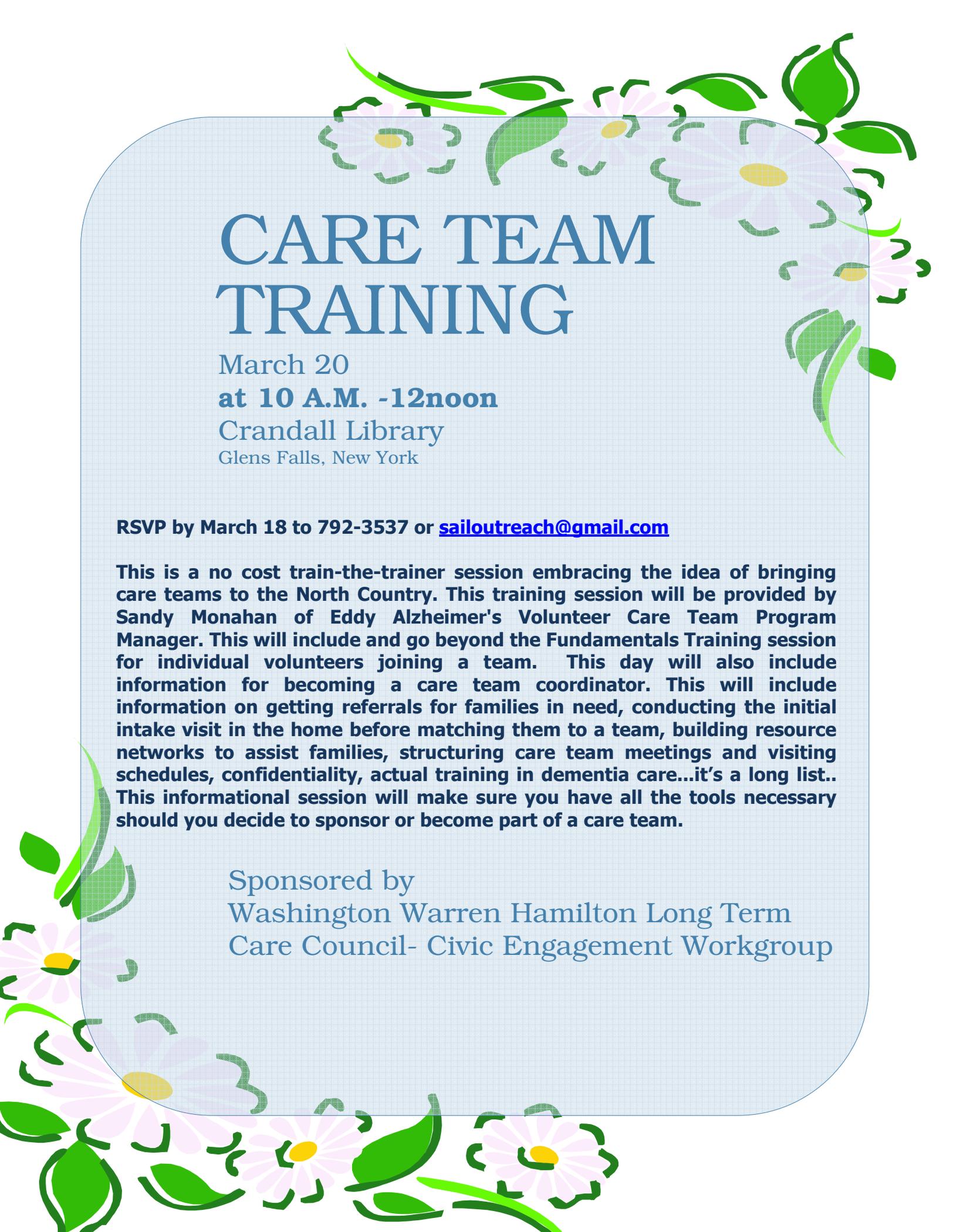


March 2013



**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
Toll Free Number 1(888)553-4994



CARE TEAM TRAINING

March 20
at 10 A.M. -12noon
Crandall Library
Glens Falls, New York

RSVP by March 18 to 792-3537 or sailoutreach@gmail.com

This is a no cost train-the-trainer session embracing the idea of bringing care teams to the North Country. This training session will be provided by Sandy Monahan of Eddy Alzheimer's Volunteer Care Team Program Manager. This will include and go beyond the Fundamentals Training session for individual volunteers joining a team. This day will also include information for becoming a care team coordinator. This will include information on getting referrals for families in need, conducting the initial intake visit in the home before matching them to a team, building resource networks to assist families, structuring care team meetings and visiting schedules, confidentiality, actual training in dementia care...it's a long list.. This informational session will make sure you have all the tools necessary should you decide to sponsor or become part of a care team.

Sponsored by
Washington Warren Hamilton Long Term
Care Council- Civic Engagement Workgroup

White Chili



Beans are bursting with antioxidants that help prevent cell damage.
Make a batch of this chili and freeze the leftovers.

8 servings

- 1 tablespoon canola or olive oil
- 2 medium onions, peeled and chopped
- 3 cloves garlic, peeled and minced
- 3 15 1/2-ounce cans great northern beans, drained and rinsed well
- 4 cups low-sodium chicken or vegetable broth
- 3 cups chopped cooked chicken
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cloves
- 1 teaspoon dried oregano
- 2 cups shredded Monterey Jack cheese

1. In a large saucepan, heat the oil over medium heat. Add the onions and garlic and cook until the onions are translucent. Add the beans, broth, chicken, cumin, cloves and oregano. Cover and simmer for about one hour. Remove from heat and stir in the cheese until it melts.

