
December 2014

WARREN COUNTY STAFF:

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SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NY CONNECTS

NANCY ROSEN — RECEPTIONIST

DINAH KAWAGUCHI—PART TIME TYPIST

***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***



**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

Newsletter for Seniors

OFA HIGHLIGHTS

Full Circle America Home Monitoring Program available for our area

Aging in Place has become the reigning idea for long term care. Most seniors want to stay in their own homes as long as they can, and now insurance companies and the government, as the provider of Medicaid, realize that this is much less expensive, and needs to be considered as a primary option in long term care. If a senior can manage with less than 24 hours of day coverage, staying at home is often a better option.

Aging in Place-Glens Falls has arranged a partnership with Full Circle America to provide for its members a way to stay at home longer, even when they need some regular outside help. Dr. Teel, founder of Full Circle America, and author of "*Alone and Invisible No More*" calls his program "Virtual Assisted Living." One can have the services normally associated with assisted living, and still have the comfort of living in your own home.

This includes having a care circle of family, friends and neighbors, including some home health aides, and a number of monitors in the home which can detect a fall or some other emergency in time to get help. What often works best when the help needed is more than volunteers can provide is to have a home aide present for several hours each morning, and again in the late afternoon. The morning aide can help with dressing and breakfast, be a companion, and assist with preparing lunch before they leave. The late afternoon aide can assist with preparing the evening meal and getting ready for bed. If there is a family member present for overnight, they can often fulfill these roles.

The monitoring consists of a series of motion detectors and cameras. The cameras (usually two) would be in the primary living area, and in the sleeping area. There would also be motion detectors in the bathroom and kitchen, and on the main doorway to the house. These monitors would help detect a fall if the person got up to go to the bathroom at night, as well as anyplace in the house during the day. The door monitor could trigger an alert if there was a danger of the person wandering away from home and getting lost. Additional monitors could be placed in a larger home.

The cost of such a program is only \$100 per week (\$400 per month). Home aides would cost from \$15 to \$25 dollar per hour depending whether it is managed privately or through an agency. Medicaid will now cover the cost of home aides, if the person has a disability level which would qualify them. So far Medicaid or Medicare does not pay for the home monitoring, though there are hopes this will happen in the future. Assisted Living would cost between \$4,000 to 5,000 a month, so this can be a great saving.

Persons who would like to explore utilizing this service can call Harvey Noordsy, Board President of Aging in Place-Glens Falls at 798-0330, or Diane Collins RN, Care Coordinator, at 792-2811.

Plan to attend "Caring for Ourselves" supportive group for caregivers. We meet 11 am-noon the following Wednesdays at The Glens Falls Home, 79 Warren St, Glens Falls:

December 10, 2014

January 7, 2015

January 21, 2015

February 4, 2015

February 18, 2015

*For more information contact Susan at 1-866-805-3931

Join us Tuesday, Dec 9

Please join us for our breakfast meeting at 10am at The Glen at Hiland Meadows. We will talk about progress made and what topics we would like to focus on in 2015. Civic engagement, faith communities, housing, transportation, homecare, and preparing for emergencies are some of our ideas...and we are interested in your ideas! The meeting is open to anyone interested in making a difference in our communities. For more information, contact Susan Dornan, NY Connects Coordinator at 1-866-805-3931.

REQUESTING NOMINATIONS

SENIOR OF THE YEAR

AND

OUTSTANDING CONTRIBUTION BY A SENIOR

Do you know a senior who goes above and beyond to help others? Someone who gives their time and energy to worthwhile projects or organizations? A person others count on?

Why not recognize this individual for their efforts with a nomination for the 2015 awards? Winners will be recognized locally and by the NYS Office for the Aging at an event in Albany on May 5th.

Information and nomination forms are available from your local senior club, meal site or contact the Office for the Aging at 518-761-6347.

Don't delay; nomination forms must be received by

January 16, 2015!!!

