

June 2014

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SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS

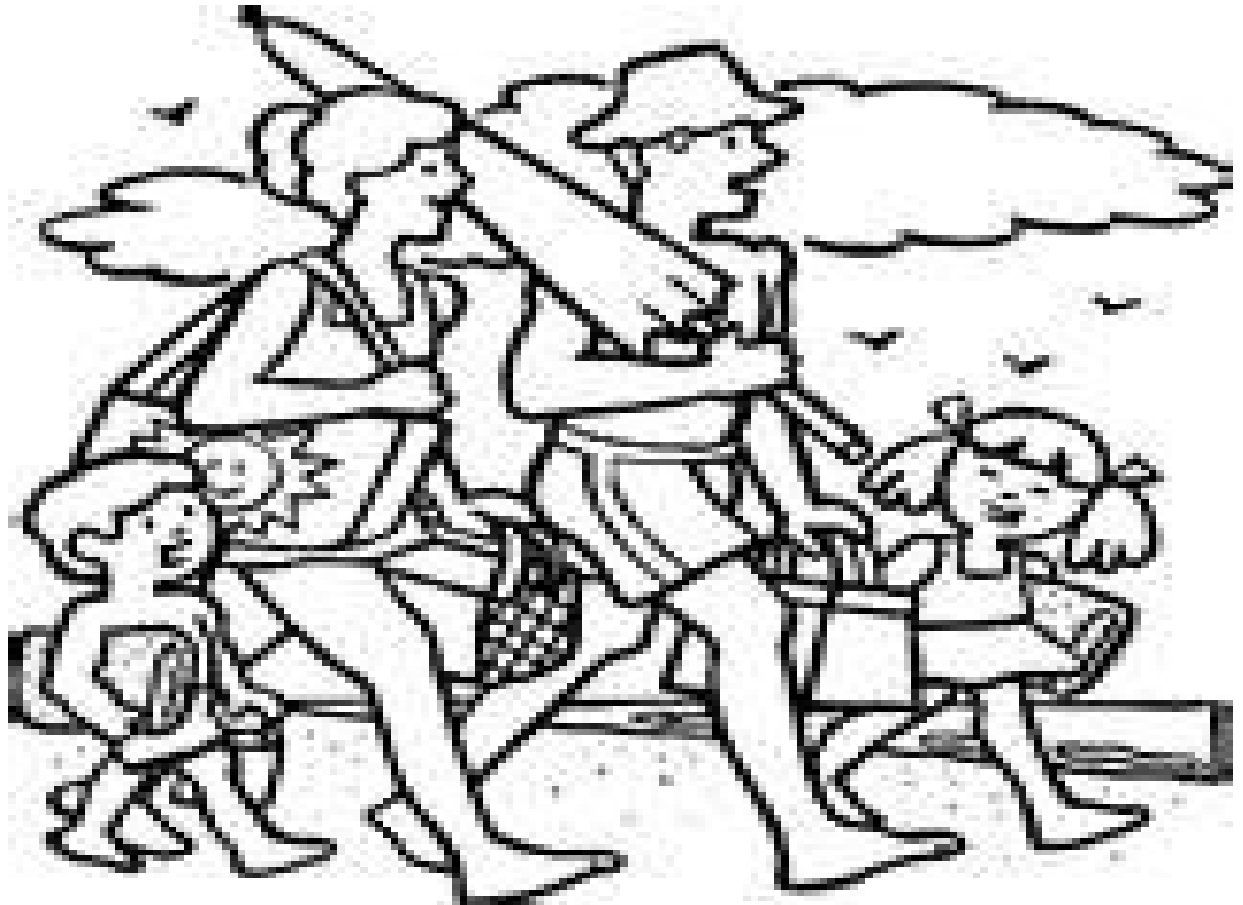
**Warren - Hamilton
Counties
Office for the Aging**

**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

HOMELESSNESS PREVENTION PROJECT

STEHP SOLUTIONS TO END HOMELESSNESS PROGRAM

FREE eviction representation and limited financial assistance for residents of Saratoga, Warren and Washington Counties



Financial assistance could be for:

- rental arrear;
- security deposits;
- utility arrears; and
- limited short-term rental supplements

1-800-870-8343

Jim Girard Landscape Maintenance Corp.

