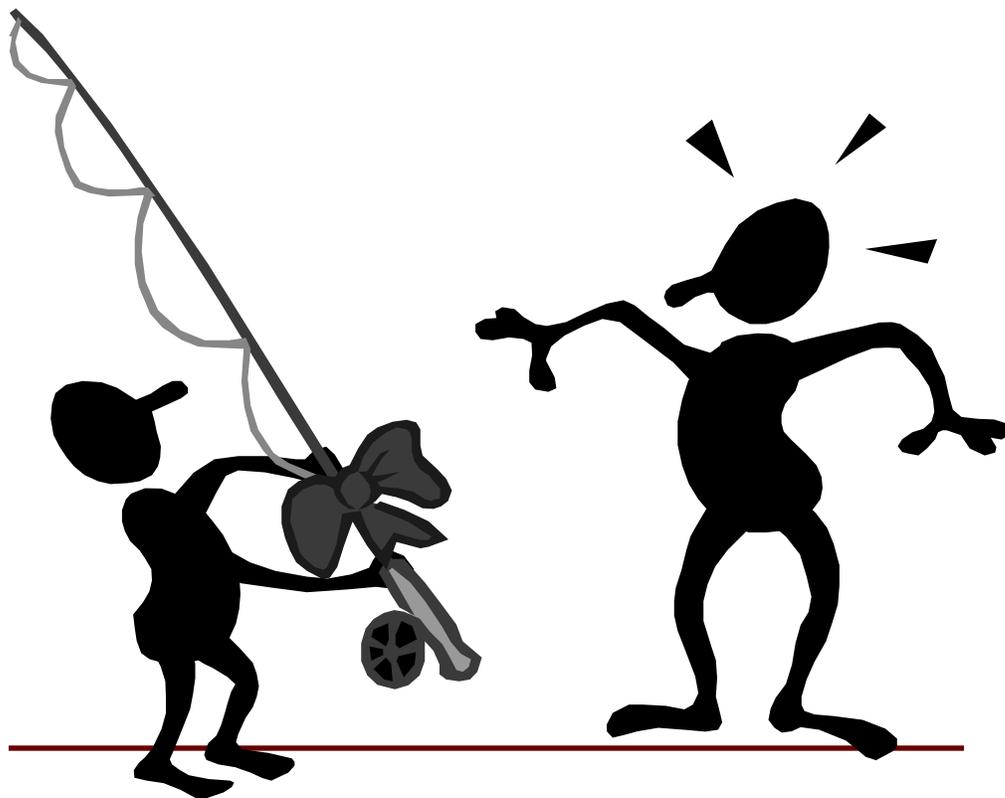


June 2013



**NEWSLETTER  
FOR SENIORS**

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

Find the words from the bottom in the Father's Day word search grid. The Father's Day 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 Father's Day word. **When the Father's day puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Father's Day fact.**

## Father's Day Word Search Puzzle

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

BREAKFAST

CARD

DAD

DADDY

DAUGHTERS

FATHER

GIFT

GOLF

GRANDFATHER

JUNE

LOVE

NECKTIES

NINETEEN TEN

PHONE

PRESENT

SONORA DODD

SONS

SPORTS EQUIPMENT

SUNDAY

THIRD

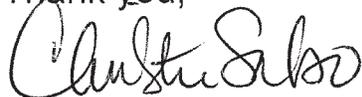
## Do You Feel the Newsletter Should be Discontinued?

Recently, I received an anonymous suggestion that the money spent printing the newsletter could be better used elsewhere and that it should be discontinued. This is something that has been proposed but we have kept the newsletter for the following reasons:

1. The Office for the Aging uses the newsletter to inform about events or opportunities for seniors in our area, in some cases this material is not being printed anywhere else.
2. The newsletter is delivered to many home bound individuals in our home delivered meals program and I have heard from them that they really look forward to it.
3. Our menu can be found online but there are still a great number of people that do not have access and they depend on the newsletter for it.
4. Articles that appear in the newsletter fulfill some of our requirements to the NYS Office for the Aging.