Training for Caregivers



Alzheimer's Disease and Memory
Related Disorders

Presented by:

SOUTHERN ADIRONDACK INDEPENDENT LIVING

FREE Four Part Series
1-3:30 pm

- Jan.8th **Alzheimer's Disease:
The Basics**
- Jan.15th **Behaviors and
Communication**
- Jan.22nd **Safety and
Wandering**
- Jan.29th **Activities**



*Pre registration is required.
Call 792-3537 to register.
Memory activity kits will be available
for loan through the TRAIID program.
This series is available through a
grant from the Leo Cox
Philanthropic Foundation.*

Volunteers Needed

Meals on Wheels &
Transportation Programs

Contact **Kayla Jarrell**

761-6347

SUBSTITUTES NEEDED

Warren/Hamilton County
Office for the Aging
Meal Sites

Contact RoseAnn O'Rourke
for more information

(518)761-6347

Whats New with HIICAP. .

HIICAP Year End Round-Up

William Lane, Ph.D.

As the year winds down it is time to review the past year and look forward to 2015.

Medicare Part D Open Enrollment.

By the time many of you read this newsletter the Medicare Part D open enrollment period will have ended on December 7th. HIICAP Director Harriet Bunker reported that by mid-November the Program had already counseled almost twice as many clients as in the fall of 2013.

Medicare Advantage Disenrollment

Period. From January 1 through February 14 of next year you can leave your Medicare Advantage Plan and change back to Original Medicare with or without also selecting a separate stand-alone Medicare drug plan. You can't make changes to your plan if you already have Original Medicare and you can't change from one Medicare Advantage Plan to another. The only thing you are allowed to do is "dis-enroll" from your Advantage Plan and return to Original Medicare during this special period.

Other Special Enrollment Periods.

For most Medicare recipients the fall Medicare Open Enrollment Period is the only time you can change your coverage. However, as with the Medicare Advantage Disenrollment Period noted above, there are several special enrollment periods. If you lose creditable coverage through no fault of your own, you enter a skilled nursing facility, or qualify for Extra Help in paying for either Medicare, Part D coverage, or both, you will qualify to make changes in your coverage during a special enrollment period. These are only a few of the extraordinary situations where you may be allowed to make changes in your coverage beyond the traditional fall open enrollment period. If you experience any problems with your coverage during the year, or have any questions about your benefits, contact the Warren/Hamilton Counties HIICAP program at (518) 761-6347. Counselors are available throughout the year to answer your questions and/or provide assistance.

2015 Cost of Living Increase for Social Security.

Next year will mark 80 years since Social Security was passed by Congress in 1935. The Social Security Cost of Living Adjustment (COLA) will increase next year by a modest 1.7 percent, up slightly

from this year's 1.5 percent increase. This increase will impact the nearly 59 million Americans who are currently receiving benefits. Social Security provides income support to over 41 million retired workers, 6 million survivors of deceased workers and 11 million workers with disabilities and their dependents. While many continue to worry about the future of Social Security, with over \$2.8 trillion in assets Social Security benefits will be paid far into the future.

Medicare and You 2015. Remember that many of the answers to your Medicare questions can be found in *Medicare and You 2015* published by the Centers for Medicare and Medicaid Services. This publication is sent to every Medicare beneficiary each fall.

Preventive Services. Keep in mind that Medicare now covers a number of preventive services, including a yearly "wellness" visit to your physician, flu shots and the pneumococcal vaccine. For a full list services see page 61 of *Medicare and You 2015*.

Keeping Track of Medicare Information on-line. One way to keep track of your medical records is to go to www.MyMedicare.gov and set up an account. To register you will be asked a set of initial enrollment questions. You can manage your personal health information, receive an electronic version of *Medicare and You* instead of the paper version, review and change your personal drug list and pharmacy information, and much more. Once you enroll you can gain access to all your personal health information using the Blue Button on the website. See pages 135-136 of *Medicare and You 2015* for step-by-step instructions.

