

July 2013



**NEWSLETTER
FOR SENIORS**

WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
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Lake George, N.Y.
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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 #123 (Hard)

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

Sudoku #124 (Hard)

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

Access Blocked - Content Alert

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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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Carolina-Style Barbecue Chicken

Prep Time: 10 min Cook Time: 30 min Serves: 4 servings

Level: Easy



Ingredients

- 1/2 cup yellow mustard
- 1/4 cup [apple cider vinegar](#)
- 1/4 cup packed light brown sugar
- 1 1/2 tablespoons mustard powder
- 2 teaspoons hot sauce
- 1/2 teaspoon Worcestershire sauce
- Kosher salt and freshly ground pepper
- 2 tablespoons [unsalted butter](#), melted
- 8 skin-on, bone-in [chicken thighs](#) (2 to 2 1/4 pounds)
- Vegetable oil, for brushing
- 1 large tomato, sliced
- Prepared [macaroni](#) salad, for serving (optional)

Directions

Preheat a grill to medium. Whisk the yellow mustard, vinegar, [brown sugar](#), mustard powder, hot sauce, [Worcestershire sauce](#), 1/2 teaspoon salt, and pepper to taste in a bowl. Whisk in the butter.

Season the chicken with salt and pepper, then toss with about one-third of the mustard sauce in a large bowl until coated. Let sit at room temperature, 10 minutes.

Brush the grill grates generously with [vegetable oil](#). Put about 1/4 cup of the remaining mustard sauce in a small bowl for basting and reserve the rest for topping. Grill the chicken, covered, basting occasionally with the sauce, until well marked and a thermometer inserted into the thickest part registers 170 degrees F, 10 to 12 minutes per side.

Serve the chicken with the reserved [mustard](#) sauce, sliced tomato and macaroni salad, if desired.

Per serving: Calories 425; Fat 25 g (Saturated 9 g); Cholesterol 127 mg; Sodium 866 mg; Carbohydrate 16 g; Fiber 0 g; Protein 31 g

Red, White and Blueberry Coleslaw

Prep Time: 20 min Inactive Prep Time: 1 hr 0 min

Level: Easy

Serves: 6 to 8 servings



Ingredients

- 1 small or 1/2 large head green cabbage, cut into 1/4-inch wide strips (about 6 cups)
- 1 small red onion, halved and thinly sliced (about 1/2 cup)
- 6 strips bacon, crisp-cooked and crumbled (reserve 1 tablespoon for garnish)
- 1/2 cup dried blueberries (reserve 1 tablespoon for garnish)
- 1/2 cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 1/2 cup toasted chopped pecans (reserve 1 tablespoon for garnish)
- Kosher salt and freshly ground black pepper

Directions

Toss the cabbage, onion, bacon, blueberries, mayonnaise, vinegar and sugar in a large bowl and toss to coat with the dressing. Cover and refrigerate 1 to 4 hours.

Stir in the pecans and season with salt and pepper just before serving. Sprinkle with reserved the bacon, berries and nuts.

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Recipe courtesy Food Network Magazine

Stay Safe in the Summer Sun

Sunny days uplift spirits. But seniors need to take special precautions because they are less sensitive to heat and the feeling of thirst as they age. And on top of that, certain medical conditions, such as heart disease, and medications commonly taken by seniors—water pills, allergy and sinus medications, and antidepressants—further increase the risk.

Hot Weather Safety Tips:

- Turn on the air conditioner or go to an air conditioned place—senior center, mall, movie theater, or library, for example. Fans are not sufficient.
- Stay indoors during excessive heat, and when outside, avoid the sun as much as possible, wear hats and sunglasses, and use SPF 30 or higher sunscreen
- Wear lightweight, light-colored, loose-fitting clothing
- Avoid strenuous activity
- Take cool showers, baths, or sponge baths



Other Sun-Safety Tips

- Apply sunscreen at least 15 minutes before sun exposure.
- Although people with pale skin and light hair are most vulnerable, people of every shade are susceptible to sunburn and skin cancer
- No sunscreen stops all UV rays. Limit sun exposure, particularly between 10 a.m. and 2 p.m., when the sun's rays are strongest
- Maintain caution on overcast days because UV rays can penetrate cloud cover.
- Reapply sunscreen at least every two hours; more often if you are swimming or sweating.