Kerry V. Girard, CPA

Hallwear

North Country Janitorial

Whiteman Chevrolet

and

Friends of Jim

invite you to participate in

The 18th Annual
Australian Open Golf Tournament
and Steak Outing



Hosted by:

Cronin's Golf Resort

River Road

Warrensburg, NY

Saturday June 7, 2014

9:00 a.m. Shotgun Start

CONTACT TRACI OR AUDREY @ 798-1010 x303 or x301

All proceeds to benefit



Big Brothers Big Sisters
of the Southern Adirondacks

CAREGIVER SUPPORT GROUP SURVEY

NY Connects: Choices for Long Term Care is considering the start of a new support group in Glens Falls. We are interested in your opinions and appreciate your feedback. You may call 1-866-805-3931 or return the survey below to:

Susan Dornan, NY Connects Coordinator,
Warren-Hamilton Counties Office for the Aging,
1340 State Route 9, Lake George, NY 12845

THE SURVEY

How often would you attend a weekly caregiver support group?

Would you need respite provided for the care receiver so you could attend?

Would you prefer the group duration of one hour, 90 minutes or other?

What time of day are you available to attend a support group?

Do you have transportation available to attend?

Other comments:

Volunteers Needed

Warren & Hamilton Counties
Office for the Aging

Meals on Wheels &
Transportation Programs

Please contact
Kayla Jarrell

@
Warren/Hamilton County Office for the Aging
(518)-761-6347

one person, one action, one nation
UNITED AGAINST ELDER ABUSE

Wear PURPLE on Friday, June 13th to show your support!

Visit us from 1:00pm -3:00pm on June 13th at
Department of Social Services in Indian Lake
to receive a **STOP ELDER ABUSE** wristband
and pick up valuable information about the
services we provide to our elderly
population.

An estimated one in ten, older Americans are victims of elder abuse, neglect, or exploitation. For every one case reported, 23 go unreported.

World Elder Abuse Awareness Day (WEAAD)

is an opportunity to take action
to protect seniors by raising awareness
about elder abuse.

Substitute Workers Needed

at various meal sites

contact
RoseAnn O'Rourke 761-6347

DISABILITY AWARENESS FOR OUR COMMUNITY



Presented by:
NY Connects

Washington, Warren and Hamilton Counties
Long Term Care Council
Disability Awareness Workgroup

Learn about **disabilities**

What are disabilities?

Person first language & disability etiquette.

Warren County: June 9, 2014

Warren County Human Services Building
11:30am-12:30pm

Hamilton County: June 16, 2014

Indian Lake Senior Center
10am-11am

To reserve your space call: 792-3537

GOOD NEWS!

The New York State 2014-15 budget included the expansion of the Elderly Pharmaceutical Insurance Coverage Program (EPIC) to cover the prescription needs of more seniors. Eligible Income brackets will be expanded from \$35,000 to **\$75,000** for singles and from \$50,000 to **\$100,000** for married couples.

The new income brackets will be added to existing ones and current EPIC members will not be impacted. All other program requirements remain the same, including the reporting of Social Security Income as part of the EPIC income requirement.

The activities required to support the implementation of the expanded income brackets (e.g. system modifications, web site updates, etc.) are underway and information regarding our readiness to process applications for newly qualified seniors will be forthcoming. In the meantime, please continue to send in EPIC applications for seniors who may now qualify for the program. These seniors can expect to hear from EPIC as soon as system modifications are complete.

Seniors with questions should call the **EPIC Helpline at 1-800-332-3742** (TTY 1-800-290-9138)



4 Essential Caregiving Lessons from Home Care Nurses

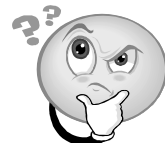
Renata Gelman, Expert
Assistant Director of Clinical Services,
partners in care

Working in home care enables you to see certain elements of an elder's life that may fly under the radars of their doctor, their friends and, many times, even their closest family members.