HEAP Closing Date Changes. Finally, while not part of the HIICAP program, the Home Energy Assistance Program (HEAP) is one of the most important programs supporting residents in the North Country. This year the regular HEAP season opened on November 17 and is expected to close on December 31, 2014. This is earlier than in past years. Don't wait too long to file your application.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.

Mom's Coming to Live With Us: How Should I Prepare My Family?

[Carol Bradley Bursack](#), Expert

Author, speaker, columnist and eldercare consultant

Decades ago, having Grandma come to live with the younger generations was fairly common, and it often worked well. It did for my family. When my brother and I were teenagers and our little sister a toddler, our grandmother came to live with us. Grandma was crippled by rheumatoid arthritis and could no longer live alone.

My parents built a house that would accommodate the different generations, with some privacy for all, and Grandma came to live with us. The home wasn't huge by today's standards, but it was nice and well designed for our needs. The arrangement worked.

One big reason it worked was that Mom did not work outside the home, which was common in those days, so there was nearly always someone home with Grandma. Also, I was a born caregiver and filled the caregiver's shoes for both my toddler sister and my crippled grandma – with joy. Alas, I didn't know then that decades of my life would be spent as a caregiver, but that is another story.

These days, having grandma move in with the family is still an option for some families, but it has become more complicated. First of all, there are fewer families with a stay-at-home adult in the home. This is where a great deal depends on Grandma's health. I know of one family where the dad is single. He has

custody of his two young sons most of the time, and his mother has moved in. For the most part, Grandma is actually a help with the boys. Yes, she has her issues, and there has been some adjusting on all sides. But with Dad's odd hours and Grandma still fairly capable, it's a situation that works well for all.

At least for now. But, what if Grandma's health began to fail? What if Grandma was in mid-stage Alzheimer's disease? Would this still work? It might. If the whole family is well prepared, the arrangement could still be fine. In this instance, the kids are getting used to having their grandmother live with them while she is still quite healthy. That should help with the transition, as they grow older and Grandma grows more frail. There will be some switching of roles, I expect, as time moves forward.

How you would prepare for an elder to move into your home would depend somewhat on the age of the children, if any are still living at home. Also, it would depend on the elder's health. Should the kids expect that Grandma is in charge when Mom and Dad aren't home, or should they be taught that they will be in the role of caregiver? There's a big difference and this needs to be discussed with the family ahead of time.

Often, as in the case above, there is a single adult child with children when the elder moves in. Sometimes, of course, there is a marriage to consider. All of these dynamics should be acknowledged and openly addressed, preferably giving examples of issues that could pop up and throw everyone off kilter.

THE FUN Volunteer Birthdays

Lynelle Mykins— 1st

Joan Morris—6th

Gail Connor—12th

Pete Cartier —19th

Brad Campinell—30th



Gene Casella—6th

Angela Cotugno—12th

Bob Diamond—13th

Joan Bovee—25th

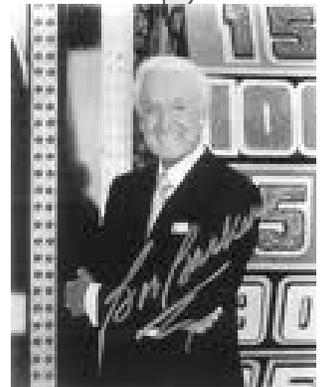
Famous Birthdays



Dec. 3 – Anna Chlumsky



Dec. 5 -Walt Disney



Dec. 12 - Bob Barker

In *Frosty the Snowman*, who brought Frosty back to life?

Santa Claus

What song is full of threats and warnings about Santa Claus?

“Santa Claus Is Comin’ to Town”



During the Christmas buying season, Visa cards alone are used an average of 5,340 times every minute in the United States.