Beware of Heat Illnesses

Overexposure to the heat can lead to a variety of serious health problems.

- Heat exhaustion is a warning that your body cannot cool itself. Symptoms include thirst, dizziness, weakness, poor coordination, nausea and sweating. Body temperature stays normal, but the skin feels cold and clammy and pulse can be normal or raised. If this is the case, rest in a cool place, drink plenty of fluids and take a cool shower or sponge bath. This condition can turn into heatstroke, so if you do not feel better quickly, seek medical care right away.
- Heat stroke is life threatening and requires emergency medical help. After calling 911, get the individual to a cool place. Signs of heat stroke include fainting, body temperature above 104° F, confusion, irritableness, staggering, dry, flushed skin, strong, rapid pulse or slow, weak pulse, not sweating, acting delirious or being in a coma.

Tips for getting enough fluid during the day:

- Drink at least eight 8-ounce glasses of liquid every day.
- Limit caffeinated and alcoholic beverages, which increase your body's fluid needs.
- Drink throughout the day, not only when you are thirsty.
- Carry bottled water with you if you'll be outdoors for an extended period of time.

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA

Adopted by: FDA Top of Form Bottom of Form

The World Around Us

Youth is a Gift, Age is an Art

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

Now that I'm 'older' (but refuse to grow up), here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded....
5. All reports are in; life is now officially unfair.
6. If all is lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few....
10. Kids in the back seat cause accidents..
11. Accidents in the back seat cause....kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to you door is when you're in the bathroom.
14. If God wanted me to touch my toes, he would have put them on my knees.
15. When I'm finally holding all the cards, why does every-one decide to play chess?
16. It's not hard to meet expenses....they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter...I go somewhere to get something and then wonder what I'm here after.

ENJOY!

NY StateWide Senior Action Council's Patient Advocates Program

Under the Affordable Care Act, new rules apply to Medicare's hospital coverage. Seniors who are unaware of these changes can end up with thousands of dollars worth of hospital and follow-up rehabilitation costs. In addition, readmission to the hospital can be prevented by learning about key hospital discharge processes and community care.



NY StateWide Senior Action Council's Patient Advocates Program Can Help!

GET INFORMED

REGIONAL FORUMS

Topics include:

- ◆ Hospital admissions and discharge
- ◆ Readmission
- ◆ Reimbursement policies for hospital or outpatient care

PATIENT'S RIGHTS

TOOLKIT provides consumers with information to help avoid problems including questions to ask before hospital admission, during a hospital stay, and when being discharged.

GET INVOLVED

VOLUNTEER to become a **Patient Advocate** and help us collect stories about problems related to admissions policies and preventable readmissions.

TRAINING AND CONFERENCES

Statewide will provide volunteer **Patient Advocates** with updates and information you can use to educate seniors about how to avoid problems with admissions and discharges.

SHARE STORIES

COLLECTING STORIES

Let us know about any problems you or your family have experienced with hospital admissions, discharges, or readmissions. StateWide will share your stories with policy makers to help improve local systems of care.

CONTACT STATEWIDE TODAY!

518-436-1006

-or-

E-mail StateWide:

StateWidePatientsRights@gmail.com

NY STATEWIDE SENIOR ACTION

COUNCIL is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

Funding for our Patient Advocates Program is being provided through the generous support of the *Atlantic Philanthropies Foundation*

STATE  **WIDE**

New York StateWide Senior Action Council, Inc.
www.nysenior.org

The Helpline is toll free at

1-800-333-4374.