When we were first asked to cut the budget I considered eliminating the newsletter but when I spoke to my Advisory Council, Senior Council and various meal sites they were adamantly opposed to this idea. Even moving to a quarterly newsletter was met with strenuous objections. We *have* made an effort to decrease newsletter costs. We no longer print on colored paper as it is much more costly, we now limit the number of pages per newsletter and the number of items that can be submitted by any group or organization, and we have decreased the number of copies we print to try and eliminate waste. While I have heard from some very vocal supporters of the newsletter do many more feel as this anonymous person does? Please tell me what you think!

Thank you,



Christie Sabo, Director

Keep the newsletter

Discontinue the newsletter

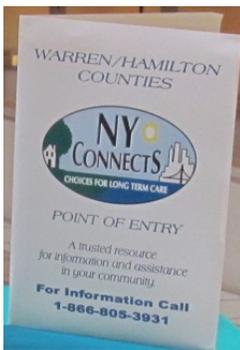
Please call or return this form to the office  
Warren- Hamilton Counties Office for the Aging  
1340 State Route 9  
Lake George, NY 12845  
518-761-6347

## **Warren/Hamilton Counties Office for the Aging NY Connects & Hamilton Co. DSS coming to visit You!**

Hello readers, last year when we visited your meal site you asked us to come back to visit in the summer stating more people are at the meal sites during those months.

Below are the dates when Abigail Eichler, Hamilton County DSS and Susan Dornan, NY Connects will visit you so mark your calendar!

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.



We will have useful give-a-ways for you along with informational handouts on various topics.

Wednesday, July 24 11:30 Lake Pleasant Meal Site

Wednesday, July 31 11:30 Indian Lake Meal Site

Wednesday, August 7 11:30 Long Lake Meal Site

Wednesday, August 21 11:30 Wells Meal Site

NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance and more people are aware of NY Connects. How can we help you?

September 2009-October 2010 461 consumers contacted NY Connects  
September 2010-October 2011 648 consumers contacted NY Connects  
September 2011-October 2012 871 consumers contacted NY Connects

# Famous June Birthdays!

1<sup>st</sup> Marilyn Monroe (84) –  
Glamorous blonde superstar



11<sup>th</sup> Gene Wilder (75) –  
Comical “Willy Wonka”  
star married to Gilda Radner

12<sup>th</sup> Anne Frank (81) –  
Jewish teen’s WWII diary  
told of hiding from the Nazis

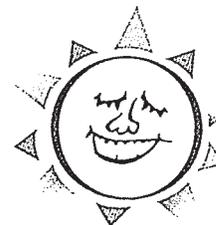


13<sup>th</sup> Tim Allen (57) –  
“Home Improvement”  
star was the voice of  
Buzz Light year

27<sup>th</sup> Helen Keller (130) –  
Deaf-blind girl saved by  
“The Miracle Worker”  
Annie Sullivan



# *Managing Blue Moods*



## *Experienced Caregivers Suggest*

1. Discuss your blue feelings and negative thoughts with someone who cares.
2. Track your blue moods. What triggers them? What makes them worse? What makes them better?
3. Remove the blue mood triggers from your daily life.
4. Include some stress-reducing physical activity in your life every day. Do some stretching exercises. Take a brisk walk. Do something physical that you enjoy.
5. Keep a *Pleasant Life Events Diary*. Use the list of pleasant life events included with this skill section to help you identify pleasant events in your daily life.
6. Add pleasant events to your daily schedule.
7. Recognize when you are under stress. Be kind to yourself.

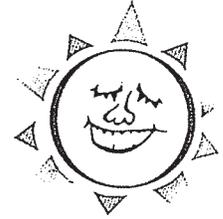
## *Causes*

### *Caregivers may feel 'blue' because of*

- ◆ Increased physical demands of caregiving
- ◆ Increased emotional demands of caregiving
- ◆ Not getting enough sleep
- ◆ Accumulation of stresses (for example, the washing machine breaks when you are trying to do the laundry)
- ◆ A decline in your own health
- ◆ Worries about the past or future
- ◆ Medication reactions or side effects

# Managing Blue Moods

(con't)



## Concerns

### Ten Ways We Think Ourselves into a Blue Mood

1. **All-or-nothing thinking**  
Always thinking you are a failure.
2. **Jumping to conclusions**  
Always believing the worst.
3. **Using a Mental Filter**  
Always picking out the most negative explanation and holding on to it—no matter what.
4. **Magnifying/Minimizing**  
Always magnifying your weaknesses; always minimizing your strengths.
5. **Letting emotion influence your reasoning**  
'I feel bad, so I must be bad.'
6. **Over-generalizing**  
Letting one bad experience color everything.
7. **Rejecting positive thoughts**  
'If I did something well, it doesn't count.'
8. **Practicing 'SHOULD' thinking**  
Being driven by negative 'SHOULD', 'OUGHT TO' or 'MUST' thoughts.
9. **Labeling**  
'I am too stupid to do this right.'
10. **Personalizing**  
Always thinking something is your fault.