CENTER

Emergency Kit Supplies

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

- | | | |
|------------|---------------|---------------|
| Water | Food | Flashlight |
| Batteries | First Aid Kit | Medication |
| Can Opener | Cash | Records |
| Tools | Radio | Blankets |
| Keys | Whistle | Two way radio |

SANTA'S REINDEER

L P L U

E G H I L S

C E M O T

A C D E N R



Answer:

Sudoku Puzzle

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

Finding our names in the word search may be a challenge however we at Office for the Aging are easy to find!

We are here to help you and welcome your calls and visits for information and assistance.

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



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

Mon-12/1	Good Books Cub- <i>"Dewey The Library Cat"</i> - By Vickki Myron	1:00 p.m.
Tues-12/2	Christmas Trivia Day-test your knowledge of the holiday	1:00 p.m.
Wed-12/3	HEAP application session	10-11 a.m.
Wed-12/3	Special Bingo-refreshments and fun-wear holiday colors	1:00 p.m.
Mon-12/8	One Stroke Art Class-Cost: \$15, holiday project	12:30 p.m.
Tues-12/9	Michigan Rummy-game day	1:00 p.m.
Wed-12/10	Christmas party/The Towers -Call to sign up by December 5 th	12:00 p.m.
Thurs-12/11	Rehab information-Glens Falls Hospital speaker	1:00 p.m.
Fri-12/12	Children's Awareness Museum- <i>"Kaleidoscope"</i> -Admission \$5-Van trip	1:00 p.m.
Sat-12/13	McKrell's holiday show/Saratoga-fundraiser for GF Senior Center-Cost: \$20/van \$26	7:00 p.m.
Mon-12/15	Center Line Dancers perform	1:00 p.m.
Wed-12/17	Tea and Treats-Cost: \$4, call Center to sign up	1:00 p.m.
Mon-12/22	Afternoon of Humor-bring stories and jokes	1:00 p.m.
Tues-12/30	New Year's party	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/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. **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 _____

Return For Raffle Box

\$1.00

Donation

\$1.00

To Benefit the GREATER GLENS FALLS SENIOR CENTER
 Drawing: December 10, 2014/Christmas Banquet

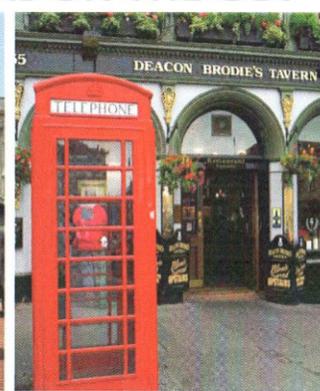
PRICE CHOPPER GIFT CERTIFICATES

- 1st prize-\$100
- 2nd prize-\$75
- 3rd prize-\$75
- 4th prize-\$50



Contributions are not mandatory to be eligible to win.
 Contributions are voluntary and tax deductible.

TRAVEL NEWS



Edinburgh Castle, home of the Scottish Crown Jewels. **You will get a glimpse of what life is like for the royals during your visit to the Palace of Holyroodhouse****, the Queen's official residence in Edinburgh and once the home of Mary, Queen of Scots. Your evening is at leisure to sample one of Edinburgh's fine restaurants and perhaps take an evening stroll through Princes Street Gardens to view the illuminated castle. (B)

Day 7: Friday, October 9, 2015
Edinburgh - Border Region - York, England Today you head south through Scotland's rolling Border region back to England. **Stretching across the country you will find Hadrian's Wall which once marked the northern border of the Roman Empire.** Stop to see this ancient fortification that was begun in AD 122 to protect Roman Britain from the tribes of Scotland. Later, stroll through the medieval city of York. See the famous Minster and walk on the "Shambles," a quaint, narrow street that appears today almost as it did during the Middle Ages. Here you'll find great shopping and a street

that is so narrow in parts that you can almost reach both sides with your outstretched arms. Tonight, stay within the city's historic walls. (B)