Information is also available on the StateWide Web site at www.nysenior.org

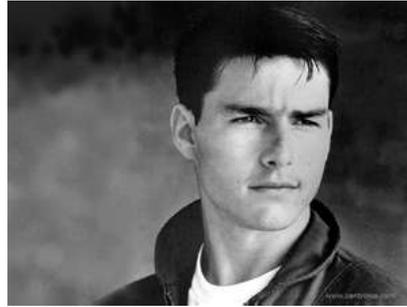
History behind the “Star Spangled Banner”

During the night of September 13, 1814, the British fleet bombarded Fort McHenry in the harbor at Baltimore, Maryland. Francis Scott Key, a 34-year old lawyer-poet, watched the attack from the deck of a British prisoner-exchange ship. **He had gone to seek the release of a friend but they were refused permission to go ashore until after the attack had been made.** As the battle ceased on the following morning, Key turned his telescope to the fort and saw that the American flag was still waving. **The sight so inspired him that he pulled a letter from his pocket and began to write the poem which eventually was adopted as the national anthem of the United States--"The Star Spangled Banner."** Key was returned to Baltimore and later that day took a room at a Baltimore tavern where he completed the poem. **Years later, Key told a hometown audience in Frederick, Maryland:**

*"I saw the flag of my country waving over a city-the strength and pride of my native State-a city devoted to plunder and desolation by its assailants. **I witnessed the preparation for its assaults.** I saw the array of its enemies as they advanced to the attack. **I heard the sound of battle; the noise of the conflict fell upon my listening ear, and told me that 'the brave and the free' had met the invaders."***

Famous Birthdays

July 3rd – Tom Cruise –
Screen idol in “Top Gun” and
“Mission Impossible”



July 6th – Sylvester Stallone –
Action hero of several
“Rocky” and “Rambo” movies

July 12th – Bill Cosby –
“The Cosby Show” star,
standup comedian, family man



July 21st – Robin Williams –
Comic actor from “Mork and Mindy”
to “Mrs. Doubtfire”

July 25th – Estelle Getty –
Sarcastic TV mom Sophia Petrillo
on “The Golden Girls”



The Changing Face of Long Term Care Insurance

William Lane, PhD

Long term care insurance was developed in the 1980's. Since the 1990's there have been two types of long term care insurance policies available in New York State, traditional plans and New York State Partnership Plans. In traditional plans you purchase insurance that covers your long term care needs for a specific period of time using a variety of options specified by the policy. Like auto insurance there are all kinds of options and variations, such as protection against inflation, the amount of your deductible (referred to as the elimination period), etc. These traditional types of policies generally do not protect your assets once your insurance benefits have been expended.

The New York State Partnership Plans are similar but with one major difference, they offer asset protection. With a Partnership plan, once your benefits have been depleted you can apply for Medicaid without looking at your assets. Your assets are protected, either in part or in full, depending on the type of policy you purchased. Your income is counted but your assets are not even listed in your Medicaid application.

A number of changes have been occurring with new long term care insurance policies:

- Premiums have been increasing on new policies. According to financial planner Chris Cooper rates are now 30% to as much as 50% higher than they were just three years ago for new policies. Companies have also been asking for increases on existing policies.
- Several major carriers, including Prudential and MetLife, are no longer writing new long term care insurance policies in the State.
- There are now tighter eligibility requirements. For example, writing in the New York Times, Jane Gross stated companies are requiring blood tests to check for nicotine and various markers of disease regardless of age, gender or marital status.
- Companies are moving toward "gender-distinct pricing." Premiums have always been equal for men and women even though women, on average, outlive men by five to seven years and are more likely to use the benefits from their policies. For example, single females are seeing increases of up to 50% on new policies.

Why are these changes occurring?

