

**NEWSLETTER
FOR SENIORS**

May 2013



WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347 PHONE
DIRECTOR- CHRISTIE SABO
Toll Free Number 1(888)553-4994

Free Printable Sudoku Puzzles

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

Sudoku #047 (Easy)

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

Sudoku #048 (Easy)

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

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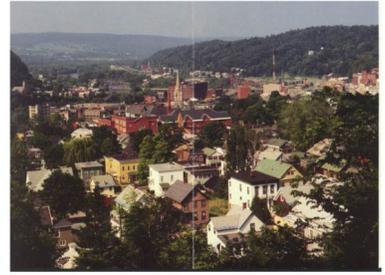
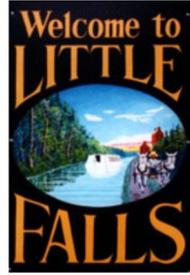
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Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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Little Falls & Erie Canal Cruise



Day Trip - Wed. June 12th - Deadline: Fri. 5/10

Call for Pricing 745-4439 or 761-8224

Travel west to the quaint town of Little Falls situated on the banks of the Erie Canal. Mayor Bob Peters will board our bus and give a guided tour of the town pointing out some of it's interesting architecture. There will be opportunity to visit some of local shops along with an antique center. An elegant lunch will follow at the Canal Side Inn. After lunch we proceed on to Herkimer, NY to board the Lil' Diamond for a (1) lock cruise. Come hear the history of the canal from it's origin in Rome, NY to it's current role today. Experience the thrill of being raised and lowered 20 feet inside lock 18.



Fine dining lunch included



Canal Cruise



Mild Moderate Active
ACTIVITY LEVEL



Motorcoach transportation



Driver Tip Included



Coffee stop

Costa Rica Trip

with Collette Vacations

9 Days/ 8 Nights, 14 Meals (8 breakfasts, 6 dinners)

Trip scheduled for Nov. 9th - 17th 2013

Highlights include:

San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, and National Theater.

Airfare included from JFK.

Full Itinerary available at the Queensbury Center

Cost \$1899 dbl, \$2299 single, \$1869 triple

\$250 deposit due with reservation, balance due in September

Rates valid until May 9th!

YMCA 12-2pm Monday May 20, 2013



NY Connects will be at the YMCA Healthy Seniors Event

ACTIVE OLDER ADULT HEALTH & WELLNESS DAY

Sample classes, CDPHP & Silver Sneakers information, light refreshments & more. Wear comfortable clothes and sneakers to participate in sample classes, such as Zumba Gold and Senior Pickleball. Bring a swimsuit and towel to the Glens Falls event to participate in the aqua fitness classes. Plus enter to win a \$100 Y gift card & get a FREE tote bag while supplies last!

Susan Dornan, NY Connects Coordinator from Warren/Hamilton County Office for the Aging will be at the Glens Falls YMCA to offer assistance. NY Connects toll free # is 1-866-805-3931. If you would like to find out how to get the help you need, have questions about housing options, questions on how to pay for long-term care, or just want to be part of a fun event, plan to attend this event.

JOKE OF THE MONTH



Volunteer Birthday's

Annie McMahon 1st

Anne Mabb 5th

Lorraine Springer 5th

Peter Fitzgerald 6th

Tom Ives 9th

Diane Frazier 21st

Joan Flanagan 23rd

Colbie Jarrell 24th



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
<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

Wed-May 1	Colonie Mall Trip-\$10 gas donation-call to sign up	9:15 a.m.
Fri-May 3	Bowling League lunch	11:30 a.m.
Mon-May 6	Good Books Club-discussing " <i>Lizzie's War</i> " by Tim Farrington	1:00 p.m.
Mon-May 6	Michigan Rummy-Come on in	1:00 p.m.
Tues-May 7	Luzerne lunch/fashion show-van leaves Center 11:15 a.m.	12:00 p.m.
Wed-May 8	Law Day-Legal questions answered	1:00 p.m.
Thurs-May 9	Racino Trek-Sign up immediately-space limited-gas donation \$6	9:15 a.m.
Mon-May 13	One Stroke Painting Class-\$15-all materials provided-call and reserve	12:30 p.m.
Tues-May 14	Spring Lunch-Montcalm Restaurant	12:00 p.m.
Wed-May 15	Special Bingo-refreshments, lots of games	1:15 p.m.
Mon-May 20	Singing group-everyone welcome	1:00 p.m.
Tues-May 21	Newcomers Welcome	1:30 p.m.
Wed-May 22	Defensive Driving Class	9 a.m.-5 p.m.
Thurs-May 23	Senior Theater Show-Wood Theatre-\$10 donation	1 & 7 p.m.
Wed-May 29	Movie/Popcorn-" <i>Argo</i> "	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/ Walking Club/Woodshop/Golfing/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

ITEMS AND JEWELRY NEEDED FOR OUR LAWN SALE ON JUNE 15th

**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: _____

Mothers Day Trivia Quiz

1. When was the first Mother's Day observed?

May 10th 1908

2. According to the Bible, who is the Mother of all the Living?

Eve

3. What is the highest officially recorded number of children born to 1 mother?

69, 67 of them survived infancy

4. How many women have babies in the average year?

4.0 million, about 450,000 are teens

5. What are the odds of a mother delivering twins?

1-in-33

6. What is the most popular month in which to have a baby?

August

7. Who is credited with founding Mother's Day?

Anna M. Jarvis

8. What flower symbolizes Mothers Day?

White Carnation

9. What was the first state to issue a proclamation for a day honoring mothers?

West Virginia

10. When was Mother's Day officially declared?

May 8th 1914

May is Osteoporosis Awareness Month



Osteoporosis is a disease that causes bones to become thin and weak, making them more susceptible to fractures, especially as people age. The rate of bone loss varies among individuals and is likely influenced by both genetic factors and lifestyle choices.