Day 8: Saturday, October 10, 2015
York - Stratford-upon-Avon Journey to Stratford-upon-Avon, your home for the next two nights and birthplace of William Shakespeare, England's most famous playwright. **Walk in Shakespeare's footsteps, visiting his birthplace as well as Anne Hathaway's thatch-roofed cottage, the childhood home of the author's wife.** (B)

Day 9: Sunday, October 11, 2015
Stratford - Stonehenge - Cotswolds - Stratford Complete your visit to Britain with a trip to Stonehenge. Start your day at this mystical and fascinating site before traveling through some of England's most beautiful countryside. Explore the picturesque villages of the Cotswolds region. Tonight, join your fellow travelers for a private farewell dinner at Hall's Croft, a 400-year-old Shakespeare-family home. As traditionally costumed actors perform some of the playwright's most

Highlights... London, Oxford, North Wales, Lake District, Edinburgh Castle, York, Stratford-upon-Avon, Stonehenge, Cotswolds

Day 1: Saturday, October 3, 2015
Overnight Flight Feel the vibrant energy of England, hear the unique sounds of Scotland and see the rolling countryside of Wales on a trip that combines the exploration of dramatic history and natural wonders.

Day 2: Sunday, October 4, 2015
London, England - Tour Begins Your tour opens in London, the cosmopolitan and historic capital of Britain. This evening, join your fellow travelers for a welcome dinner. (D)

Day 3: Monday, October 5, 2015
London This morning, see the quintessential sights of London hosted by a local guide. View Buckingham Palace, the Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey, and the changing of the guard (if held)*. London has one of the best live theatre scenes in the world. This evening, perhaps you will choose to join an optional dinner at Simpson's-in-the-Strand, followed by one of the city's spectacular theater performances. (B)

Day 4: Tuesday, October 6, 2015
London - Oxford - Wales Today you visit Oxford, home of the famous university which is more than 800 years old. End your day with an overnight stay in beautiful Ruthin Castle, situated in the north of Wales. (B, D)

Day 5: Wednesday, October 7, 2015
Wales - Lake District, England - Edinburgh, Scotland Travel through the picturesque English Lake District. In the heart of the Lake District, visit the charming village of Grasmere, home of the poet William Wordsworth. Continue to Scotland where your first stop is at the border town of Gretna Green, where generations of runaway couples came to be married. Today's final destination is Edinburgh, the "Athens of the North." Enjoy discovering Scotland's exciting capital city which is rich in scenic beauty and culture. (B, D)

Day 6: Thursday, October 8, 2015
Edinburgh Enjoy a locally-guided tour of Edinburgh that includes a visit to

Book Now

see please note section for details

Double \$3,699 *

Single \$4,349; Triple \$3,669

Regular rates:

Double \$3,899

Single \$4,549; Triple \$3,869

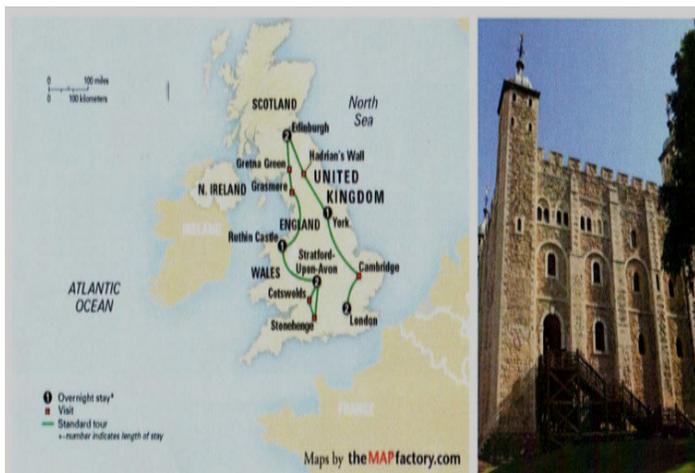
Included in Price: Round Trip Air from Albany Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$260 per person

* All Rates are Per Person and are subject to change

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

Book Now & Save \$200 Per Person



10 Days • 12 Meals: 8 Breakfasts, 4 Dinners

Four-Cheese Stuffed Mushrooms

These stuffed mushrooms are decadent but surprisingly healthy. Mushrooms can be considered a superfood, given the wide variety of benefits they offer: They're the only source of vitamin D in any fruit or vegetable, they're high in zinc, and they guard against cancer, high blood pressure, high cholesterol, and viral disease. Go ahead and serve seconds!