- When the original policies were developed companies had no experience upon which to base their premiums so they used the same standards they had used for life insurance. These standards have proven not to work as a basis for setting premiums.
- It was assumed that a majority of people would let their policies lapse and never collect benefits. In fact, almost no one allows their policy to lapse so companies are expecting a major increase in the payment of benefits as the baby boomers begin to require care.
- The poor economy. Insurance companies generally invest in long-term securities, especially bonds. Many of these investments are up for renewals at much lower rates. The result is declining reserves at a time when the payment of benefits is increasing. My guess is that many readers of this column with bank CD's will have had a similar experience as the insurance companies if these CD's have come up for renewal recently.

Given all of the above negative factors should individuals still be looking at long term care insurance? The answer is yes. However, just as in the past someone should only purchase long term care insurance after working closely with an elder law attorney, estate planner or financial planner who is qualified to advise clients on such matters. In other words, long term care insurance remains a viable option for some people who want to protect assets as well pay for care in the future.

The New York State Department of Financial Services provides excellent information about long term care insurance on their web site. A good place to start is their discussion of the basics of long term care insurance. The link to this portion of their site is: http://www.dfs.ny.gov/consumer/ltc/ltc_index.htm

Dr. William Lane is the owner of William Lane Associates, a gerontological 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.

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

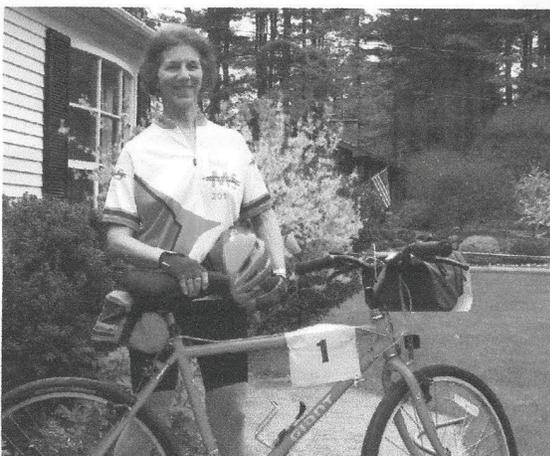
My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

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.

*** Independence Day July 4th ***

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings. We are learning about and communicating with people of different nations, with different languages and different races throughout the world.

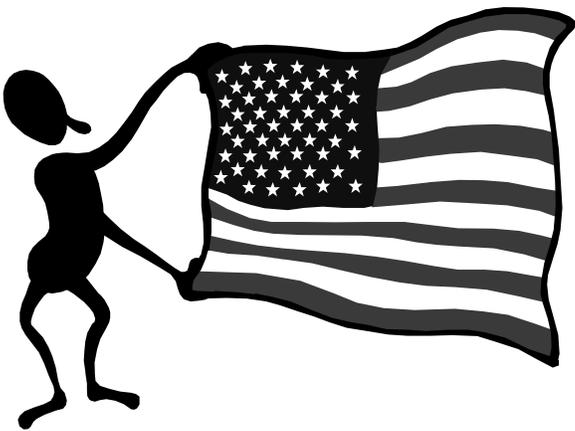
Bringing the world closer with understanding and knowledge can only benefit all nations.

We invite all nations to celebrate with Americans this Fourth of July.

Happy Birthday, America!

PLEDGE OF ALLEGIANCE TO THE FLAG

***"I PLEDGE ALLEGIANCE
TO THE FLAG OF THE
UNITED STATES OF
AMERICA AND TO THE
REPUBLIC FOR WHICH IT
STANDS, ONE NATION
UNDER GOD,
INDIVISIBLE, WITH
LIBERTY AND JUSTICE
FOR ALL."***

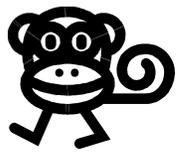


The Pledge of Allegiance received official recognition by Congress in an Act approved on June 22, 1942. However, the pledge was first published in 1892 in the Youth's Companion magazine in Boston, Massachusetts to celebrate the 400th anniversary of the discovery of America, and was first used in public schools to celebrate Columbus Day on October 12, 1892.

In its original version, the pledge read "my flag" instead of "the flag of the United States." the change in the wording was adopted by the National Flag Conference in 1923. The rationale for the change was that it prevented ambiguity among foreign-born children and adults who might have the flag of their native land in mind when reciting the pledge.