### Pleasant Events Diary

*Did any of these  
happen to you today?*

	M	T	W	Th	F	S	S
Shopping							
Laughing							
Being with family							
Enjoying nature							
Tea with a friend							
Exercise							
Recalling good times							



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

**NEW MEMBERS WELCOME**

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

**SOME OF THIS MONTH'S HIGHLIGHTS**

Mon-6/3	Good Books Club " <i>Still Alice</i> " by Lisa Genova	1:00 p.m.
Tues-6/4	Game Day-bring your own or play some of ours, refreshments	1:00 p.m.
Wed-6/5	Special Bingo-refreshments	1:15 p.m.
Mon-6/10	One Stroke Painting Class-\$15 all materials included	12:30-2:00 p.m.
Tues-6/11	Singing Group-come sing lots of old favorites-all welcome	1:00 p.m.
Wed-6/12	Vocal Concert-Anne Granger-Classical/Pop music	1:00 p.m.
Sat-6/15	Annual Lawn Sale-all sorts of items, household, raffle, jewelry	9 a.m.-2 p.m.
Mon-6/17	Movie/Popcorn-" <i>Les Miserables</i> "	1:00 p.m.
Tues-6/18	Home cooked lunch-\$7-wear flower prints/hats whatever	12:00 p.m.
Wed-6/19	Defensive Driving-AARP sponsored, call and reserve	9 a.m.-5 p.m.
Mon-6/24	20 <sup>th</sup> Anniversary party-Line Dancing celebration	1:00 p.m.
Tues-6/25	Volunteer Recognition party	1:30 p.m.
Wed-6/26	Blood Pressure/Blood Sugar Clinic	8:30-9:30 a.m.
Wed-6/26	Newsletter mailing session	1:00 p.m.
Thurs-6/27	Opera Apprentices perform-free-come and enjoy	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	10:30- 11:30 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

**Ongoing activities at a glance:**

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

**GREAT AMERICAN LAWN SALE-JUNE 15-9:00 a.m.-2:00 p.m.**

**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: \_\_\_\_\_





We have been made aware that some Home Delivered Meal Clients have requested the Volunteer to leave their meal when they are not home.

**THIS CANNOT BE ALLOWED.**

If you are going to a doctor's appointment you need to contact Cedars @ 832-1705 and cancel your meal for that day. If you are able to go out often, perhaps you do not meet the Home bound criteria for this program and could attend a congregate site.

Please contact *Office For the Aging @ 761-6347*  
if you have further questions or concerns



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if you have further questions or concerns.

20



## 2013 Ask the Nurse



	LOCATION & TIME	DATES
<b>BENSON</b>	Town Hall 9-9:30 AM	1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11
<b>BLUE MT. LAKE</b>	Fire Hall 10-10:30 AM	1/22, 2/26, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/26, 12/17
<b>HOPE</b>	Town Hall 10-10:30 AM	1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11
<b>INDIAN LAKE</b>	Meal Site 11-Noon	1/22, 2/26, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/26, 12/17
<b>INLET</b>	Town Hall 11-Noon	1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18
<b>LAKE PLEASANT</b>	Court House 9:30-10:30 AM	1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5
<b>LONG LAKE</b>	Meal Site 12-1 PM	1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11
<b>MOREHOUSE</b>	Post Office 12:30-1 PM	1/8, 2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/10, 10/1, 11/5, 12/3
<b>PISECO</b>	Community Hall 11:30-Noon	1/8, 2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/10, 10/1, 11/5, 12/3
<b>RAQUETTE LAKE</b>	RL School 11:00-11:30 AM	1/22, 2/26, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/26, 12/17
<b>SPECULATOR</b>	Meal Site 11:30-Noon	1/17, 2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19
<b>WELLS</b>	Meal Site 11-Noon	1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