Quick Info: **24** Servings

Prep Time: 20 mins **Cook Time:** 8 mins **Total Time:** 28 mins

Ingredients

- 24 large mushrooms
- 1 tablespoon oil, olive
- 8 tomato(es), sun-dried
- boiling water
- 1 cup(s) cheese, ricotta, low-fat
- 1/2 cup(s) spinach
- 1/2 cup(s) cheese, shredded Monterey Jack
- 3 tablespoon cheese, grated Parmesan
- 2 clove(s) garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1/2 cup(s) cheese, feta, crumbled
- 1 tablespoon basil, fresh
- basil, fresh

Preparation

1. Preheat oven to 350°F. Remove and discard mushroom stems. Brush mushroom caps with oil. Arrange in a shallow baking pan, stem sides down. Bake for 12 minutes. Drain off any liquid. Increase oven temperature to 450°F.
2. Meanwhile, in a small bowl, cover dried tomatoes with boiling water; let stand for 10 minutes. Drain tomatoes, discarding liquid. Coarsely snip tomatoes. In a medium bowl, combine snipped tomatoes, ricotta cheese, spinach, Monterey Jack cheese, Parmesan cheese, snipped basil, garlic, salt, and pepper. Turn mushroom caps stem sides up; fill caps with ricotta mixture. Sprinkle feta cheese over tops.
3. Bake filled caps in the 450° oven for 8 to 10 minutes or until heated through and lightly browned. If desired, garnish with basil leaves.

Nutritional Info (Per serving): Calories: 42, 1g, Sodium: 105mg, Dietary Fiber: 0g, Total Fat: 3g, Carbs: 2g, Sugars: 1g, Cholesterol: 8mg, Protein: 3g **Exchanges:** Medium Fat Meat: 0.5

Recipes source: Everyday Health

Smart Substitutions for Healthy Holiday Eating

Healthy holiday eating has become easier. Try some of these smart substitutions and enjoy healthier versions of your favorite holiday meals.

The American Heart Association has released a new [Holiday Healthy Eating Guide](#) which features easy ways to create healthy meals and add physical activity into your holiday celebrations.

Here are some smart substitutions that they suggest for your favorite holiday meals:

Baking

- ◆ Instead of butter, substitute equal parts cinnamon-flavored applesauce.
- ◆ Instead of sugar, use a lower-calorie sugar substitute.
- ◆ Instead of whole or heavy cream, substitute low-fat or skim milk.
- ◆ Instead of using only white flour, use half white and half whole-wheat flour.
- ◆ Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- ◆ Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking

- ◆ Use vegetable oils such as olive oil instead of butter.
- ◆ Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.
- ◆ Use whole-grain breads and pastas instead of white.
- ◆ Bake, grill or steam vegetables instead of frying.
- ◆ Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

Beverages

- ◆ Instead of alcohol in mixed drinks, use club soda.
- ◆ Instead of adding sugar to mixed drinks, mix 100 percent juice with water or use freshly squeezed juice, like lime.
- ◆ Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- ◆ Instead of using sugar to sweeten cider, use spices and fruit, like cinnamon, cloves and cranberries.

Apple and Cranberry Turkey Roulade

Prepare the filling, stuff the tenderloins, roll, and tie them a day ahead. Let them stand at room temperature for 20 minutes before cooking. You won't need any cranberry sauce, as the sweet and savory apple-cranberry stuffing does double duty. If you can't find turkey tenderloins, use skinless, boneless turkey breast halves.