The phrase "under God" was added to the pledge by a Congressional act approved on June 14, 1954. At that time, President Eisenhower said:

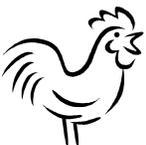
"in this way we are reaffirming the transcendence of religious faith in America's heritage and future; in this way we shall constantly strengthen those spiritual weapons which forever will be our country's most powerful resource in peace and war."



HEAR YE HEAR YE...



Meals on Wheels recipients:



FROM NOW ON YOUR DIET
MEALS WILL BE MARKED WITH A
GREEN TIE.



ALSO...



WE LOVE OUR VOLUNTEERS!



Therefore we ask, for their safety, that all animals, regardless of size or personality, do not come in contact with our beloved volunteers. Thank you so much for your cooperation.



ST. MICHAELS & MARYLAND'S EASTERN SHORE

5 DAYS - 4 NIGHTS

SEPTEMBER 16 - 20, 2013

\$635.00 per person

(double occupancy)

*An additional \$12 in cash will be collected
upon departure for bus driver & walking tour gratuities*

PACKAGE INCLUDES:

- * 4 Nights lodging
- * 4 Breakfasts
- * Lunch & Tour at Country Creamery
- * 3 Dinners, including the Crab Claw Restaurant
- * Chesapeake Maritime Museum
- * Narrated cruise aboard "The Patriot"
- * Free time in St. Michaels
- * Visit to a Buffalo Ranch
- * Visit to Dreams Alpaca Farm
- * Guided walking tour of Annapolis
- * Annapolis Cruise
- * National Aquarium at Inner Harbor
- * Souvenir gift
- * Luggage handling
- * All taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available upon request

FOR INFORMATION AND RESERVATIONS CONTACT:

QUEENSBURY SENIOR CITIZENS

Melissa Pagnotta

742 Bay Rd.

Queensbury, NY 12804

(518) 745-4439



WHITE STAR TOURS

America's Leader in Group Travel 26 E. Lancaster Ave., Reading PA 19607 | 610.775.5000

ST. MICHAELS & MARYLAND'S EASTERN SHORE

5 Days – 4 Nights

The sample itinerary described below is like the one your group will follow during your tour of the beautiful Hudson Valley. The order of attractions may be different on your final itinerary.

Day 1 - Depart from New York and travel to St. Michael's, MD where upon arrival you will check into your hotel. You will have time to relax and freshen up before departing for a delicious dinner at a local restaurant.

Day 2 - After breakfast, depart for the waterfront to visit the **Chesapeake Bay Maritime Museum**. The Museum offers exhibits and demonstrations that tell stories of the Chesapeake Bay and the people who have shaped their lives around it. The Chesapeake Bay Maritime Museum's 18-acre waterfront campus includes Navy Point and once was the site of a busy complex of seafood packing houses, docks, and workboats. Today, it is the site of the nation's most complete collection of Chesapeake Bay artifacts, visual arts, and indigenous water craft. After your visit, spend time shopping in the area and enjoying lunch on your own before continuing to the dock where you will board the climate-controlled **Patriot**, a St. Michaels tradition since 1969. Enjoy a tranquil **cruise** on the Miles River, part of the Chesapeake Bay Estuary. Learn about St. Michaels' beginnings, view the the historic homes and wildlife, and watch local watermen harvest clams, oysters and the famous Chesapeake Bay Blue Crabs during their respective seasons. After the cruise, check into your hotel and freshen up before dinner. This evening you will depart for the waterfront where you will enjoy dinner at the **Crab Claw Restaurant**, featuring steamed Maryland Blue Crabs or Delmarva fried chicken.