'Like' us on Facebook at [www.facebook.com/hamiltoncountypublichealthnursingservice](http://www.facebook.com/hamiltoncountypublichealthnursingservice)  
or call (518) 648-6141 for more information

**Hamilton County Public Health Nursing Service cares about all your healthcare needs!**

# History of Father's Day



History of Father's Day Festival as seen today is not even a hundred years old. Thanks to the hard work and struggle of Ms Sonora Louise Smart Dodd of Washington that just as we have set aside Mother's Day to honor mothers we have a day to acknowledge the important role played by the father. However, some scholars opine that Father's Day history is much older than we actually believe it to be. They say that the custom of honoring dad's on a special day is over 4,000 years old. There are a few more claims about the Father's Day origin about which we will learn in this page.

## **Earliest History of Father's Day**

**Scholars believe that the origin of Father's Day is not a latest phenomenon, as many believe it to be. Rather they claim that the tradition of Father's Day can be traced in the ruins of Babylon. They have recorded that a young boy called Elmesu carved a Father's Day message on a card made out of clay nearly 4,000 years ago. Elmesu wished his Babylonian father good health and a long life. Though there is no record of what happened to Elmesu and his father but the tradition of celebrating Father's Day remained in several countries all over the world.**

## **History of Father's Day in US**

Modern version of Father's Day celebration originated in United States of America and thereafter the tradition spread in countries around the world. The world owes thanks to Ms Sonora Louise Smart Dodd a loving daughter from Spokane, Washington as it is because of her struggle that Father's Day saw the light of the day.

**The idea of Father's Day celebration originated in Sonora's mind when she per chance listened to Mother's Day sermon in 1909. Fairly mature at the age 27, Sonora pondered if there is a day to honor mother then why not for father? Sonora felt strongly for fathers because of the affection she received from her own father Mr William Jackson Smart, a Civil War veteran. Sonora's mother died while childbirth when she was just 16. Mr Smart raised the newborn and five other children with love and care.**



Inspired by Ms Anna Jarvis's struggle to promote Mother's Day, Ms Dodd began a rigorous campaign to celebrate Father's Day in US. The Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supported Sonora's cause. As a result Spokane celebrated its first Father's Day on June 19, 1910. Though there was initial hesitation the idea gained gradual popularity all over US and Fathers Day came to be celebrated in cities across the country.

**Looking at the heightened popularity of Father's Day in US, President Woodrow Wilson approved of this idea in 1916. President Calvin Coolidge too supported the idea of a national Father's Day in 1924 to, "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations". After a protracted struggle of over four decades, President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day in 1966. Then in 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. Sonora Smart Dodd was honored for her contribution at the World's Fair in Spokane in 1974. Mrs. Dodd died in 1978 at age 96.**

## **Other Theories of Fathers Day Origin**

- There are several theories behind the origination of Father's Day.
- **Some believe that the first Fathers Day church service was held in West Virginia in 1908.**
- Others opine that the ceremony was first held in Vancouver, Washington.
- **Some historians honor Mrs. Charles Clayton of West Virginia, as the Founder of Father's Day.**
- In 1957, Senator Margaret Chase Smith wrote Congress that, "Either we honor both our parents, mother and father, or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable."
- **In countries where Catholic Church holds greater influence Father's Day is celebrated on St. Joseph's Day (March 19).**

# Farmers Market Shopping Tips



## Make the Most of Farmers Markets

Shopping at [farmers markets](#) is the easiest way to eat locally. You know where the food comes from: After all, the grower is right there and you can ask them.

