

August 2014

**Warren - Hamilton
Counties
Office for the Aging**

**1340 State Route 9
Lake George NY 12845**

**(518) 761-6347
Toll Free Number 1 (888) 553-4994
NY Connects 1 (866) 805-3931**

WARREN COUNTY STAFF:

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CINDY CABANA - SPECIALIST SERVICES FOR THE AGING

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CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS

CECILY BURLINGAME - TYPIST / RECEPTIONIST

DINAH KAWAGUCHI - PART TIME TYPIST



**Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php**

Please contact Kayla Jarrell to be added to our email list.

(518) 824-8824 or jarrellk@warrencountyny.gov

OFA HIGHLIGHTS

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

Abigail Eichler, Hamilton County Department of Social Services and Susan Dornan, NY Connects, Warren-Hamilton Office for the Aging will visit with information on long term care supports and services, Farmers Market Coupons for those age 60 and over who income-qualify and an LED emergency flashlight for everyone. 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.

Wednesday, August 20 11am at Inlet Town Hall

Thursday, August 21 11:30am at Speculator Meal Site

Wednesday, September 10 11am at Wells Meal Site

NY Connects providing information & assistance to anyone of any age seeking long term care resources. We have information about Nursing Home Transition Diversion, Medicare Preventative Services, home health care, housing, transportation, support groups, home delivered meals, and much more. We hope to meet you!



Volunteers Needed

Meals on Wheels &
Transportation
Programs

Contact
Kayla Jarrell
-761-6347

VOLUNTEERS ARE THE  OF THE COMMUNITY

Join us as we showcase various non-profit organizations looking for passionate people who want to make a difference in the community.

This event will provide you the chance to explore opportunities and talk with non-profit representatives in a casual atmosphere. This event is for **YOU** if you are thinking about volunteering and for those who are already volunteering but want to see what other opportunities are available .

AUGUST 26, 2014 from 4 to 6 pm

The Glens Falls Home, Inc.

79 Warren St., Glens Falls

REGISTER TODAY call 518.793.1494

Participating programs: Big Brothers/Big Sisters, Glens Falls Hospital Guild, High Peaks Hospice and Palliative Care, House of Grace, Literacy NY, Office for the Aging/Meals on Wheels, Queensbury Seniors, Retired and Senior Volunteer Program, The Glens Falls Home, Inc. , and Washington County EOC.

Annual Senior Picnic

Wednesday, September 3rd, 2014

Reservations can be made through your

local Senior Club or Meal Site

before August 21, 2014

Tickets \$5.00

Please bring your own flatware

Time: 12:00

Elks BPOE # 81 Lodge
32 Cronin Road
Queensbury, NY

Joanie Fiore Flanagan's 2014 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 I was the top fundraiser for North Country Bike MS. My total for 2013 was over \$11,000. the support of my friends, family and business contacts,

Thank you in advance for your continued support. Help me meet my goal of \$14,000 in 2014!

The bike ride is Sept 20, 2014 at Burch Hill, Schodack, NY.

Please make checks payable to NMSS,
(National Multiple Sclerosis Society) and send to me

Joan Fiore Flanagan
22 Nottingham Dr.
Queensbury NY, 12804



To donate on line

please go to the MS web site at www.msupstateny.org, click on "Make a donation", then "Find a Participant" Type in "Joan" and "Flanagan" and "NY" state. Scroll down to "Donate Now" and follow the instructions.

The Warren-Hamilton Co. Office for the Aging is sponsoring:

"Saving Dollars on Medicare Makes Sense!"

Get Help Applying for Medicare Benefits YOU Might Be Missing Out On:

For Appointments & A List of What to Bring to apply for the Medicare Savings Program & Part D Extra Help:

Tuesday, September 23rd

**Glens Falls Senior Center
380 Glen Street, Glens Falls**

1:00 to 3:30 p.m.

Wednesday, September 24th

**The Salvation Army
37 Broad Street, Glens Falls**

1:00 to 3:30 p.m.

Walk-Ins Are Also Welcome.