Day 3 - Enjoy breakfast, then depart for Cambridge, MD to meet your guide for a visit to the **Buffalo Ranch** where you will learn about the herd and get an up-close view of the buffalo as you ride through the pasture on a tractor driven wagon. *(Bring a cooler; meat is available for purchase.)* Afterwards, depart for the **Country Creamery** to see a family-run dairy farm of Jersey dairy cows. The cows are milked twice daily. You will also learn about cheese making, followed by a tasting. A **buffet lunch** is also included at the farm. Later, travel to Preston, MD to visit the **Dreams Alpaca Farm** for the opportunity to pet and feed the alpacas. Hear the owners relate stories of raising and breeding the animals. Alpaca hair is used to make scarves, sweaters, and coats. After your visit, return to St. Michaels, where you can shop and have dinner on your own.

Day 4 - Following breakfast, board your motorcoach and travel to **Annapolis**, Maryland's capital. Meet your **colonial-attired tour guide** who will bring history to life as you stroll through **historic downtown Annapolis and the Maryland State House**. Be inspired with the sights and sounds of the **U.S. Naval Academy**, home to over 4,000 midshipmen. Afterwards, enjoy free time for shopping and lunch on your own in the city dock area. Then, board the **Harbor Queen** for a 40-minute **narrated cruise** on historic Annapolis Harbor and the banks of the U.S. Naval Academy. Enjoy dinner in Annapolis, then return to St. Michaels for the evening.

Day 5 - After breakfast, check out and depart for Baltimore to visit the **National Aquarium at Inner Harbor**. Depart for home after your visit.

THANK YOU FOR ALLOWING WHITE STAR TOURS TO BE A PART OF YOUR TRAVEL PLANS!

TRIP CANCELLATION PROTECTION

*Cancellation protection insurance is encouraged for medical emergencies that may occur and is valid for trips booked through White Star Tours. The **enhanced option must be paid within 14 days** from the day the first deposit for the trip is paid to the organization and/or group leader. Please contact your group leader for a form to send with your payment directly to NTA/Berkely Insurance, or contact Berkely Insurance directly at 1-800-388-1470.*

Warren/HamiltonCounties



Transportation Concerns

Need a ride? Contact NY Connects for information on transportation available for you.

I take calls from people who are looking for help for their mother, aunt, father, neighbor, client, patient, etc.

One of the questions I am often asked is:

“What do I do? I don’t think He/She is safe to be driving anymore and I’m so afraid they are going to have an accident and injure someone and I would feel so guilty knowing I could have done something to maybe prevent this from happening.”

New York State Department of Motor Vehicles has a form, DS-7, that any concerned citizen can use to inform the DMV of this concern and your name is held in confidence.

The way it works is you complete the information about the driver you are concerned about (name, address, approximate age, make & color of vehicle normally drives) and provide your contact information. The DMV also asks you to explain why the driver ought to have their driving abilities reviewed. They ask you to have the form notarized.

This form is available at www.dmv.ny.gov or at your local DMV.

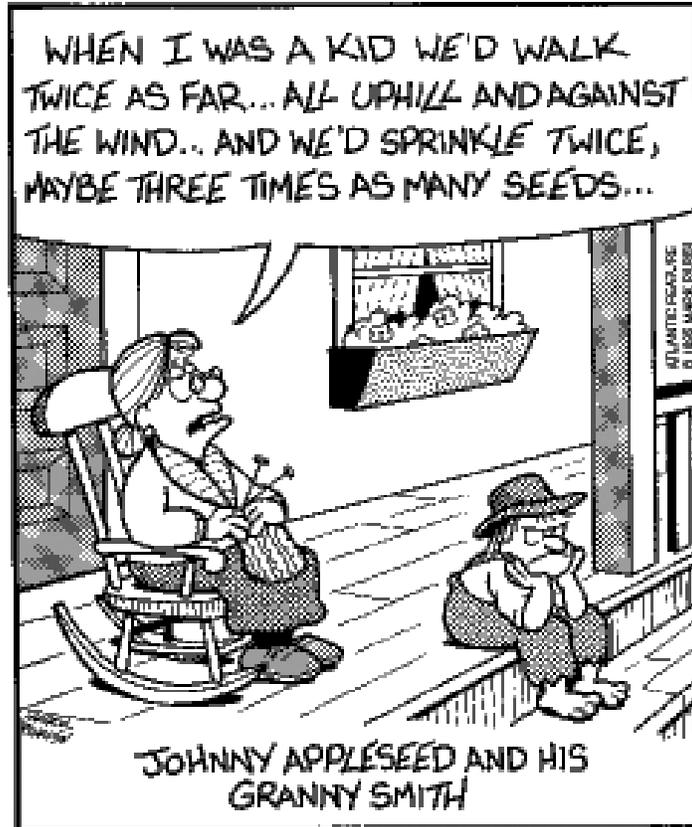
For more information or questions about this, please contact Office for the Aging NY Connects Susan Dornan at 1-866-805-3931.