The people caring for your loved one—home health aides, registered nurses, social workers, etc.—witness some of that individual's most vulnerable moments as they handle real-time critical issues related to a senior's health and well-being. I'm a registered nurse, and in honor of National Nurses Week, here are some important lessons from home care nurses that can help you in caregiving and beyond:

1. **Routines matter:** A daily routine will put your loved one in a better mood and keep their spirits high. For folks combating multiple chronic diseases—such as hypertension, Parkinson's or dementia—a morning ritual can help kick start their motor skills, triggering in their mind that it's a new day and it's time to get going. If you are having trouble getting into the groove of a routine, start with small steps. One home health aide started getting her patient up just 10 minutes earlier each day to provide more time at breakfast. This enabled the elder to avoid rushing through the meal, causing unnecessary stress and anxiety.
2. **Subtle clues can be a lifesaver:** When your loved one asks for a foot rub again and again, don't assume he or she just wants pleasure. There might be an underlying medical issue that's causing significant discomfort in their feet. Sometimes when patients ask to be massaged or rubbed, it's because they are experiencing pain but they don't want to feel as if they are complaining or being an inconvenience to their family members. Additionally, some people may not be cognitively equipped to express what they are truly feeling. So, be on the lookout for subtle messages!
3. **Listen and take action:** Home health aide Bonita Scott is no stranger to moderating family situations. She routinely sees family members not clearly communicating over difficult subjects, such as changes in their loved one's health condition or care. One of Scott's patients had children who would insist that their mother participate in their routine family nights that were held in the basement. But the mother had difficulty making it up and down the stairs, so the children just thought she didn't want to participate. After witnessing the miscommunication and stress it was causing, Scott intervened and encouraged the family to put in a chair lift to make it easier for their mother to join them in their festivities.
4. **Stay connected - virtually or in person:** Aging at home can be one of the best options in terms of comfort, convenience and privacy. But it can also be lonely if people don't live with family or have loved ones who don't visit frequently. As a nurse, I all too often see lonely older adults who wish they had more people around. At my job, nurses and home health aides are always showing people how to stay connected—or get connected—via social channels, like Facebook, Twitter and online games. Additionally, we help people find social groups in their community, whether it is a weekly bingo night or book club.

Whats New with HIICAP. . .



A Conversation with Harriet Bunker

William Lane, PhD

A year ago the first column in this HIICAP series was an interview with Harriet Bunker who was at that time a Specialist in Aging Services and responsible for coordinating the HIICAP program. Harriet is now the Coordinator of Services for the Agency and still responsible for direct coordination of HIICAP as well as the Ombudsman and Home Energy Assistance Program (HEAP). She works with the Aging Services Specialist and Aging Assistant to keep all the programs of the Agency up to date. Harriet has been with Agency for over 17 years. We discussed the following questions highlighted in bold below.

From October through the end of each year the focus of the HIICAP program is on Medicare Part D plans. What is the most common question that you receive this time of year?

“The most common question is “I am about to turn 65, when do I have to sign up for Medicare and get Part D drug plan?” The first step is to go to Social Security and sign up for Medicare Parts A and B. You need to do this about three months before you turn 65. Once you have your Medicare cards you can contact the Warren/Hamilton County HIICAP Program here at the Office for the Aging. The way I like to explain your options for receiving Medicare coverage is that you have two basic choices.”

“One choice is to use Medicare Parts A and B, purchase a Medicare Supplemental (Medi-Gap) Insurance Plan and a “stand-alone” Part D drug plan. Your other choice is to purchase a Preferred Provider Organization Plan (PPO) or a Health Maintenance Organization (HMO) Plan. I like to refer to these two as *bundled plans*. Both PPO’s and HMO’s bundle your Medicare, supplemental coverage and a drug plan into one single plan. These plans are most often known as Medicare Advantage Plans.”