**Please call (518) 761-6347 (Office for the Aging) or (518)793-2189
(the Glens Falls Senior Center)**

Provided by the Warren-Hamilton Co. Office for the Aging, the New York State Office for the Aging and the U.S Dept. of Health and Human Services, Centers for Medicare and Medicaid Services

6 Fun Activities That Count As Exercise

[Marlo Sollitto](#)
Contributing Editor

When you're caring for someone else, it seems there aren't enough hours of the day to get everything done. Of all the things you want to do in your "spare time," exercise might be the last activity on your list. Yet out of all the activities you could do, exercise may be the most beneficial because it can keep you from getting sick, help you sleep better, and increase energy throughout the day.

But if it feels like one more chore or routine that you don't look forward to, you are less likely to follow through on your good intentions. The good news is, you don't have to work out at the gym 5 days a week to get in shape. Although all exercise takes some effort, it doesn't always have to feel like work. So find some help watching mom or dad for a few hours a week, and take care of yourself.

Here are 6 ideas for ways to help make exercise feel more like fun, and less like work:

1) Enlist a friend

Find someone to be your exercise buddy. Don't choose just anyone: Pick someone who is full of energy, fun and who you look forward to spending time with. That way, you'll want to exercise just to be with your friend. Look for someone who's more committed than you, so they can keep you motivated.

2) Group Fitness

Group classes are a way to meet new people, and be motivated to go each time. Local Parks and Recreation departments or Community Centers offer low-cost group exercise programs, such as [yoga](#), tai chi, step aerobics and water exercise classes. They are a great way to improve flexibility, muscle tone and relaxation.

3) Take a Lesson

Get outside and learn a new skill. Book a golf or tennis lesson, and get to swinging. You'll not only burn calories, you'll also learn new skills and have fun.

4) Dance

Dance your way to better health. Square dancing or ballroom dancing are excellent ways to increase endurance and improve balance. The latest dance exercise craze is Zumba, a combination of Latin dance and exercise moves. Dancing enhances cardiovascular function and endurance, while practicing muscle memory routines effectively exercises the whole body. And simply put, it's fun.

5) Hang Out With the Kids

Drag the kids away from their cell phones and computers, and start a game of basketball, soccer or baseball. Form teams, make it a weekly competition, hold practice sessions, and maybe even come up with some prizes for the winners at the end of the "championship series."

6) Play Games

Think hanging out in front of the TV with a remote in your hand doesn't qualify as exercise? It does if you're playing a fitness game, like Wii Sports. Wii tennis consumes 179 calories per hour, and Wii boxing 174. Of course, those numbers are a fraction of the real-world activities (tennis is 318 calories per hour, and punching a boxing bag is 382) but it's better than if you had lounged on the couch munching on a bag of chips.

Exercise is Crucial for Caregivers

Of course, playing Wii doesn't really count as a balanced exercise regimen. Your goal is 30 to 40 minutes of moderately intense exercise three or more times a week – but every bit counts. So give yourself credit for seemingly small accomplishments, cut yourself some slack and have fun!

Whats New with HIICAP...



Medicaid Managed Long Term Care is Coming to Warren and Hamilton Counties

William Lane, Ph.D.

Subject to final Federal approval, Medicaid Managed Long Term Care (MLTC) is scheduled to arrive in Warren County on August 1 and Hamilton County the following month. Since MLTC will affect many residents living in both counties, I have decided to devote this month's column to MLTC.

The goal of the MLTC program is to provide consumers with choice and quality within a system of care management. From the perspective of the State and County taxpayers, cost control is also an issue. The Medicaid program in New York State spends almost 1 billion dollars per week.

What is Medicaid Managed Long Term Care?

Managed care is not new to New York as a significant number of residents have been in Medicaid managed care programs for their primary care for a number of years. Also, if you are part of a Medicare Advantage plan you are in managed care. MLTC expansion is expected to be completed across all counties in NY State by the end of the year.

Who is eligible to enroll in a MLTC plan?

Enrollment in a MLTC plan is mandatory for those who are "dual eligible" (eligible for both Medicaid and Medicare), over 21 years of age and need community based long-term care services for more than 120 days.