- 1. Know Your Seasons** - Learn what grows in your area when and talk to the growers about what will be coming to market in upcoming weeks.
- 2. Go Early or Go Late** - Markets tend to be less crowded right when they open or just before they close (there are many exceptions to this, so try going to your market at different times to figure out the best time for you).  
For the best selection, go to the farmers market early. The best goods go first. For the best deals, go to the farmers market late. Farmers and other vendors often prefer to discount products instead of loading them back up. Farmers raise this food for a living, however, so don't expect or ask for deep discounts.
- 3. Bring Big Bags & Small Change** – Some farmers market vendors offer bags, but to make sure everything gets home from the farmers market without crashing onto the sidewalk, bring your own sturdy canvas or nylon bags.  
Although vendors will make change, purchases will go easier and faster if you have exact (or close to exact) change.
- 4. Work In Volume** – The best deals at the farmers market are had when you buy in bulk. You'll enjoy the best flavors and the best prices when you buy lots of whatever is at its harvest peak. How to use it all up? Try new recipes with favorite vegetables or learn the lost art of [preserving food](#). Freezing, canning, and drying are just some of the ways you can save seasonal tastes you find at the farmers market for later in the year.
- 5. Get Advice** - If you find a vegetable that's new to you at the farmers market and want to give it a try, ask the farmer how to prepare it. For the best tips specifically ask how *they* like to eat it.
- 6. Keep It Simple** –You're buying ultra-fresh produce when you shop at the farmers market, so let its natural flavor show when you cook it. Keep preparations simple. You'll make cooking easier and you'll be likely to try (and eat) even more local foods from the farmers market next week.

# Minted Fresh Green Pea Soup



Fresh spring peas cooked with a bit of onion and seasoned with mint makes a refreshing, surprisingly hearty **Minted Fresh Green Pea Soup**. Stir in cream, if you like, use it (as pictured here) as a garnish, or omit it altogether—the soup is rich and "creamy" all on its own.

**Prep Time:** 15 minutes    **Cook Time:** 15 minutes    **Total Time:** 30 minutes

**Ingredients:** Makes 4 servings

- 5 lbs. fresh in-pod spring peas (a.k.a. English peas or garden peas)
- 1 small onion (a spring onion is nice to use here, if you have one)
- 2 Tbsp. butter
- 4 cups chicken or vegetable broth
- 1 tsp. salt (if broth is homemade or unsalted) plus more to taste
- 1/4 cup fresh mint leaves plus more for garnish
- Heavy cream (optional)
- Freshly ground black pepper (optional)

## Preparation

1. Shell peas. You should have between 5 and 5 1/2 cups.
2. [Peel and chop](#) the onion.
3. In a medium saucepan over medium high heat, melt the butter. Add onion and cook, stirring frequently, until onions are soft, about 3 minutes.
4. Add broth and salt, if using. Bring to a boil.
5. Add peas, reduce heat to maintain a steady simmer, and cook until peas are very tender, about 5 minutes.
6. Add mint. Whirl in a blender or food processor, in batches if necessary, or with a hand-held immersion blender until very smooth, at least 2 if not 3 minutes. This will seem like a very long time, but it will result in a much smoother, velvety soup.
7. Add 1/4 to 1/2 cup heavy cream, if you like, and heat gently. Serve garnished with more mint ([cut into a chiffonade](#), as pictured, is pretty) and a grind or two of black pepper. Alternatively, you can drizzle each serving with a tablespoon or so of cream (as pictured).

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

Adopted By: [Molly Watson](#), About.com Guide

Join Queensbury Senior Citizens & White Star Tours  
for a trip to.....