What about extra help that is available to lower income seniors?

“I also explain Medicare Savings Plans (MSP), usually called extra help, to everyone who may qualify. This year the basic qualifying income levels are \$1,313 for single individuals and \$1,770 for couples. Sometimes an individual or couple will be just over the income limits but we can find a way for them to qualify. One common way is to take a slightly higher cost health plan because the premium can be used to lower your income. So, for example, if a single individual had an income of \$1,400 a month instead of taking out a plan that cost \$54 a month we can sign that person up for a plan costing \$100 a month. They can deduct the \$100 from their income and that brings it down to \$1,300 a month so that MSP will pay the cost of their premium. This means that they can take out a plan with better coverage and still save a few dollars a month. We always try to figure the best plan at the most affordable cost for everyone.”

Are there any other changes that readers need to be aware of?

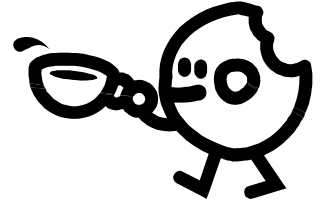
“One other really important change is the increased income guidelines for the Elderly Pharmaceutical Insurance Coverage (EPIC) program. The income limits increased from \$35,000 to \$75,000 for single individuals and from \$50,000 to \$100,000 for married couples. This change means many more seniors will now qualify for prescription drug coverage assistance under the EPIC program. It is a very important and needed change.”

Thanks Harriet and I look forward to doing this again in the future. The residents of both Warren and Hamilton counties are lucky to have someone with your knowledge and experience to turn to for assistance.

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.

THE FUN

June 6th is National Donut Day
(always the first Friday in June)



Volunteer Birthdays

Alice Fortunato 12th

Joanna Carlton 15th

Kevin McCullough 24th

Tom Judkins 27th

Francis Angelo 28th

Alan McMahon 29th



Week Long June Observances

1st Week - National Fishing Week

4th Week - National Camping Week



Famous April Birthdays



18th Paul McCartney
"Beatles singer"



13th Tim Allen
"Home Improvement"



27th Helen Keller
"The Miracle Worker"

10th Judy Garland
"The Wizard of Oz"



CENTER

Things Dad Likes Word Search Puzzle



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

When the Word search Puzzle is complete, read the un-circled letters from left to right, top to bottom, to read an interesting fact .

- BASEBALL
- BASKETBALL
- CARS
- CHILDREN
- COACHING
- DAUGHTERS
- FAMILY
- FOOTBALL
- GAMES
- GOLF
- HOCKEY
- HOME
- HUGS
- KISSES
- NEWSPAPER
- SONS
- SPORTS
- STORIES
- TELEVISION
- WORK

My daddy's **hands** do many things

To **HELP** me every day

He **cares** for me, he **HUGS** me

And he **HELPS** me find my way

I like to hold his **hand** in mine

To feel his **strength** and love

As a reminder of my **love** for him

I'm giving him this **glove**

HAPPY FATHER'S DAY

Sudoku Puzzle

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



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-6/2	Good Books Club-Reviewing "And The Mountains Echoed"-Hossini	1:00 p.m.
Tues-6/3	Eye information and screening-Association For The Blind	1:00 p.m.
Wed-6/4	Victorian Tea-Luzerne Senior Center, call for reservations-793-2189	12:00 p.m.
Thurs-6/5	Sunny Lunch-Cost:\$7-summer, cold plate	12:00 p.m.
Fri-6/6	Van trip to Colonie Mall-\$12-call to reserve	9:00 p.m.
Mon-6/9	One Stroke Painting Class-Cost: \$15-call to reserve	12:30 p.m.
Tues-6/10	Beacon Pointe-Memory impaired program	1:00 p.m.
Wed-6/11	Movie/Popcorn-"The Queen"-free	1:00 p.m.
Thurs-6/12	Special Bingo-transportation provided	1:15 p.m.
Sat-6/14	Annual Lawn Sale-all sorts of wares	9:00 a.m.-2:00 p.m.
Mon-6/16	Wound Healing Program	1:00 p.m.
Tues-6/17	Opera Saratoga-"Magic Flute"-call to reserve	2:00 p.m.
Wed-6/18	Defensive Driving Class-call to reserve	9:00 a.m.-5:00 p.m.
Thurs-6/19	Rite Aid-drug disposal and immunization information	1:00 p.m.
Fri-6/20	Writer's Group-share your past/current work	1:00 p.m.
Wed-6/25	Chapman Museum exhibit	1:00 p.m.
Fri-6/27	Volunteer Recognition event	1:30 p.m.
Mon-6/30	Game Day	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: South Dakota, Irish Splendor, Alaska Cruise, California Coastal. **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

