

January 2013

Winter



**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

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 #045 (Hard)

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

Sudoku #046 (Hard)

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

Volunteer Birthdays!

James O'Hara – Jan 3rd

Ann Blanchard – Jan 8th Frank O'Keefe – Jan 14th

Robert Moore – Jan 21st

Mary Smith – Jan 21st Don Bernhoft – Jan 26th

Robert Dalaba – Jan 27th

“Age to Perfection” - Wellness Workshops

At the Queensbury Center

A series of workshops to promote wellness through education and prevention strategies

Tues. Jan 22nd at 10am - Experience a **Guided Visualization** & learn about daily **Meditation** practices to promote balance & harmony with Joan Reid. Anyone interested in learning how to quiet their “monkey mind” chatter which allows us to be calm, present and relaxed will find this invaluable!

Tues. Jan 29th at 10am - Learn about **Acupuncture** from licenced acupuncturist Kevin Campopiano, owner and operator of The Acupuncture Studio in Glens Falls. Kevin’s acupuncture style reflects his belief that everyone has within them the unique ability to heal and is passionate about removing obstacles from people’s access to such healing. You will be given the opportunity to actually experience acupuncture itself. Kevin draws from a number of styles including Dr. Tan’s Balance Method, Japanese acupuncture and Jingei. He is a graduate of Cornell as well as the New England School of Acupuncture.

Tues. Feb 5th at 10am - MVP Health Care presents **“Portion Distortion & Understanding Food Labels** with Cori Rowe, Community Health Educator. Gain deeper knowledge of the importance of proper nutrition as we age, including appropriate proportions & deciphering food labels to avoid hidden perils! The age old saying goes “We Are What We Eat” ! MVP provides useful tools for staying on the right track for wellness.

Tues. Feb. 12th at 10am - **“Should I take that?”** How seniors can safely choose **over-the-counter medications and supplements** with Dr. Rebecca Jones Pharm. D. Learn about potential side effects and drug interactions with OTC meds. and how to take them for maximum absorption and efficiency. There will be a discussion of common disease states and how these conditions play into the choices we make.

**Sign up at the Queensbury Center 745-4439
at least one week in advance.**

Cost \$3 per class or \$10 for all four

Do yourself a favor this New Year!





Pick-Up Lines & Comebacks

Did they just take you out of the oven? Because you're hot!

~~~~~

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

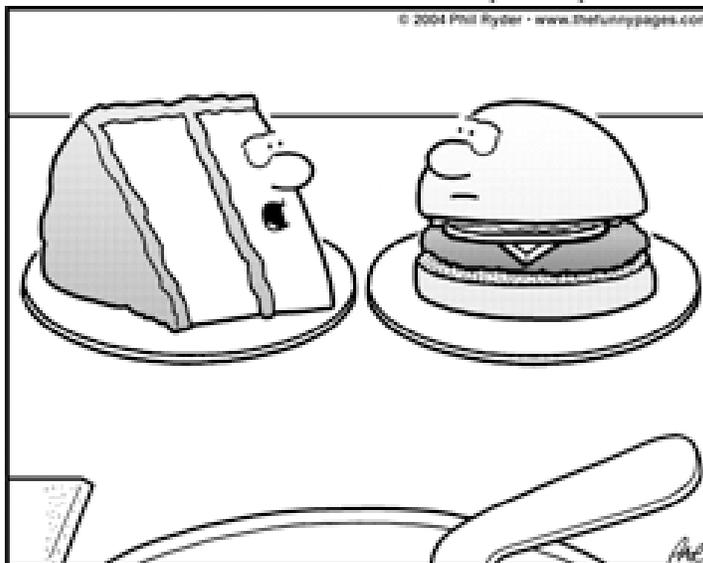
~~~~~

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

THE JOKE'S ON YOU

by Phil Ryder & YOU

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

- Trudy McConnell • Averagetown, USA



The top New Year's resolution every year is to lose weight and get into shape.

Ask anyone who has achieved long-term weight loss how they did it and they're sure to mention portion control. In fact, it can make or break your weight loss efforts.