## 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:

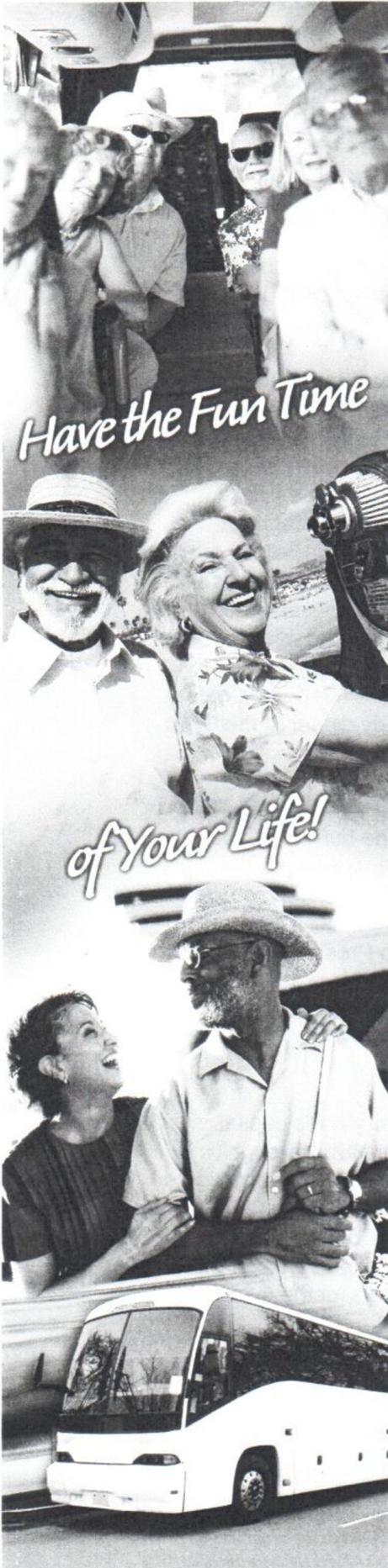
**QUEENSBURY SENIOR CITIZENS**

*Melissa Pagnotta*

*742 Bay Rd.*

*Queensbury, NY 12804*

*(518) 745-4439*



*Have the Fun Time*

*of Your Life!*

## **An Interview with HIICAP Coordinator Harriet Bunker**

The Health Insurance Information, Counseling and Assistance Program, (HIICAP) is a program of the New York State Office for the Aging that provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. This article is based on an interview with Harriet Bunker, Specialist, Services for the Aging who is responsible for coordinating the HIICAP program for both Warren and Hamilton Counties.

### **How did you come to start working for the Office for the Aging?**

I am from Warrensburg and Candace Kelly (the previous Director of the OFA) was one of my best friends in school. I finished my Associates degree and was taking a sociology course at ACC offered by SUNY Plattsburg. As part of the course I did an internship with the OFA and worked on HEAP applications. I told Candace who had started working there, to let me know if the OFA ever had a job open. I found out they had an opening so applied and was hired. That was 17 years ago.

### **How did you get involved in working with the HIICAP program?**

When I started Mr. Baker was the Director of the OFA. The first day he bought me a huge binder (I probably still have it) on Medicare. He told me that I would become the insurance specialist. At that time we only had Medicare Parts A and B as well as some HMO's. Our biggest task was to give advice on Medi-Gap insurance policies. The State did not conduct all the specialized trainings we have today so you had to learn most of it on your own by reading or by asking other agency coordinators. But, I found it to be really interesting and still do.

### **Since you have working with the HIICAP program what have been some of the major changes that you have seen?**

The Medicare Part D prescription drug program! Our office has become the central point for information about all types of medical insurance programs. I don't know if it the outreach efforts of the State that is responsible for this increase or something else. One of the major things we are doing now is working with people so they can receive extra help in paying for their health care.

Every year the Medicare Part D prescription drug program changes. At first we worked with people to make changes during a few months a year. Now we work with our client's year around. EPIC changes every year also.

**What are some of the most common questions you receive?**

The most common question today is “What is a Part D plan?” Part D really opened the doors for the HIICAP program. Also, we get a number of questions about Medicare Advantage Plans. When I first started people came and asked questions about Health Maintenance Organizations (HMO’s), Preferred Provider Organizations (PPO’s), gap insurance or medi-gap policies and Medicare supplements – the names and options change every year. It is very confusing for everyone.

People seem to come in more now with more information. They have done their homework. It may be that people are doing more planning for their retirement. It may be the Internet. We have to try and understand what they need but we can’t make decisions for anyone. As I said before, people are now coming in year around with questions about Medicare Part D. Working with Part D is all about problem solving. Insurance is constantly changing.

**Do you have any tips of people about health insurance?**

First, start early and do your homework. If you are still working, talk with Human Resources about your insurance options in retirement. Also, look at all your options. This is especially true for veterans (and we are seeing more veterans today). We can help veterans make informed choices.

**I know that HIICAP is only a portion of your job so what other programs are you responsible for?**

In addition to coordinating the HIICAP, I am the coordinator of the Ombudsman program. We have three Ombudsmen, volunteers who work with the residents of nursing homes, assisted living and family care homes. I also work with two of my colleagues to complete the Home Energy Assistance Program (HEAP) applications. This usually starts November 1<sup>st</sup> and ends in March. Finally, we need to do reassessments every year of people receiving Home Delivered Meals. These are home visits and I talk to clients about other programs, especially Medicare and Part D.

