/27	Area Center's boat ride-Lake George-call immediately to reserve-Cost: \$30	Depart: 10:45 a.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	10:30- 11:30 a.m.
Mon.-Thurs.	Osteo exercise program- Monday-Thursday	9-10:30 a.m.
Every Friday	Tai Chi Class	9:00 a.m.-10:00 a.m.-Cost: \$6

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, beginning line dancing, Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

Some Trips included- See attached list

**Call Center for pricing and information on the upcoming 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: _____

**ALWAYS NEEDED- HOUSEHOLD ITEMS, BOOKS & JEWELRY
 COME AND JOIN THE SENIOR CENTER-BRING A FRIEND**



TRIPS! TRIPS! TRIPS!
Greater Glens Falls Senior Citizens Center
380 Glen Street- Glens Falls, NY 12801
(518) 793-2189



50's/60's SHOW

Where: Little Theater On The Farm-Fort Edward
When: Wednesday, September 12, 2:00 p.m.
Van leaves Center 1:15 p.m. Cost: \$4/with van \$8
Come and enjoy all your familiar favorites from 1950-1960. Sign up by September 5.

LAKE GEORGE DINNER THEATRE

Where: Holiday Inn, Lake George-**"The Love List"** **When:** Thursday, September 13, 11:15 a.m.

How do you find the ideal woman? You make a wish list and discover "you get what you wish for". Specify choice of meal when you call to sign up -beef, salmon, pork, veggie pasta. Room for 10 in van. Sign up now. Cost: \$47/van \$49

HOPE CEMETERY TRIP

Where: Barre, Vermont
When: Thursday, September 20.
What: Incredible granite sculptures by Italian artists, tour Rock Of Ages granite operation, lunch. Sign up now.
Cost: \$89.

VERMONT TRAIN TRIP UPDATE!

Saturday, October 6, 7:30 a.m.

Waiting list available. Meet at East Field for the bus. Includes Connecticut River train ride, lunch at the Coolidge Inn, and a mystery stop. Cost: \$79

THE GHOST OF GETTYSBURG

When: Monday-Wednesday, October 15-16
What: 2 nights 1863 Gettysburg Inn, living history dinner, Andrew Low home/ gardens, ghost tour, Shriver House, Lincoln Train Station, Battlefield tour, sign up immediately. Cost: Double: \$385; Triple: \$375; Single \$499

9-5 THE MUSICAL

Where: Homemade Theater, Saratoga
When: Sunday, October 21, 2:00 p.m. Cost: \$4/with van transportation \$8

Remember the hilarious comedy with Dolly Parton and Lily Tomlin? The office workers who sought revenge on their impossible boss? Enjoy the staged version of this Broadway play and film this fall. You need to sign up and pay by September 14, as we have priority seating which is limited. There is van transportation for 11 people.

SOUTHERN CHARM

November 4-11, 2012-8 days

Charleston-Fort Sumter, one night-Savannah Hilton Garden Inn, tour plantation, 2 nights-Jekyll Island Club Hotel, Andrew Low home/gardens-Amelia/Cumberland Islands-wild horses, St. Augustine-historic Bayfront; one night Hyatt Hotel, Jacksonville. Sign up now. Cost: Double \$2,299; Single \$2,899; Triple \$2,269

WICKED

Where: Proctors, Schenectady
When: Thursday, November 15, 2:00 p.m.
This is the story of the good witch from the Wizard Of Oz.-great music.
All seats are down stairs, A and B sections.
Call to reserve/\$50 deposit now. Cost: \$99

GREATER GLENS FALLS SENIOR CENTER

 **FALL FAIR**

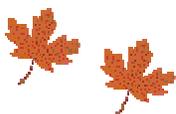
Saturday, October 13, 2012

9 a.m. – 2 p.m.



HOUSE & PORCH SALE

**Jewelry, Crafts, Collectibles, Baked Goods
Thrift Shop, Housewares, Books, Appliances
And much more**



Bring Your Family

Lunch at the Sherman House Café



Have a Great Time!

Now accepting donations!



**Greater Glens Falls Senior Center
380 Glen Street, Glens Falls, NY 12801
793-2189**



**QUEENSBURY
SENIOR
CITIZENS INC.**
SENIORS ON THE GO!

*Trips Galore
Programs
Special Events
Recreation
Community Service
Something for Everyone 55 and up!*

A Perfect Time To Join!



***Meet Your
Community***



742 Bay Rd Queensbury 12804 761-8224 or 745-4439

*Endless opportunities to become involved,
try new things and meet new people. The
Queensbury Center is located at the corner
of Bay & Haviland (Entrance at rear side of
town complex). Whether it be social events,
travel, physical activity, community service,
or just a friendly helping hand, you'll find that
.....we are seniors on the go!*

***New Membership runs from Sept 2012 - Aug 2013
The Cost is \$14 per household or \$10 single person***

H.E.A.P.
2012-2013

The weather is turning cooler and it's time to start thinking about heating our houses again. The Home Energy Assistance Program (H.E.A.P.) will be available to help eligible applicants once again.

Per our most current information the maximum regular benefit this year will be \$650. This year's minimum regular benefit is \$400. Factors determining benefits are income and type of fuel used.

We are advising you of this now so that you can plan for the future and budget as necessary towards this year's energy costs.

If you received a benefit last year and are over 60 years old you should be on the early outreach and will be mailed an application from Albany the beginning of September. Please complete this application and mail it to the Office for the Aging address which is listed on the application.

If you have never applied for HEAP before and did not receive a benefit last year you will have to wait until program opening on November 19th to apply. Please call the Office for the Aging for an application (761-6347). Applications cannot be mailed out until November 19th.

Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #003 (Easy)

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

Sudoku #004 (Easy)

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

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Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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Arts & Crafts Fair



Saturday October 20th
At the Queensbury Center 742 Bay Rd.

9:00am to 3:00pm Indoors

***Wide variety from paper crafts, jewelry, knitting
wine cork designs, paintings, stained glass mosaics,
weavings, pillows, porcelain home decor,
hand woven scarves, book marks and more***

Refreshments for Sale

Call 761-8224 Or 745-4439 for more information

Remember, Remember The Eleventh of September (9-11 poem)

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day
That we lost
And they won

Four airliners
Flying at hundred miles per hour
At the hands of self-proclaimed martyrs
Became weapons of mass destruction

People died
That should have lived
Some as heroes, most were victims
Robbed of what could have been

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
How we all felt
Not only the horror
Or our justified anger
But how we came together
As one nation
Transformed

Although there had been plenty of warning beforehand
Of the threat that was Usama Bin Laden
Our failure to stop the plot in its tracks
That showed how vulnerable we were to attack
We took the blow
And bounced right back!

A commission followed
There were talks, reprimands and apologies
Leading to the conclusion:
'Failure to communicate!'
After which we vowed
Never to repeat the mistake

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
The week, the world
Joined us in mourning;
Showing we were not alone.
Unity of effort and unity of purpose
Is how we will prevail
Against those who wish us woe
Everywhere
Never forget
The resolve of iron of our nation
The strength we have in our allies
Remember
Not only the loss
But what is yet to be won



Come travel
with us!



Wednesday Oct. 17th - Fiddler On The Roof Westchester Broadway Theater



FIDDLER ON THE ROOF, the Tony Award winning musical has won the hearts of people all around the world. Filled with a rousing, heartwarming score, which includes "Tradition," "Matchmaker, Matchmaker," "If I Were A Rich Man" and "Sunrise, Sunset," **FIDDLER ON THE ROOF** is a timeless classic. No other musical has so magically woven music, dance, poignancy and laughter into such an electrifying and unforgettable experience. Relive a glorious tradition of the musical theatre. Enjoy a three course meal overlooking the stage. (Your choice of six entrees that day). A unique theater experience you are sure to love. **Deadline: Fri. Sept. 7th Cost \$92**



Sunday Sept. 30th – Rhinebeck Fall Crafts Festival & Guided Tour of “Olana” (Frederick Church Estate)

“Olana” is one of the few intact artists’ home, studio & estate complexes in the United States. Frederick Church is known as a major figure in the Hudson River School of landscape painting. The main building is an architectural masterpiece designed mainly by Church himself and is a mixture of Victorian, Persian and Moorish styles. The interior is exotically furnished and decorated with objects from his global travels with some 40 paintings by Church & his friends. Enjoy an upscale deli lunch from GiGi’s market in Redhook, then we are on to the Rhinebeck Fall Crafts Show which is mostly indoors or under cover. Take in this premiere arts & crafts fair with over 200 vendors.

Sign up ASAP! Cost \$68



Wed. Nov. 7th - St. Josephs Abbey & Springfield Museums & Oakwood Farm

Start your day with a planetarium show “Splendors of the Autumn Sky” and visit the museum of your choice all on the same grounds. Admission included to your choice of Springfield Science, Fine Arts, or History Museums. Lunch will take place at The Publik House in Sturbridge Mass. with stops at the Oakwood Farm, a fabulous Christmas barn filled with holiday gifts & goodies. Finish your afternoon with a unique opportunity to hear about the history of St. Josephs Abbey first hand. The monastery has been in existence just north of Spenser Mass. since 1825. Browse through their gift shop with homemade items from monastery’s around the country and visit the church.

Cost \$77 Deadline: Fri. Oct. 5th

742 Bay Rd. Queensbury, New York 761-8224 or 745-4439

September 2012

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 3  Meal Site Closed	September 4 Labor Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Potato Tots Baked Beans Fresh Fruit/Watermelon	September 5 CHEF'S CHOICE <i>Senior Picnic</i>	September 6 Roast Pork Mashed Potato Spinach Berry Crunch	September 7 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day
September 10 Swiss Steak Mashed Potatoes Brussels Sprouts Tropical Fruit Cup	September 11 Chicken Pot Pie with Potatoes & Veggies California Medley Gingerbread/Topping	September 12 Lemon Baked Fish Potato of the Day Carrots Peaches	September 13 Quiche of the Day Muffin of the Day Asparagus Strawberries & Banana	September 14 Cold Plate Citrus, Turkey & Spinach Salad Fresh Tomato Salad Dinner Roll Birthday Cake
September 17 Baked Chicken Tenders with Sauce Rice Pilaf Tomato & Zucchini Chilled Pears	September 18 BBQ Pork Rib Potato of the Day Coleslaw Pineapple Up-side Down Cake	September 19 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Winter Squash Tropical Fruit Salad	September 20 American Goulash Tossed Salad Scandinavian Blend Veggies Apricots	September 21 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Marinated Veggies Brownie
September 24 Breaded Haddock Au gratin Potatoes Japanese Veggies Chilled Pineapple	September 25 Pork Chops Rice-Veggie Casserole Peas & Onions Fruited Gelatin Salad	September 26 Meatloaf Mashed Potatoes Italian Mix Veggies Strawberry Shortcake	September 27 Chicken & Stuffing Casserole Sweet Potatoes Green Beans Fresh Fruit	September 28 Stuffed Shells with Marinara Meat Sauce Tossed Salad Carrots Lemon Velvet Supreme
				

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.co.warren.ny.us/

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsbury-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