Enrollment in a MLTC plan is voluntary for those who are those 18 through 21 years of age and dual eligible and need community based long-term care services for more than 120 days.

Enrollment in a MLTC plan is voluntary for those who are non-dual eligible, over age 18 and have been assessed as nursing home eligible.

Will I still work with the Local Department of Social Services (LDSS)?

Once a consumer joins a Medicaid Managed Long Term Care Plan (Plan) all the functions formally carried out by the LDSS will now be the responsibility of the Plan.

What services are provided by a MLTC plan?

There are two types of MLTC plans available:

MLTC Medicaid Plans. These plans provide all the long term home care services that have been received by Medicaid recipients through the LDSS. All the services a consumer has been receiving through Medicare will still be provided through Medicare. For example, consumers will keep the same doctors they have been seeing. Plan members will have two insurance cards, a MLTC card for Medicaid services and the traditional red and blue Medicare card for primary health care.

Medicare Advantage Plus. Medicare Advantage Plus plans provide all Medicare and Medicaid services in one single plan. Plan members have one card for the Plan that covers all their services. Plan members will no longer need to use their traditional red and blue Medicare card.

How will I know if I need to enroll in a Plan?

Beginning in August all eligible Medicaid recipients in Warren County will receive a letter informing them they will need to enroll in a MLTC Plan. Recipients will receive a second letter with enrollment instructions. Recipients will have sixty days to enroll in the MLTC plan of their choice after receiving this second letter. Informational letters should go out to Hamilton County residents in September.

Who will assist me in enrolling in a Plan?

New York Medicaid Choice has been established to facilitate enrollment and protect the rights of consumers. New York Medicaid Choice has counselors available to assist residents in choosing the right Plan. Do not call them until you receive the enrollment letter with instructions. New York Medicaid Choice will connect consumers with representatives from the Plan of their choice. If consumers are not satisfied with the Plan they have chosen they can change plans at any time. The enrollment period is always open to make these changes.

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

August 21, 2014 is **THE FUN**
National Senior Citizens Day



August 1st Friendship Day

August 13th Blame Someone Else Day

Volunteer Birthdays

Pat Krucznicki— 12th
Joe Sullivan—12th
Sue Cartier—23rd
Frank Imbimbo—24th
Jacques Mazourex 25th

Famous Birthdays



Hear Ye, Hear Ye, Everyone!

On us you can rely,

We'll gather up these family pets:

The pigs stay in the sty.

The goldfish will be in their bowls,

The lions won't run free.

Snakes and hippos kept inside.

You have our guarantee.

The roosters won't get out of bed.

We'll muzzle up the mice.

Tie up all the crocodiles,

The penguins placed on ice.

No teddy bears will cause them harm,

Nor should they fear our shark.

Pandas, wolves and all giraffes

We'll dump in Crandall park.

So there you have it, You can tell

We love your volunteers as well!

- Anonymous

CENTER

Sudoku Puzzle

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

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
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1. SUMMER WORDS

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Answer:

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2. SUMMER FOOD

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Answer:

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off the mark

by Mark Parisi

www.offthemark.com

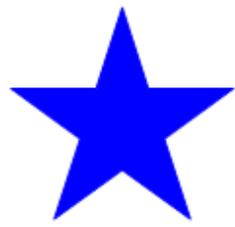
You MAY BE OLDER THAN YOU CARE
 TO ADMIT IF YOU CAN REMEMBER...



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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



Glens Falls Senior Center



SENIOR CEN

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

Visit our website at

<http://www.greaterglensfallsseniorcenter.com> for more information.