Are You at Risk?

Uncontrollable Risk Factors

- Being over age 50.
- Being Female.
- Menopause.
- Family History.
- Low Body Weight/Being Small and Thin.
- Broken Bones or Height Loss.

Controllable Risk Factors

- [Not Getting Enough Calcium and Vitamin D.](#)
- [Not Eating Enough Fruits and Vegetables.](#)
- [Getting Too Much Protein, Sodium and Caffeine.](#)
- [Having an Inactive Lifestyle.](#)
- Smoking.
- [Drinking too much alcohol.](#)
- Losing Weight.

*There are also [medications](#) and [diseases](#) that can cause bone loss and increase your risk of osteoporosis.

Steps to promote strong bones for life, including making healthy lifestyle choices such as:

- Eating a diet that includes plenty of fruits and vegetables.
- Choosing foods high in calcium, such as low-fat milk, yogurt and cheese; dried figs; salmon; canned sardines with bones; soy nuts; and cooked greens, including boy choy, dandelion, kale, mustard and turnip.
- Getting the recommended amount of vitamin D (which often requires a supplement).
- Engaging in exercise every day, through routine activities such as walking, climbing stairs, or dancing.
- Not smoking or quitting smoking, and limiting alcohol use.
- Taking safety precautions to avoid falls.
- Discussing bone health with a health care provider.

Recipes for Strong Bones

Broccoli, Ham and Cheddar Quiche



Makes 6 servings.

2 tablespoons tub margarine

1 medium yellow onion, peeled and chopped

1 can (12 fluid ounces) 2% reduced-fat evaporated milk

2 large whole eggs

2 large egg whites

1/4 cup all-purpose flour

1/4 teaspoon fresh ground black pepper

1 cup (4 ounces) 50% reduced fat Cheddar cheese, shredded and divided

1 cup finely chopped cooked ham (about 3 large deli ham slices)

1 10-ounce box chopped frozen broccoli, thawed or 2 cups cooked

- Heat oven to 350 degrees. Lightly coat a 10" pie pan with vegetable cooking spray.
- Heat margarine over medium heat in a medium skillet. Sauté onions until translucent.
- In a medium bowl, whisk together the evaporated milk, eggs, egg whites, flour and ground black pepper. Reserve.
- Sprinkle half the cheese (1/2 cup) and the ham in the pan. Top with onions and broccoli.
- Pour milk and egg mixture into pie pan. Sprinkle with remaining cheese.
- Bake for 35 to 40 minutes, or until knife inserted in center comes out clean. Cool on wire rack for 10 minutes before serving.

Per serving: 217 calories; 16 grams protein; 16 grams carbohydrate; 2 grams fiber; 10 grams fat; 4 grams saturated fat; 0 trans fat; 96 milligrams cholesterol; 473 milligrams sodium; 53 International Units Vitamin D; 323 milligrams calcium.

Potato Spinach Casserole



Servings: 6 (2.5" x 4" piece)

Looking for a way to get your grandkids to enjoy eating spinach? This cheesy concoction with a spinach and potato base will quickly become a family favorite.

Ingredients

12 ounces frozen hash browns, country style, thawed
½ cup finely chopped green pepper
½ cup finely chopped onion
½ tsp salt
½ tsp black pepper
1 can (12 ounces) evaporated milk, non-fat
¾ cup egg whites

½ cup cheese, reduced-fat sharp cheddar, shredded
½ cup cheese, reduced-fat Monterey Jack, shredded
1 packed cup washed and chopped, fresh spinach
½ cup chopped, fresh tomatoes

Directions

1. Preheat oven to 425 °F.
2. In large bowl, combine hash browns, green pepper, ¼ cup onion, salt, and ¼ tsp pepper.
3. Spray an 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, ¼ tsp pepper, cheeses, spinach, remaining ¼ cup onion, and tomatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust.
8. Bake uncovered until center is set, 40-45 minutes.
9. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.