Top 10 Ways to Control Portions.

- 1. Break Leftovers Down:** Instead of using one large container to store leftovers such as casseroles, side dishes, or pasta, why not separate them into individually-sized containers?
- 2. Say Yes to Salads:** Eating a salad before lunch or dinner is a sure-fire way to keep from overeating. It will help curb your appetite and give you a sense of satiety sooner.
- 3. Single out Trigger Foods:** Buy snack foods in single serving sizes or divvy up full size packages into smaller, individual bags.
- 4. Master Mini Meals:** Mini meals are by far the best way to prevent overeating because you'll get never too hungry and lose control of your portion intake.
- 5. Keep Seconds Out of Sight:** Don't serve family meals family-style. Keep pots and dishes away from the table where it's all too easy to go for seconds. Remember, it takes about 20 minutes to feel satiated.
- 6. Make Meat a Side Dish:** Treat meat entrees as a side dish rather than the main part of your meal. By loading up on veggies and healthy grains as the bulk of your meal instead of using them as sides, you'll feel full sooner and get extra vitamins and fiber.
- 7. Meet Yourself Halfway:** Make lunch a two-fer. Your mid-day meal can work double duty by being shared or serving as dinner. At a restaurant, pack up half of your meal before you even start eating: Voila! You have an instant dinner!
- 8. Be a Kid at Heart (or Tummy?):** Order a kid's size meal when you go to fast food places to automatically control portions (and save money!).
- 9. Serving Standards:** Keep these tips in mind: 3 oz. of meat is the size of a deck of cards; 1 oz. of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta looks like a tennis ball.
- 10. Treat Yourself:** And last, but not least ... indulge! Treating yourself once in a while to a "forbidden" food will keep you from feeling deprived. Stop a binge before it starts by indulging every now and then.

Warm up with healthy winter soup recipes

These healthy creamy soup recipes offer all the creaminess of traditional versions with a fraction of the fat and calories so that you can indulge without any guilt.

Cream of Turkey & Wild Rice Soup



This is a healthier twist on a classic creamy turkey and wild rice soup. Serve with a crisp romaine salad and whole-grain bread.

4 servings, about 1 3/4 cups each | Active Time: 35 minutes | Total Time: 35 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (about 4 ounces)
- 3/4 cup chopped celery
- 3/4 cup chopped carrots
- 1/4 cup chopped shallots
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
- 3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
- 1/2 cup reduced-fat sour cream

Preparation

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

Nutrition: Per serving : 354 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 87 mg Cholesterol; 27 g Carbohydrates; 36 g Protein; 3 g Fiber; 378 mg Sodium; 577 mg Potassium **Exchanges:** 1 1/2 starch, 1 vegetable, 3 lean meat, 1 fat

Tips & Notes

- **Ingredient note:** Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. Be sure to check the cooking directions when selecting your rice—some brands labeled “quick” take about 30 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end of Step 2.
- **Tip:** To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

New England Clam Chowder



Chopped clams, aromatic vegetables and creamy potatoes blended with low-fat milk and just a half cup of cream gives this chunky New England-style clam chowder plenty of rich body. Serve with oyster crackers and a tossed salad to make it a meal.

6 servings, generous 1 cup each | Active Time: 45 minutes | Total Time: 45 minutes

Ingredients

- 2 teaspoons canola oil
- 4 slices bacon, chopped
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 2 teaspoons chopped fresh thyme, or 1 teaspoon dried
- 1 medium red potato, diced
- 1 8-ounce bottle clam juice, (see Makeover Tip)
- 1 bay leaf
- 3 cups low-fat milk
- 1/2 cup heavy cream
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 12 ounces fresh clam strips, (see Shopping Tip), chopped or 3 6-ounce cans chopped baby clams, rinsed
- 2 scallions, thinly sliced

Preparation

1. Heat oil in a large saucepan over medium heat. Add bacon and cook until crispy, 4 to 6 minutes. Transfer half of the cooked bacon to a paper towel-lined plate with a slotted spoon. Add onion, celery and thyme to the pan; cook, stirring, until beginning to soften, about 2 minutes. Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
2. Whisk milk, cream, flour and salt in a medium bowl. Add to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 2 minutes. Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3 minutes more.
3. To serve, discard bay leaf. Ladle into bowls and top each serving with some of the reserved bacon and scallions.