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

| | | |
|------------|---|-----------------|
| Fri-8/1 | "All Shook Up"-LG Youtheatre-\$10 ticket/with van \$12-sign up 1 week ahead | 9:30 a.m. |
| Mon-8/4 | Cemetery Tour-Historic Fort Edward-\$10-transportation/ice cream | 1:00 p.m. |
| Tues-8/5 | Dream Chat-exploring dreams | 1:00 p.m. |
| Wed-8/6 | Tiki Motor Inn-Polynesian Dinner Show-\$48 | 6:00 p.m. |
| Thurs-8/7 | Lunch Bunch at SPOT, downtown Glens Falls-order from menu | 12:00 p.m. |
| Fri-8/8 | Christmas Child Workshop | 1:00 p.m. |
| Mon-8/11 | One Stroke Painting Class-all materials provided \$15-call to reserve | 12:30 p.m. |
| Tues-8/12 | Bowling League meeting | 1:00 p.m. |
| Wed-8/13 | Defensive Driving Course-call to register | 9 a.m.-5 p.m. |
| Tues-8/14 | Craft Show and demonstration-drop in and participate | 12:30-3:00 p.m. |
| Fri-8/15 | Seagle Colony-"West Side Story"-call to reserve | 12:30 p.m. |
| Mon-8/18 | Special Bingo-refreshments, large cards available | 1:00 p.m. |
| Tues-8/19 | Film/Popcorn "Nebraska" | 1:00 p.m. |
| Wed-8/20 | Little Theater On The Farm, Fort Edward-"Broadway Tunes"-Cost: \$10 | 2:00 p.m. |
| Thurs-8/21 | Crandall Park Picnic-Cost: \$7 | 12:00 p.m. |
| Thurs-8/28 | "My Life My Story"-Booklet \$5 | 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 | 10:15- 11:00 a.m. |
| Mon-Thurs. | Osteo exercise program- Monday-Thursday-Sponsored by RSVP | 9:00-10:15 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/Woodshop/Golf/Crafts/Cards/Bingo & Much More. Trips include: Alaska Cruise, California Coastal, British Isles, and Irish Splendor.

Call Center for pricing and information on the upcoming trips and events or see on line.

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: _____

UPCOMING TRIPS!

BRITISH LANDSCAPES TRIP/PRESENTATION

April 23-May 2, 2015

Highlights: England, Scotland, Wales-welcome dinner in London, Tower of London, Big Ben, Houses of Parliament, Buckingham Palace, Cambridge/York-shopping. tour the University, Edinburgh's Hadrian's Wall, Holyroodhouse, Lake District, Stratford-on-Avon, Stonehenge, stay overnight in a castle, optional side trips-Scottish Night Put-banquet with Highland entertainment; Shakesperean evening- dinner in Croft's Hall, home of Shakespeare's daughter Susanna-tour and entertainment with works of Shakespeare. Cost: Double-\$3,449; Single \$4,049;- this is a \$250 savings by booking by October.

SPOTLIGHT ON NEW ORLEANS

September 10-18, 2015

Includes: 4 breakfasts, 2 dinners, round trip air from Albany, air taxes, fees/surcharges, hotel transfers, stay in Royal Sonesta Hotel in New Orleans for whole trip. Highlights: walking tour of French Quarter, St. Louis Cathedral, beignets at Café Du Monde, Louisiana cooking demonstration at New Orleans School of Cooking, jazz revue at Mayfield's Jazz Playhouse, Louisiana narrated swamp tour. Special presentation on this trip TBA. Cost: double-1899, sgl \$2299, tpl \$1869 Book by April 14, 2015 for this rate-\$100 savings

FALL FAIR

Saturday, October 4, 2014

HOUSE AND PORCH SALE

Offering Jewelry, Crafts, Collectibles, Baked goods, Thrift Shop, Boutique, Housewares, Books, Appliances and much more. Clean and useable items are now being accepted.

TER NEWS



QUEENSBURY SENIOR CITIZENS INC.
SENIORS ON THE GO!

Presents...

Old Forge Lake Cruises & ADK Scenic Railroad Wed. Oct. 1st



Step back in time to the late 1800's and take a cruise aboard the "Clearwater" following the old steamboat route through the Fulton Chain of Lakes as your captain brings the areas colorful history and folklore to life. Enjoy lunch at the Knotty Pine Restaurant, then ride the Adirondack Scenic railroad along the Moose River to Otter Lake while taking in the beauty of our autumn mountains. Enjoy a last stop at the Old Forge Hardware Store famous for its wide variety of goods or grab a slice of pizza two doors down before heading home.