Great American Lawn Sale



Saturday

June 14, 2014

9:00 a.m. – 2:00 p.m.

BARGAINS GALORE!

Check It Out!

380 Glens Street
Glens Falls, NY 12801
518-793-2189

Bake Sale

Books & Thrift Shop

Boutique

Plants & Cuttings

Household Items, Jewelry

Duck Tickets

Much, Much More!

TER NEWS

Queensbury Senior Center

QUEENSBURY SR. CITIZENS INC PRESENTS

Niagara Falls & Toronto \$75 Deposit due by 6/15

**** You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour**

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Guided Tours of Niagara Falls & Toronto
- ◆ A Journey to The Falls on a "Hornblower Niagara Cruise"
- ◆ Gaming at Fallsview Casino
- ◆ A visit to Niagara-on-the-Lake & Queen Victoria Park
- ◆ A visit to Casa Loma; Canada's most magnificent castle
- ◆ and much more

\$479 *

5 DAYS 4 NIGHTS
PER PERSON, DOUBLE OCCUPANCY
(Mon - Fri)
September
22 - 26, 2014

World's most famous Falls

Magnificent Casa Loma Castle in Toronto

Gaming at Fallsview Casino

Visit beautiful Queen Victoria Park

Departure: Queensbury, NY @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

Day 3: Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate – Casa Loma! Later, you will dine at a local restaurant.

Day 4: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

Day 5: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$159 for single occupancy. Final Payment Due: 7/15/2014

FOR INFORMATION & RESERVATIONS CONTACT:
Melissa Pagnotta @ (518) 745-4439

Motor coach driver and step on guides gratuities included in flyer price
Form ID: 1800-5A0406

**Great Trip!
Sign Up Now!**



Travel With

**QUEENSBURY
SENIOR
CITIZENS INC.**

SENIORS ON THE GO!

2014

- Wed. June 4th - Experience Albany**
Albany Institute of History & Art "Mystery of the Albany Mummies"
Albany Visitor's Center - "Ancient Egypt & Stars of the Pharaohs" Planetarium show
Dutch Apple Lunch Cruise.....**Cost \$68 Deadline May 2nd**
- June 23rd- 25th Fabulous Finger Lakes**
Belhurst castle, Sonnenberg Gardens, Lake Cruise, Corning Glass Museum, Soaring Museum & more. Accommodations at Palmyra Inn
Cost \$394pp dbl Deposit \$50 due with registration. Final payment by May 23rd
- Thurs. July 10th Explore the Hudson River**
Hudson River Maritime Museum, Walkway Over the Hudson, Lunch at Shadows on the Hudson, Empire Cruise, Millbrook Winery...**Cost \$87 Deadline June 9th**
- Wed. Aug. 6th Hildene & Weston Theater**
Self guided tour of Mary & Robert Todd Lincoln's home & gardens
Boxed deli style lunch, "A Chorus Line" at Weston Theater and the Vermont Country Store. **Cost \$86 Deadline July 1st**
- Thurs. Sept. 11th - Mac-Haydn Theater & Lindenwald**
Musical celebration of the 1930's and 1940's "The All Night Strut"
Martin Van Buren National Historic Site and lunch at Jackson's Old Chatham House.
Cost \$77 Deadline Fri. Aug 8th