- **Yield:** 8 servings (serving size: about 2 turkey slices and 1/4 cup sauce)

Ingredients

- 2 slices center-cut bacon, chopped
- 1 cup chopped onion
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1 1/2 cups fat-free, lower-sodium chicken broth, divided
- 3 cups chopped peeled Granny Smith apple (about 2 medium)
- 1/2 cup dried cranberries
- 3 (12-ounce) turkey tenderloins
- 2 teaspoons canola oil
- 3 fresh rosemary sprigs
- 1 tablespoon all-purpose flour

Preparation

1. Preheat oven to 325°.
2. Cook bacon in a large skillet over medium heat 7 minutes or until bacon begins to brown, stirring occasionally. Stir in onion, chopped rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook for 8 minutes or until onion begins to brown, stirring occasionally. Stir in 1 cup broth, apples, and cranberries. Bring to a boil. Reduce heat, and simmer until liquid evaporates and apples are almost tender (about 15 minutes), stirring occasionally. Remove from heat, and cool slightly. Set aside 1 cup apple mixture.
3. Slice turkey tenderloins lengthwise, cutting to, but not through, the other side. Open halves, laying tenderloins flat. Place each tenderloin between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Discard plastic wrap.
4. Sprinkle remaining 3/4 teaspoon salt and 1/2 teaspoon black pepper evenly over both sides of tenderloins. Spread 1/3 cup apple mixture over each tenderloin; roll up jelly-roll fashion, starting with long sides. Secure at 2-inch intervals with twine.
5. Heat oil in a large Dutch oven over medium-high heat. Add tenderloins; cook 6 minutes, turning to brown on all sides. Add remaining 1/2 cup broth and rosemary sprigs; bring to a boil. Cover and bake at 325° for 25 minutes or until a thermometer inserted in thickest portion registers 165°. Remove tenderloins from pan; let stand 10 minutes. Slice crosswise into 1/2-inch-thick slices.
6. Strain cooking liquid through a fine mesh sieve over a bowl; discard solids. Combine flour and 1/4 cup cooking liquid, stirring with a whisk until smooth. Return flour mixture and the remaining cooking liquid to pan. Stir in reserved 1 cup apple mixture; bring to a boil. Cook for 1 minute or until thickened, stirring constantly. Serve with turkey.

Nutritional Information Amount per serving: Calories: 220 Fat: 3.3g Protein: 33.2g Carbohydrate: 12.8g Fiber: 1.4g Cholesterol: 82mg Iron: 1.8mg Sodium: 486mg

December 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 1 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots	December 2 Pork Chop/Gravy Roasted Red Potatoes Peas & Onions Applesauce	December 3 Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Peach Cobbler	December 4 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	December 5 Soup of the Day (at congregate sites only) Liver & Onions Boiled Potatoes Winter Squash Brownie
December 8 Breakfast Casserole Hash Brown Potato Yogurt Parfait with Strawberry & Granola	December 9 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	December 10 Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake	December 11 Chicken Reuben Rice Veggie Casserole Broccoli Fruited Gelatin	December 12 Stuffed Shells with Marinara Meat Sauce Green Beans Tossed Salad Garlic Bread Birthday Cake
December 15 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	December 16 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	December 17 CHEF'S CHOICE	December 18 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 19 Shepherd Pie with Mashed Potatoes & Corn Brussels Sprouts Fresh Fruit
December 22 Breaded Haddock Scalloped Potatoes Scandinavian Veggies Chilled Peaches	December 23 Beef Stew Boiled Potatoes/Carrots Biscuit Warm Berry Crisp	December 24 Apple n' Onion Chicken Sweet Potatoes Spinach Strawberry Shortcake	December 25  Meal Site Closed	December 26 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Mandarin Orange
December 29 Sloppy Joe/Bun Oven Browned Potatoes Italian Medley Veggies Chilled Pears	December 30 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Cup	December 31 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Gingerbread/Topping		Suggested contribution \$3 per meal.

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;
 Johnsonburg-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