Courtesy of: recipefinder.nal.usda.gov

Nutrition facts: per serving 180 calories 450 mg calcium 15 mg cholesterol 4 g fat

Senior Discounts

Restaurants		Age
Applebee's:	15% off with Golden Apple Card	60+
Arby's:	10% off	55+
Ben & Jerry's:	10% off	60+
Bennigan's:	Discount varies by location	60+
Bob's Big Boy:	Discount varies by location	60+
Boston Market:	10% off	65+
Burger King:	10% off	60+
Chick-Fil-A:	10% off or free small drink or coffee	55+
Chili's:	10% off	55+
CiCi's Pizza:	10% off	60+
Denny's	10% off 20% off for AARP members	55+
Dunkin Donuts:	10% off or Free Coffee	55+
Einstein's Bagels:	10% off baker's dozen of bagels	60+
Fuddrucker"s:	10% off any senior platter	55+
Gatti's Pizza:	10% off	60+
Golden Corral:	10% off	60+
Hardee's	\$0.33 beverages everyday	65+
IHOP:	10% off	55+
Jack in the Box:	up to 20% off	55+
KFC:	Free small drink with any meal	55+
Krispy Kreme:	10% off	50+
Long John Silver's	Discount varies by location	55+
McDonald's	Discounts on Coffee everyday	55+
Mrs. Fields:	10% off at participating locations	60+
Shoney's:	10% off	60+
Sonic:	10% off or free beverage	60+
Steak 'n Shake:	10% off every Monday & Tuesday	50+
Subway:	10% off	60+
Sweet Tomatoes:	10% off	62+
Taco Bell:	5% off; Free beverages for seniors	65+
TCBY:	10% off	55+
Tea Room Café:	10% off	50+
Village Inn:	10% off	60+
Waffle House:	10% off every Monday	60+
Wendy's:	10% off	55+
White Castle:	10% off	62+

May's Famous Birthdays!

**1st Tim McGraw- Country
Superstar, married to Faith Hill**



**4th Audrey Hepburn-“Breakfast
at Tiffany’s” star, worked for
Children’s rights**

**13th Beatrice Arthur - Actress on
“The Golden Girls”**

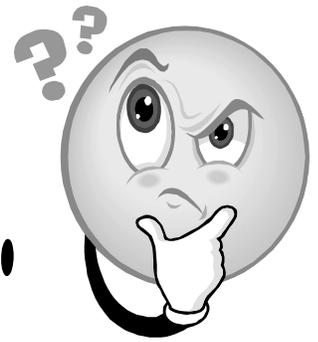


**23rd Drew Carey – Comedian of
his own show “Whose line is it
Anyway?”**

**28th Gladys Knight – With the Pips,
recorded “I Heard it Through the
Grapevine”**



Whats New with HHCAP...



OLDER AMERICANS MONTH 2013

May is Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. However, interest in older Americans and their concerns was growing. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a proud tradition. It shows our nation's commitment to honor the value that elders continue to contribute to our community.

This year's Older Americans Month theme – **“Unleash the Power of Age”** – emphasizes the importance to our communities by making an effort to applaud recent achievements of local elders. So during Older Americans Month, take the time to thank your relatives, friends and neighbors for work that they do everyday to support others and make enrich the lives of everyone around them.

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

Mother's Day Word Search

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

BREAKFAST	LOVE
CARD	MAY
CARNATIONS	MOMMY
CELEBRATE	MOTHERHOOD
CHILDREN	MOTHERS
DAUGHTERS	MUMMY
FAMILY	SECOND
FLOWERS	SONS
HAPPY	SUNDAY
HOLIDAY	TELEPHONE

May 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May is National Senior Citizens Month		May 1 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	May 2 Cold Plate Tuna salad on a Bun Pasta Salad Tomato Salad Spice cake	May 3 Apple N' Onion Chicken Sweet Potatoes California Medley Tropical Fruit Cup
May 6 Spaghetti & Meatballs Green beans Garlic Bread Chilled Pears	May 7 Chicken & Stuffing Casserole Long Grain & Wild Rice Italian Mixed Veggies Apricots	May 8 Beef Pot Pie with Potatoes & Veggies Brussels Sprouts Fresh Grapes	May 9 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Peach Cobbler	May 10 Happy Mother's Day Roast Pork/ Gravy Roasted Red Potatoes Broccoli Mother's Day Dessert
May 13 Breaded Haddock Augratin Potatoes Japanese Veggies Rice Pudding/Topping	May 14 Quiche of the Day Muffin of the Day Carrots Yogurt Parfait with Fruit & Granola	May 15 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Winter Squash Tropical Fruit Cup	May 16 American Goulash Tossed Salad Summer Squash & Zucchini Fresh Orange	May 17 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Marinated Veggies Cookie Bar
May 20 Chicken Cacciatore Whole wheat Penne Pasta Scandinavian blend Veggies Mandarin Orange	May 21 Pork Chops Sweet Potatoes Peas & Onions Apple Crisp	May 22 CHEF'S CHOICE	May 23 Meatloaf Mashed Potatoes Mixed Veggies Chilled Peaches	May 24 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Birthday Cake
May 27 Meal site Closed 	May 28 Baked Fish Scandia Rice Pilaf Italian Mix Veggies Tropical Fruit Cup	May 29 Chicken Pot Pie with Potatoes & Veggies Spinach Strawberry Shortcake	May 30 Cold Plate Chef Salad - (Turkey/Ham/ Swiss Cheese/ Lettuce) Broccoli Salad Ice Cream	May 31 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit

All meals served with 1% milk, bread, margarine, *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