- Wed. Oct. 1st - Old Forge Lake Cr & ADK Scenic Railroad**
2 hour cruise on Fulton Chain of Lakes, lunch at Knotty Pine Restaurant, Adirondack Scenic Railroad along Moose River to Otter Lake, Old Forge Hardware Variety Store. **Cost \$81 Deadline Aug. 29th**
- Thurs. Nov 6th - Cooperstown - Art & the Otesaga Hotel**
Fenimore Art Museum, Joseph Popp Butterfly Conservatory & Gourmet Lunch at the Otesaga Resort Hotel. **Cost \$79 Deadline Oct. 8th**
- Tues. Dec. 9th - Beeches Dinner Theater - Rome NY**
"Sing We Now Of Christmas" Luncheon matinee performance
Visit the Christmas Tree Shop on the way out. **Cost \$78 Deadline Nov. 5th**

For More Information call (518) 745-4439 or (518) 761-8224

Catherine's Corner

DASH recipe

DASH diet is based on "Dietary Approaches to Stop Hypertension" – studies shown that HBP can be reduced with an eating plan low in total fats, saturated fats, & cholesterol, and rich in fruits, veggies, and low fat dairy products.

Pork tenderloin with apples and balsamic vinegar

Here the pork tenderloin is topped with an apple and balsamic vinegar sauce that complements the mild, slightly sweet taste of the meat. Serve it with steamed red potatoes, fresh asparagus, whole-wheat dinner rolls, and cubed cantaloupe and watermelon.

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 pound pork tenderloin, trimmed of all visible fat
- Freshly ground black pepper, to taste
- 2 cups chopped onion
- 2 cups chopped apple
- 1 1/2 tablespoons fresh rosemary, chopped
- 1 cup low-sodium chicken broth
- 1 1/2 tablespoons balsamic vinegar

Directions

Preheat the oven to 450 F. Lightly coat a baking pan with cooking spray.

In a large skillet, heat the olive oil over high heat. Add the pork and sprinkle with black pepper. Cook until the tenderloin is browned on all sides, about 3 minutes. Remove from heat and place in the prepared baking pan. Roast the pork for about 15 minutes, or until a food thermometer indicates 165 F (medium).

Meanwhile, add the onion, apple and rosemary to the skillet. Sauté over medium heat until the onions and apples are soft, about 3 to 5 minutes. Stir in the broth and vinegar. Increase the heat and boil until the sauce has reduced, about 5 minutes.

To serve, place the pork on a large platter. Slice on the diagonal and put onto 4 warmed plates. Scoop the onion-apple sauce over the top and serve immediately.

Nutritional analysis per serving: Serving size: 1 piece Total fat 6 g, Calories 240, Protein 25 cholesterol 74 mg, Total carbohydrate 21 g, Dietary fiber 4 g, Saturated fat 1 g, Sodium 79 mg

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

Adopted by: Mayo Clinic DASH recipes

Ways to Lower Blood Pressure

Nine out of ten Americans will develop high blood pressure in their lifetime. As a leading cause of heart disease, high blood pressure should not be taken lightly – getting blood pressure under control should be a top priority.

Dietary changes can have a high impact on blood pressure readings. Implementing the recommended dietary changes has been shown to lower both systolic and diastolic blood pressure within about two weeks.



1. Healthy Eating: the DASH diet plan

A. Eat Lots of Fruit and Vegetables

According to the American Heart Association, the Dietary Approach to Stop Hypertension, known as the DASH diet plan, helps manage blood pressure. It emphasizes fruits, vegetables, poultry, beans, seeds, nuts, fat-free dairy products and eating fish at least once a week.

B. Limit Salt and Highly Processed Foods

The salt shaker is not the main culprit when referring to salt intake; processed packaged foods are. Think of pink wieners, fat-free chips, pre-fried instant noodles, and so on. They are often loaded with sodium.