Nutrition Facts per Serving: (Serving size: 1/8 of recipe) Calories: 373 Fat: 13 g Saturated fat: 6 g, Cholesterol: 61 mg Sodium: 227 mg, Carbohydrates: 30 g Fiber: 6 g Protein: 34 g *Recipe provided courtesy American Dietetic Association ©2009, .*

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

Adopted By: Recipes American Dietetic Association

Szechuan Beef Stir-Fry



4 servings

- 1 package (10 ounces) fresh vegetable stir-fry blend
- 3 tablespoons water
- 2 beef shoulder center steaks (Ranch Steaks), cut 3/4 inch thick (about 8 ounces each)
- 1 clove garlic, minced
- 1/2 cup prepared sesame-ginger stir-fry sauce
- 1/4 teaspoon crushed red pepper
- 2 cups hot cooked white or brown rice, prepared without butter or salt
- 1/4 cup dry-roasted peanuts

This fast and easy stir-fry gets a spicy kick from crushed red pepper.

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile, cut beef steaks into 1/4-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add half of the beef and half of the garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Serve over rice. Sprinkle with peanuts.

Nutrition Facts per Serving: (Serving size: 1/4 of recipe) Calories: 351, Fat: 11 g, Saturated fat: 3 g, Cholesterol: 64 mg, Sodium: 1,147 mg, Carbohydrate: 29 g, Fiber: 3.0 g, Protein: 32 g, Vitamin B12: 2.9 mcg, Iron: 4.1 mg, Zinc: 6.6 mg

Celebrate March National Nutrition Month

Eating Right for Older Adults

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Try these eating right tips:

Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Enjoy your food but eat less.

Older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

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

Adopted By: Academy of Nutrition and Dietetics

VOLUNTEER BIRTHDAYS! VOLUNTEER BIRTHDAYS!

Eve Parker 1st

Marilyn Matriccino 5th

Peter Jasinski 14th

Lo Lee 16th

Frank Barron 17th

Beth Sutphen 17th

Jody Meyer 24th

Marty Shangraw 26th

John Beebe 29th

If I missed any Birthdays for this month I apologize, if you would like your name in the Newsletter for your birthday please let me know!