**Before we close, is there anything or any thoughts we have not covered that you would like to leave the readers with?**

I really love what I do. I like working with HIICAP. I want people to leave the OFA knowing that they got the best information available. In this office we all share ideas and work together to help achieve this goal.

# JOKE OF THE MONTH!



## Volunteer Birthdays

Sue Hemstad – 11<sup>th</sup>

Laurie Carpenter 11<sup>th</sup>

Alice Fortunato – 12<sup>th</sup>

Joanna Carlton – 15<sup>th</sup>

Peg Doyel – 15<sup>th</sup>

Kevin McCullough – 24<sup>th</sup>

Stephen Youker – 26<sup>th</sup>

Tom Judkins – 27<sup>th</sup>

# Day Trips to

(518) -761-8224



# Auburn & the Finger Lakes



**Day Trip Wed. July 17th Deadline Fri. June 14th**  
**Cost \$82**      *Seats still available!*

Upon arrival in the beautiful Finger Lake region enjoy a luncheon cruise with Mid-Lakes Navigation on Lake Skaneateles. After lunch we will visit the Seward House for a fascinating inside look at Lincoln's administration (Seward served as NY Senator, Governor, and Secretary of State during both Lincoln & Johnson's terms as president.) A short distance down the road see the home of Harriet Tubman and learn more about the Underground Railroad. A trip to the Finger Lakes would not be complete without a stop at a local winery to learn more about this thriving industry and sample the fruits of it's labor!



**Seagle Music Colony - 42nd Street**  
**Day Trip Friday Aug. 16th.**  
**Cost \$72 Deadline: Fri. July 12th**

The Seagle Music Colony located in Schroon lake has grown to become the "Best Summer Vocal Training Program in the United States". Founded in 1915 by world renowned baritone, Oscar Seagle, today the Colon attracts over 500 applicants from around the country who vie for the opportunity to attend. In addition to invaluable performance experience in opera and musical theater, each student receives weekly music coachings and private voice lessons by the exceptional faculty. In the past 10 years the colony has grown from two productions and eight performances per summer to six full productions and over 35 performances. Included is a visit to the Adirondack Buffalo Co. in North Hudson. A "lil' bit of the wild West in the Adirondacks" with lunch at Witherbee's Carriage House in Schroon Lake.



All Area Seniors  
 Age 55+ are Welcome!

### 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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## June 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>June 3</b> Chicken Stir-Fry Brown Rice Oriental Veggies Mandarin Orange	<b>June 4 Brunch</b> Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	<b>June 5</b> Chicken & Stuffing Sweet Potatoes Scandinavian blend Veggies Jell-O Poke Cake/Topping	<b>June 6</b> Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Tropical Fruit Salad	<b>June 7 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Cookie Bar
<b>June 10</b> Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	<b>June 11</b> Beef Tomato Florentine with Noodles & Cheese Mixed Veggies French Green Beans Tropical Fruit Cup	<b>June 12</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato Tots Spinach Chilled Peaches	<b>June 13 Cold Plate</b> Tuna salad on a Bun Pasta Salad Tomato Salad Spice cake	<b>June 14</b> <b>Happy Father's Day</b> Roast Pork/ Gravy Roasted Potato Broccoli Blueberry Crunch
<b>June 17</b> Swiss Steak Mashed Potatoes Brussels Sprouts Tropical Fruit Cup	<b>June 18</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Strawberry Shortcake	<b>June 19</b> Lemon Baked Fish Au Gratin Potatoes Italian Mix Veggies Fresh Grapes	<b>June 20</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Fresh Fruit	<b>June 21 Cold Plate</b> Chopped Salad with Grilled Chicken Broccoli Salad Dinner Roll <b>Birthday Cake</b>
<b>June 24</b> Breaded Haddock Au gratin Potatoes Japanese Veggies Pudding	<b>June 25</b> Spanish Rice Cauliflower Corn Bread Mandarin Orange	<b>June 26</b> Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Summer Squash & Zucchini Apricots	<b>June 27</b> Quiche of the Day Muffin of the Day California Medley Banana	<b>June 28 Cold Plate</b> Chicken Salad on Romaine Lettuce Potato Salad Marinated Veggies Cookie of the Day
			<b>CHEF'S CHOICE</b>  <b>Each site can pick                      your own day!</b>	

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](http://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