C. Potassium and Calcium

These both help to regulate blood pressure. Eat more potassium-rich foods such as beans, lentils, tofu, and potatoes, and calcium-rich foods from dairy, whole soy, canned fish with bones, or other fortified products..

2. Exercise

Physical activity has been proven to lower blood pressure. The American Heart Association recommends at least 30 minutes of moderate aerobic exercise five times a week. Walking 30 minutes a day, five days a week, helps maintain physical health and ability

3. Maintain Healthy Weight

Losing just 10 pounds can reduce blood pressure significantly. Blood pressure generally increases as weight increases. Carrying too much weight around the waist increases the risk of higher blood pressure.

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

Vegetarian Kebabs

Traditionally, kebabs are marinated pieces of meat, fish or shellfish threaded onto skewers and then grilled or broiled. This vegetarian version uses marinated vegetables instead. Serve these kebabs with coleslaw and low-fat chocolate ice cream with fresh raspberries for dessert.

Serves 2

Ingredients

- 8 cherry tomatoes
- 8 button mushrooms
- 1 small zucchini, sliced into 8 pieces
- 1 red onion, cut into 4 wedges
- 1 green bell pepper, seeded and cut into 4 pieces
- 1 red bell pepper, seeded and cut into 4 pieces
- 1/2 cup fat-free Italian dressing
- 1/2 cup brown rice
- 1 cup water
- 4 wooden skewers, soaked in water for 30 minutes, or metal skewers

Directions

Place the tomatoes, mushrooms, zucchini, onion and peppers in a sealed plastic bag. Add the Italian dressing and shake to coat the vegetables evenly. Marinate the vegetables for at least 10 minutes.

In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 minutes. Transfer to a small bowl to keep warm.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Thread 2 tomatoes, 2 mushrooms, 2 zucchini slices, 1 onion wedge, and 1 green and red pepper slice onto each skewer. Place the kebabs on the grill rack or broiler pan. Baste with leftover marinade. Grill or broil the kebabs, turning as needed, until the vegetables are tender, about 5 to 8 minutes.

Divide the rice onto 2 plates. Top with 2 kebabs and serve immediately.

Nutritional analysis per serving: Total fat 3 g, Calories 285, Protein 9 g, Cholesterol 0 mg, Total carbohydrate 60 g, Dietary fiber 6 g, Saturated fat 0.5 g, Sodium 390 mg

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: Mayo Clinic DASH recipes

June 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>June 2 Chicken Stir-Fry Brown Rice Oriental Veggies Tropical Fruit Cup</p>	<p>June 3 Lemon Baked Fish Roasted Red Potatoes Carrots Yogurt Parfait with Fruit & Granola</p>	<p>June 4 Spanish Rice Broccoli Corn Bread Chilled Peaches</p>	<p>June 5 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Jell-O Poke Cake</p>	<p>June 6 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit</p>
<p>June 9 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears</p>	<p>June 10 Spaghetti & Meatballs Scandinavian Veggies Garlic Bread Mandarin Orange</p>	<p>June 11 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Spinach Chilled Pineapple</p>	<p>June 12 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Blueberry Crunch</p>	<p>June 13 Happy Father's Day Roast Pork/ Gravy Mashed Potato Peas & Carrots Father's Day Dessert</p>
<p>June 16 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pineapple</p>	<p>June 17 Apple & Onion Chicken Sweet Potatoes California Medley Birthday Cake</p>	<p>June 18 CHEF'S CHOICE</p>	<p>June 19 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Grapes</p>	<p>June 20 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie</p>
<p>June 23 Breaded Haddock Au gratin Potatoes Japanese Veggies Pudding of the Day</p>	<p>June 24 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange</p>	<p>June 25 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Fresh Fruit</p>	<p>June 26 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Tomato, Onion & Cucumber Salad Strawberry Shortcake</p>	<p>June 27 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apricots</p>
<p>June 30 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears</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.**

Meal site Numbers:

Bolton-644-2368;
Indian Lake; 648-5412;
Lake Pleasant-548-4941;
Soloman Hgts Qby --832-1795

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