Cost \$81pp



Cooperstown NY - Art & The Otesaga Nov 6th



Fenimore Art Museum

Houses the finest North American Indian Art collection
Special exhibits include Dorothea Lange's America
A photo essay of life in America well worth seeing.
Also on exhibit are the paintings of New York's history by LF Tantillo along with many other gorgeous works of art.

Joseph L. Popp Jr. Butterfly Conservatory

See & walk among tropical free-flying butterflies 7 birds from around the world in our 3,000 sq. ft. conservatory - home also to tropical plants, tortoises, lizards, frogs, and more. A great enchanting pick me up for a November day!

Lunch at the Otesaga Hotel

Cost \$79
Deadline: Wed. Oct 8th

Outstanding buffet lunch at the grand Otesaga Hotel perched on the edge of lake Otesaga. One of the nicest and most elegantly presented lunches we have experienced in all our group travel.



Sept. 11th 2014



Mac-Haydn Theater in Chatham NY "The All Night Strut" Musical Revue - Matinee

A classy, sassy musical celebration of the 1930's and 1940's. "The All Night Strut" struts it's stuff in a two act bonanza of the way things were during the depression, World War II and the post war boom. An afternoon filled with jazz, blues, bebop & classic songs such as "Ain't Misbehavin, In the Mood, Java Jive, Fascinating Rhythm, Tuxedo Junction" and a whole lot more.

Martin Van Buren National Historic Site "Lindenwald"

Tour the 36 room mansion of Martin Van Buren, the eighth president of the United States. Politics before the Civil war was a whirlwind of opposing interest groups. Van Buren was able to unite those groups becoming president in 1837. Learn more about our nations history!

Lunch included at Jacksons old Chatham House
A favored secret of locals

Cost \$77 per person



Niagara Falls & Toronto Sept. 22nd - 26th

Full itinerary available
For info call (518)745-44389
or (518)761-8224



Valid
Passport or
U.S. Passport
Card Required

Highlights:

4 Nights Lodging (Canadian side)
4 Breakfast 4 Dinners
Guided tours of Niagara Falls & Toronto
Journey to the falls Hornblower Cruise
Visits to: Niagara-on-the-Lake, Queen Victoria Park, Casa Loma (Canada's most magnificent castle)
Time for gaming at the Falls View Casino if so desired.

Cost \$479pp double \$638pp single

Queensbury Senior Citizens
Present

Laura ROTH



Doors open at 5:30pm

Cash Wine Bar

Show Starts at 7pm

WOOD THEATER
CHARLES R. WOOD THEATER

Friday Sept. 12th

A One Woman Entertainment Genius!
Performing in costume & character with amazing versatility, Laura Roth brings alive some of the greatest female entertainers of the twentieth & twenty-first centuries!

"A Show Stopper" Cost \$30

"One of the World's Leading Cabaret Singers"
- Show Business Newspaper

Tickets on Sale through the Wood Theater - Call 874-0800



Broccoli Spaghetti

Makes: 4 servings Start to Finish: 25 mins

Ingredients

6 ounces dried linguini
3 cups broccoli florets
1 15 ounce can cannellini beans (white kidney beans), rinsed and drained
1 10 ounce container refrigerated light Alfredo sauce
3 [cloves garlic](#), minced
½ cup croutons, coarsely crushed
¼ teaspoon crushed red pepper
Olive oil

Directions

1. Cook pasta according to package directions, adding broccoli the last 3 to 4 minutes of cooking; drain, reserving 1/2 cup of the pasta water. Return pasta mixture to pan; keep warm.
 2. Meanwhile, in a blender or food processor combine beans, Alfredo sauce, garlic, and the reserved pasta water; cover and blend or process until nearly smooth. Transfer to a small saucepan; heat through over medium heat, stirring frequently. Spoon sauce onto serving plates. Top with pasta mixture, crushed croutons, crushed red pepper and a drizzle of olive oil.
- Makes 4 servings.

Nutrition Facts (Broccoli Spaghetti) Per serving: 402 kcal cal., 12 g fat, 18 mg chol., 659 mg sodium, 60 g carb., 8 g fiber, 19 g pro.