JOKE OF THE MONTH!

off the mark

by Mark Parisi

www.offthemark.com



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VOLUNTEER BIRTHDAYS!

Debbie Lessick 5th

Peg Fish 14th

Peg Jasinski 15th

Joyce Pulaski 24th

Alice Sullivan 25th

Fran Cartmell 26th

Find the words about ice cream flavors from the bottom in this *Printable Ice Cream Flavors Word Search* grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each ice cream flavor may be used in more than one word. **When the printable ice cream flavors word search puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting fact about ice cream.**

Ice Cream Flavors Word Search

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

BUBBLEGUM

BUTTER PECAN

CHERRY

CHOCOLATE

CHOCOLATE ALMOND

CHOCOLATE CHIP

COFFEE

COOKIES AND CREAM

FRENCH VANILLA

FUDGE RIPPLE

MAPLE WALNUT

MINT CHIP

NEAPOLITAN

PRALINE

RUM AND RAISIN

STRAWBERRY

TIGER TIGER

VANILLA

July 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Tropical Fruit Cup	July 2 Pork Chops Sweet Potatoes Peas & Onions Brownie	July 3 4th of July Picnic BBQ Chicken Hot German Potato Salad Baked Beans Independence Day Dessert	July 4th <i>Happy 4th of July.</i>  <i>to all my friends!!</i> Meal site Closed	July 5 Eggplant Parmesan Spaghetti/Marinara Sauce Tossed Salad Scandinavian Veggies Chilled Pears
July 8 Baked Fish Scandia Orange Rice Pilaf California Medley Mandarin Oranges	July 9 Sloppy Joes on a Bun Steamed Carrots Corn Strawberry Shortcake	July 10 CHEF'S CHOICE	July 11 Cold Plate Chef Salad - (Turkey/Ham/ Swiss Cheese/ Lettuce) Tomato, Onion & Cucumber Salad Birthday Cake	July 12 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
July 15 Sweet & Sour Chicken Brown Rice Oriental Veggies Chilled Tropical Fruit Cup	July 16 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	July 17 Meatloaf Mashed Potatoes Italian Mixed Veggies Peach Cobbler	July 18 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Chilled Apricot	July 19 Cold Plate Sliced Roast Beef Plate with Macaroni Salad & Coleslaw Sandwich Roll Berry Crisp
July 22 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	July 23 Beef Tomato Florentine with Noodles & Cheese Mixed Veggies French Green Beans Chilled Tropical Fruit Cup	July 24 Roast Pork/ Gravy Roasted Red Potatoes Brussels Sprouts Pineapple Up-side Down Cake	July 25 Meal Site Closed  Staff Training Day	July 26 Cheeseburger Deluxe Lettuce/Tomatoes Potato Tots Coleslaw Fresh Fruit
July 29 Lemon Baked Fish Au gratin Potatoes Carrots Pudding/Topping	July 30 Stuffed Shells with Marinara Meat Sauce Peas & Onions Mandarin Oranges	July 31 Chicken & Stuffing Sweet Potatoes Scandinavian Veggies Chilled Peaches		

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; 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