Joke of the month!

off the mark by Mark Parisi
www.offthemark.com



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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

Mon-3/4	One Stroke Art Class-\$15 all materials provided	12:30 p.m.
Mon-3/4	Good Books Club- <i>"The Language Of Flowers"</i> by V. Diffenbaugh	1:00 p.m.
Tues-3/5	Eye Screening/eye health information-Glens Falls Association For The Blind	1:00 p.m.
Wed-3/6	EPIC Information	10:00 a.m.
Wed-3/6	Special Bingo-prizes, refreshments	1:15 p.m.
Mon-3/11	St. Patrick's Luncheon-Cost: \$7-Beef Stew etc.-Call to reserve	12:00 p.m.
Tues-3/12	High Peaks Hospice Information	1:00 p.m.
Wed-3/13	Movie <i>"The Descendents"</i> by George Clooney/Popcorn	1:00 p.m.
Mon-3/18	Defensive Driving Class-Call to reserve	9-5
Tues-3/19	Games and refreshments-bring a new game to teach	1:00 p.m.
Thurs-3/21	Lunch Bunch/ACC Culinary Arts	12:00 p.m.
Mon-3/25	Polymer Clay Class-\$5-Call to sign up, class limited to 6	1:00 p.m.
Tues-3/26	Victorian Tea favor session	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	9-10:30 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 for an appointment.

**Basket Raffle-need volunteers to donate baskets-deadline for delivery to Center February 15, call for details
 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: _____

JANUARY 15, 2013, 5:57 AM

Study: More to Meal Delivery Than Food

By PAULA SPAN

What's a simpler idea than Meals on Wheels? Older, lower-income people who have trouble driving, cooking or shopping -- or paying for food -- sign up with a local agency. Each day, volunteers or paid staff come by and drop off a hot lunch. Federal and state dollars and local charities foot the bill.

At the Mobile Meals of Essex headquarters in my town in New Jersey on a recent morning, staffers were stuffing slices of whole wheat bread, pints of low-fat milk and containers of sliced peaches into paper bags. Next, they would ladle the day's entree -- West Indian curried chicken with brown rice and broccoli -- onto aluminum trays.

Drivers in vans would fan out through the county, from downtown Newark through the sprawling suburbs, delivering the meals to 475 clients.

The benefit goes beyond food, of course. When his clients answer the door, often using walkers and canes, "I ask them how their morning's going," said a driver, Louis Belfiore, who would make 31 stops this day. "I give them their meal, I say, 'Have a good day.' They tell me, 'You have a nice day, too.'"

This may represent the only face-to-face social interaction some homebound people have in the course of a day. And if they don't come to the door, a series of phone calls ensues. "We've had people yell back, 'I'm on the floor and I can't get up.' It doesn't happen only in commercials," said Gail Gonnelli, the program's operations director.

Meals on Wheels advocates have always believed that something this fundamental - a hot meal, a greeting, another set of eyes - can help keep people in their homes longer.

But they didn't have much evidence to point to, until a couple of Brown University health researchers crunched numbers -- from Medicare, states and counties, the federal Administration on Aging and more than 16,000 nursing homes -- from 2000 to 2009, publishing their findings in the journal *Health Services Research*.

The connection they discovered between home-delivered meals and the nursing home population will come as welcome news (though not really news) to Meals on Wheels believers: States that spent more than the average to deliver meals showed greater reductions in the proportion of nursing home residents who didn't need to be there.

The researchers call these people "low-care" residents. Most people living in nursing homes require around-the-clock skilled care, and policymakers have been pushing to find other ways to care for those who don't. Still, in 2010 about 12 percent of long-term nursing home patients -- a proportion that varies considerably by state -- didn't need this level of care.

"They're not fully dependent," explained a co-author of the study, Vincent Mor. "They could be cared for in a community setting, whether that's assisted living or with a few hours of home care."

That's how most older people prefer to live, which is reason enough to try to reserve nursing homes for those who can't survive any other way. But political budget cutters should love Meals on Wheels, too. For every additional \$25 a state spends on home-delivered meals each year per person over 65, the low-care nursing home population decreases by a percentage point, the researchers calculated -- a great return on investment.