Percent Daily Values are based on a 2,000 calorie diet

Grilled Summer Squash Caprese

Makes: 12 servings Prep: 20 mins Grill: 6 mins

Ingredients

3 pounds [yellow summer squash](#) (5 medium), cut lengthwise into 1/4-inch slices
5 tablespoons olive oil
1 teaspoon salt
½ teaspoon freshly ground black pepper
1 pint grape or cherry tomatoes, halved
½ cup fresh small basil leaves

Directions

1. Brush both sides of squash slices with 3 tablespoons of the oil; sprinkle with salt and pepper.
2. For a charcoal grill, grill squash, cut sides up, on the rack of an uncovered grill [directly over medium coals](#) about 6 minutes or until crisp-tender, turning once. (For a gas grill, preheat grill. Reduce heat to medium. Place squash on grill rack over heat. Cover and grill as directed.)
3. On a serving platter arrange squash, tomatoes, and basil. Drizzle the remaining 2 tablespoons oil over vegetables just before serving.

Nutrition Facts (Grilled Summer Squash Caprese) 80 kcal cal., 6 g fat, 0 mg chol., 200 mg sodium, 6 g carb., 2 g fiber, 1 g pro.

Adopted By: BHG

Keep Produce Out of the Garbage Bin

One of the most common excuses for not eating healthy is the cost. Luckily, there are some tried-and-true-tips to keep your healthy ingredient fresher longer.

Problem: Mushy Bananas - Solution: Wrap tops of bananas in plastic wrap.

A handful of fruits emit ethylene gas to ripen themselves — and [bananas](#) are one of them. If you know you won't be able to eat the entire bunch within a few days, simply wrap the stems (where most of the gas is released) tightly in plastic wrap. This helps reduce the amount of ethylene emitted, slowing the ripening process and keeping the fruit fresh for a longer period of time. The gas also causes other fruits and veggies to ripen more quickly, so this trick will help prevent nearby produce from going bad as well.

Problem: Rubbery Celery - Solution: Wrap in aluminum foil and store in the fridge.

Celery is one of those veggies that can quickly go from crisp and crunchy to rubbery and tasteless, but you can lengthen the life of this vegetable by taking a few extra minutes to store it properly. After separating, washing, and drying the stalks, wrap them tightly in aluminum foil. This keeps the air out and moisture in, but still allows the ethylene gas to escape (as opposed to plastic bags, which trap it in), slowing the ripening process and keeping the veggie fresh for up to a few weeks.

Problem: Limp Lettuce - Solution: Line the bottom of your refrigerator's crisper drawer with paper towels.

To lengthen the shelf life of leafy greens as well as other produce in your fridge, line the crisper drawer with paper towels. Moisture in the

fridge is what causes most fruits and veggies to lose their crisp texture and start to soften and go bad. By lining your fridge's veggie drawer, you'll absorb excess moisture and keep fresh produce crunchy for an extended period of time.

Problem: Moldy Berries -

Solution: Wash berries in a vinegar bath before refrigerating.

Blueberries, strawberries, and raspberries are now in season, the low prices make it tempting to pick up a large container — but if you don't gobble them down quickly, berries can quickly soften and begin to mold. To extend their shelf life, rinse the berries in a vinegar bath (one part vinegar to three parts water), then rinse again with just water to remove any vinegar taste. Once dry, place the berries back in their container and store in the fridge. The vinegar kills bacteria on the berries, which helps prevent mold growth and keeps them fresher, longer.

Problem: Sprouting Potatoes -

Solution: Throw an apple in with your potatoes.

The downside of keeping a large bag on potatoes stored for an extended period of time begin to sprout. Keep your spuds ready-to-eat by storing in a cool, dry place, as sunlight and moisture encourage sprouting. Another trick: Throw an apple in with the potatoes. While scientists have mixed opinions about whether this actually rings true, many claim that adding an apple to the bag does indeed delay the sprouting of potatoes, adding weeks to their shelf life. Give it a try yourself and you be the judge.