Nutrition: Per serving : 253 Calories; 13 g Fat; 6 g Sat; 4 g Mono; 59 mg Cholesterol; 20 g Carbohydrates; 16 g Protein; 1 g Fiber; 585 mg Sodium; 392 mg Potassium **Exchanges:** 1/2 starch, 1/2 low-fat milk, 1 lean meat, 2 fat

Tips & Notes

- Makeover tip:** Check sodium carefully when using clam juice because the amount of sodium can vary dramatically between brands. We use Bar Harbor clam juice with only 120 mg sodium per 2-ounce serving.
- Shopping tip:** Look for fresh clam strips at the seafood counter.



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

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Wed-1/2	Reviewing 2012-Welcome 2013-Refreshments, group participation	1:00 p.m.
Mon-1/7	Discussing <i>"The Immortal Life Of Henrietta Lacks"</i> by Rebecca Skloot	1:00 p.m.
Tues-1/8	Game Day-Bring your own, play ours, learn a new one	1:00 p.m.
Wed-1/9	Michigan Rummy-all welcome	1:00 p.m.
Mon-1/14	One Stroke Painting-\$15 all material provided	12:30-2 p.m.
Tues-1/15	Vocal Concert-Anne Granger/Miriam Enman, accomp.-free	1:00 p.m.
Wed-1/16	Special Bingo-refreshments	1:15 p.m.
Thurs-1/17	Lunch Bunch-Peppermill-dutch treat, call to sign up	12:00 p.m.
Tues-1/22	Shirt Factory Art Tour-van leaves Center	12:45 p.m.
Wed-1/23	Special Lunch-call to register-chicken/biscuits-Cost: \$7	12:00 p.m.
Mon-1/28	Movie/popcorn-"Water For Elephants"-free	1:00 p.m.
Tues-1/29	Newsletter mailing-Come and lend a hand!	1:00 p.m.
Wed-1/30	Racino-Saratoga-\$6 gas donation	9:30 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-Sponsored by RSVP	9-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	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.

AARP-Free Tax Assistance-call beginning January 16, 2013 for appointment.

**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: _____

FAMOUS BIRTHDAYS!



3rd Mel Gibson
(Popular star of “Braveheart”
and “Lethal Weapon”)



7th Nicolas Cage
(Best Actor Academy Award (1995))



8th Elvis Presley
(The King of Rock n’ Roll)



15th Dr. Martin Luther King Jr.
(Civil Right leader “I Have a Dream”)



29th Oprah Winfrey
(Talk show host, actress)



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

761-8224 or 745-4439

**All those 55+
Come check out
our wide variety
of activities!**

Armchair Travelers

**Beginning Last Wed. of the Month
Jan. 30th at 1:30pm with Jerry Lemmo
"California
Here I Come"**



*Please
Preregister
\$3 collected
at the Door*

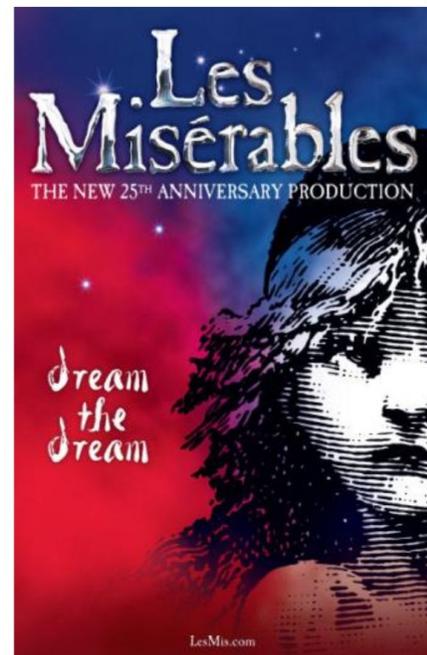
*Travel
the world
Sample
Regional
Cuisine.*

Les Miserables Sun. May 5th at 2pm At Proctors Theater

New York Times calls it
"An Unquestionably Spectacular
Production From Start To Finish."