"We spend a lot on crazy medical interventions that don't have as much effect as a \$5 meal," Dr. Mor concluded. With this data, "we're able to see this relationship for the first time."

(Co-author Kali Thomas -- herself a volunteer Meals on Wheels driver in Providence, R.I. -- has compiled a state by state list, posted on the Brown University [Economic Web site](#), showing how much states could save on Medicaid by delivering home meals.)

Sadly, though, appropriations for home-delivered meals are not increasing. The program served more than 868,000 people in 2010, the latest numbers available. But federal financing through the Older Americans Act has been flat for most of the decade, while food and gas costs -- and the number of older people -- have risen.

Given current budget pressures, advocates hope they can just hold the line (the "sequester" cuts to the federal budget are still looming unless Congress and the White House can reach agreement on the debt limit and a spending plan). Already, "we've seen millions and millions fewer meals," said Tim Gearan, senior legislative representative at AARP. "Cuts from five-day service to three-day service. A lot more frozen food, which can be inappropriate for people who can't operate ovens and microwaves. It's been hard to watch."

My urban/suburban county, Ms. Gonnelli said, maintains a waiting list: There are always about 65 seniors who qualify for Meals on Wheels, but there is no money to provide the food.

It can be a big step for an older person or his family to acknowledge that they need this kind of basic help and apply. It must be difficult, I said to Ms. Gonnelli, who has run the program for 15 years, to tell applicants she can't help feed them.

"You have no idea," she said.

Paula Span is the author of "When the Time Comes: Families With Aging Parents Share Their Struggles and Solutions."

St. Patrick's Day

Q.1) St. Patrick was born in what country?

- A. Ireland
- B. England
- C. Wales
- D. Scotland

(correct answer)

Q.2) The first time St. Patrick's Day was celebrated in the U.S. was in 1737 in what city?

- A. New York
- B. Boston
- C. Philadelphia
- D. Chicago

(correct answer)

Q.3) St. Patrick's followers adopted the custom of wearing what on his feast day?

- A. a shamrock
- B. a green bow tie
- C. a rose
- D. a rainbow pin

(correct answer)

Q.4) Which one of the following is NOT a St. Patrick's Day tradition?

- A. wearing green
- B. drinking beer
- C. having parades
- D. women asking the men to dance

(correct answer)

Q.5) St. Patrick's Day has become a very popular celebration, especially in America. What is one theory as to why this is true?

- A. It is a prelude to Easter.
- B. It occurs just before the first day of spring.
- C. In honor of Patrick's many accomplishments
- D. St. Patrick promoted the drinking of beer.

(correct answer)

ANSWERS: 1-C, 2-B, 3-A, 4-D, 5-B,

WARREN COUNTY **OMBUDSMAN PROGRAM**

WHAT IS AN OMBUDSMAN?

Ombudsman is of Swedish origin, and means “citizen representative” or “one who speaks on behalf of others”. Mandated under the Older Americans Act of 1975, and amended in 2000, a Long Term Care Ombudsman works on behalf of a resident in a nursing home or adult care facility to resolve complaints. The resident may need help addressing problems because they are unaware of their rights, unaware of what the facility is required to do on their behalf by law, or are unable to independently work through the complaint process. More often the resident just needs someone to listen and care while advocating for an improvement.

Volunteers make a commitment of two-to-four hours a week to hear these concerns from many sources including residents, families, and friends.

REQUIREMENTS:

Volunteer Ombudsman are required to complete 36 hours of training to become New York State certified, along with 11 hours of pre-classroom training. A spring training is being planned for Tuesdays, April 23rd, April 30th, May 7th, May 14th, and May 21st, at The American Red Cross, 33 Everett Road Albany, NY.

IF INTERESTED CONTACT:

Harriet Bunker, Ombudsman Coordinator
Warren County Office for the Aging at (518)761-6347
for an application by April 1, 2013.

St. Patrick's Day

Customs and Traditions

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship.

Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, bishop of Auxerre for a period of twelve years. During his training he became aware that his calling was to convert the pagans to Christianity.