Problem: Slimy Mushrooms -

Solution: Keep mushrooms in a paper bag, not plastic.

To keep mushrooms meaty and fresh for as long as possible, it's all about how you store them in your kitchen. When we get veggies home, it's a habit to reach for plastic bags, but for mushrooms, paper should be your go-to. Plastic traps in moisture that causes mushrooms to mildew; opting for paper allows the vegetable to breathe and for moisture to escape, slowing the rate at which they begin to decay.

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: Everyday Health

Grilled Corn Salsa



Serving Size: 1/4 cup Yields: 2 cups
Prep: 25 mins Chill: 2 hrs Grill: 12 mins

INGREDIENTS

4 ears corn, husks and silks removed
Nonstick cooking spray
½ of a medium red [sweet pepper, seeded](#) and chopped
1/3 cup chopped [red onion](#) (1 small)
1 fresh jalapeno [chile pepper](#), seeded and chopped
¼ cup snipped [fresh cilantro](#)
2 tablespoons lime juice
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon ground black pepper
Lime wedges (optional)

Directions

The day before:

1. Coat corn with cooking spray. For a charcoal grill, [grill corn](#) on the rack of an uncovered grill [directly over medium coals](#) for 12 to 16 minutes or just until tender, turning frequently. (For a gas grill, preheat grill. Reduce heat to medium. Place corn on grill rack over heat. Cover and grill as above.)
2. Remove corn from grill. When cool enough to handle, [cut kernels from cobs](#). (You should have about 2 cups kernels.)
3. In large bowl combine corn kernels, sweet pepper, red onion, chile pepper, cilantro, lime juice, oil, salt, and black pepper. Cover and chill overnight.
4. If desired, garnish with lime wedges. Tote salsa in an insulated cooler with ice packs. Serve with grilled or broiled meat, poultry, or seafood, or as a dip with fresh vegetables and/or tortilla chips.

Nutrition Facts (Grilled Corn Salsa): 99 kcal cal., 4 g fat, 157 mg sodium, 15 g carb., 2 g fiber, 3 g pro.

Percent Daily Values are based on a 2,000 calorie diet

Adopted By: BHG

August 2014

Warren/Hamilton Counties Office for the Aging

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| Suggested contribution \$3 per meal. | | | | August 1 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie |
| August 4 Breaded Haddock Au gratin Potatoes Japanese Veggies Pudding | August 5 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange | August 6 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches | August 7 American Goulash Tossed Salad Asparagus Fresh Fruit | August 8 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Berry Crisp |
| August 11 BBQ Pork Rib Potato of the Day Coleslaw Chilled Pears | August 12 Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup | August 13 Meatloaf Mashed Potatoes Peas & Onions Peach Cobbler | August 14 Cold Plate Chef Salad -(Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies BirthDay Cake | August 15 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit |
| August 18 Swedish Meatballs Noodles Broccoli Sliced Pears | August 19 Baked Fish Scandia Orange Rice Pilaf Italian Veggies Strawberry Shortcake | August 20 Sloppy Joes on a Bun Summer Squash & Zucchini Casserole Corn Mandarin Orange | August 21 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Pineapple Upside Down Cake | August 22 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Grapes |
| August 25 CHEF'S CHOICE | August 26 Quiche of the Day Muffin of the Day Mixed Veggies Yogurt Parfait with Fruit & Granola | August 27 Spanish Rice Broccoli Corn Bread Chilled Apricots | August 28 Sausage Pasta Garlic Bread Cauliflower Tossed Salad Fresh Fruit | August 29 Labor Day BBQ BBQ Chicken Hush Puppies Baked Beans Labor Day Dessert |

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.**

Meal site Numbers:

Bolton-644-2368;
Indian Lake; 648-5412;
Lake Pleasant-548-4941;
Soloman Hgts Qby --832-1705

Cedars-832-1705;
Johnsburg-251-2711;
Long Lake-624-5221;
Warrensburg-623-2653;

Chestertown-494-3119
Lake Luzerne; 696-2200
1st Presb. Church GF --832-1705
Wells-924-4066