The London Times hails the new show
"A Five Star Hit, Astonishingly Powerful"

Cost \$79
Show & Transportation
Reserve now with \$40 deposit



Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schonberg's legendary musical, Les Miserables with glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans, and new audiences and is breaking box office records wherever it goes. **Call Melissa for more info. 745-4439**



IMPORTANT JANUARY EVENTS

- [Paul Revere](#), Revolutionary War patriot, born January 1, 1735.
- [Alaska](#) was admitted to the Union as the 49th state, January 3, 1959.
- [Utah](#) became the 45th state, January 4, 1896.
- [New Mexico](#) became the 47th state, January 6, 1912.
- [First American presidential election](#), January 7, 1789.
- [Richard M. Nixon](#), 37th President of the United States, born in Yorba Linda, Calif., January 9, 1913.
- American civil rights leader [Martin Luther King, Jr.](#), born January 15, 1929.
- [Robert E. Lee](#), commander of the Confederate Army in the Civil War, born January 19, 1807.
- [Edgar Allan Poe](#), American author, born January 19, 1809.
- [John Hancock](#), first signer of the Declaration of Independence, born January 23, 1737.
- [Michigan](#) became the 26th state, 1January 26, 837.
- [William McKinley](#), 25th President of the United States, born in Niles, Ohio, January 29, 1843.
- [Kansas](#) became the 34th state, 1861.
- [Franklin D. Roosevelt](#), 32nd President of the United States, born at Hyde Park, N.Y., January 30, 1882.

Find the words from the bottom of the page in the winter word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the winter word search puzzle is complete, read the remaining letters of the word search puzzle left to right, top to bottom, to learn an interesting fact about winter.

Winter Word Search

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

BLIZZARD	JANUARY
COLD	MARCH
DECEMBER	SHOVEL
DRIFTS	SKATE
FEBRUARY	SKIING
FREEZING	SLUSH
FROST	SNOWMAN
HOCKEY	SNOWSTORM
ICE	TOBBOGAN
ICICLES	WIND CHILL

January 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1  Meal Site Closed	January 2 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	January 3 Hungarian Goulash California Medley Tossed Salad Gingerbread/Topping	January 4 Chicken Cacciatore With Penne Pasta Italian Mixed Veggies Rice Pudding
January 7 Quiche of the Day Mixed Veggies Muffin of the Day Chilled Pears	January 8 Cheeseburger Pie Lima Beans Coleslaw Chilled Peaches	January 9 Roast Pork Loin/Gravy Roasted Red Potatoes California Medley Apple Crisp	January 10 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Cup	January 11 Spaghetti & Meatballs Marinara Sauce Garlic Bread Green Beans Tossed Salad Birthday Cake
January 14 Juice of the Day Chicken & Biscuit Scandinavian blend Veggies Chilled Pineapple	January 15 Spanish Rice Broccoli Corn Bread Mandarin Oranges	January 16 CHEF'S CHOICE	January 17 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Fresh Fruit	January 18 Chicken & Stuffing Casserole Rice Pilaf Winter Squash Cookie of the Day
January 21  Meal Site Closed	January 22 Pork Chop/Applesauce Mashed Potatoes Carrots Chilled Pears	January 23 Meatloaf/Gravy Potato of the Day Zucchini & Tomatoes Peach Cobbler	January 24 Baked Lemon Chicken with Mushroom Sauce Sweet Potatoes Peas & Onions Tropical Fruit Cup	January 25 Beef Pot Pie with Potatoes & Veggies Winter Squash Brownie
January 28 Baked Fish Scandia Scalloped Potatoes Spinach Mandarin Oranges	January 29 Beef Stroganoff over Noodles Brussels Sprouts Pineapple Up-side Down Cake	January 30 Chicken Reuben Rice Veggie Casserole Broccoli Fruited Gelatin	January 31 Shepherd Pie with Mashed Potatoes & Veggies Green Beans Strawberry Shortcake	

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