His wishes were to return to Ireland, to convert the native pagans to Christianity. But his superiors instead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second bishop to Ireland.

Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and



churches which would aid him in his conversion of the Irish country to Christianity.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated.

Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston.

Today, people celebrate the day with parades, wearing of the green, and drinking beer. One reason St. Patrick's Day might have become so popular is that it takes place just a few days before the first day of spring. One might say it has become the first green of spring.

The background features a collage of orange and brown geometric shapes, including three stylized suns with triangular rays and several upward-pointing arrows of varying sizes, creating a bright and positive atmosphere.

Sunlight Celebration

1st Annual Daylight Saving Fundraiser!

Benefiting: **Southern Adirondack
Independent Living Center (SAIL)**

**Winter blues got you down! Join us to
celebrate longer days and more daylight!**

**Date - Sunday, March 10th 2013 from 1:30 pm to 5:00 pm
At the West Glens Falls EMS 86 Luzerne Rd Qby**

Featuring "True Grit Outlaws": Modern Country Blues and Rock Music

Food available by donation! Enjoy a Chinese Auction, 50/50 Raffle, and dancing!

Come enjoy a **bright time together! Learn more about the services we offer
and about what people with disabilities can and are doing all around you!**

\$10 for individuals

\$15 for couples

Children under 12 come free

Famous Birthdays!

1st Mark-Paul Gosselaar –
Zack from Saved by the bell



6th Shaquille O'Neal-Basketball

22nd Reese Witherspoon-
Actress in many films including
“walk the line”



25th Elton John – Rock ‘n’ Roll
Legend

28th Reba McEntire-
Famous singer and Actor



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 #043 (Medium)

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

Sudoku #044 (Medium)

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

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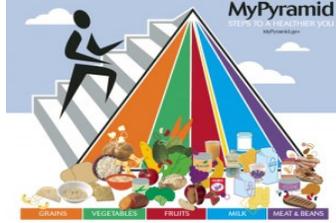
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Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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March 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>March is National Nutrition Month <i>Eat Right Your Way Every Day</i></p>			<p>March 1 Lemon Baked Fish Au gratin Potatoes Mixed Veggies Tropical Fruit Cup</p>
<p>March 4 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots</p>	<p>March 5 Beef Stroganoff over Noodles Italian Mix Veggies Chilled Pears</p>	<p>March 6 Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Peach Cobbler</p>	<p>March 7 Baked Lemon Chicken with Mushroom Sauce Sweet Potatoes Peas & Onions Chilled Pineapple</p>	<p>March 8 Soup of the Day (at congregate sites only) Tuna Salad on a Bun Pasta Salad Broccoli Salad Brownie</p>
<p>March 11 Shepherd Pie with Mashed Potatoes & Corn Green Beans Mandarin Orange</p>	<p>March 12 Chicken Reuben Rice Pilaf Broccoli Pudding of the Day</p>	<p>March 13 Chef's Choice</p>	<p>March 14 St. Patrick's Day Corned Beef/Cabbage Boiled Potatoes Carrots Birthday Cake</p>	<p>March 15 Quiche of the Day Scandinavian Blend Veggies Muffin of the Day Fresh Fruit</p>
<p>March 18 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple</p>	<p>March 19 Apple n' Onion Chicken Sweet Potatoes Spinach Strawberry Shortcake</p>	<p>March 20 Spring Begins Beef Stew Boiled Potatoes/Carrots Biscuit Chilled Peaches</p>	<p>March 21 Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad Garlic Bread Mixed Fruit Cup</p>	<p>March 22 Macaroni & Cheese Stewed Tomatoes Carrot & Raisin Salad Cookie of the Day</p>
<p>March 25 Chili/ Shredded Cheese Brown Rice Corn Mandarin Orange</p>	<p>March 26 Turkey Divan Broccoli Parsley Noodles Cranberry Crunch</p>	<p>March 27 Pork Chop/Applesauce Potato of the Day Carrots Pears</p>	<p>March 28 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert</p>	<p>March 29 Good Friday Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup</p>

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

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; Johnsburg-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