

September 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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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

Fall

Luncheon
 Friday September 19th

From 12 - 2 pm

Please Bring A Fall Dish To Share.

RSVP by Wed. September 17th

Call 792-3537

ATTENTION SENIORS!

Mark Your Calendar for a Senior Health and Awareness Day

Sponsored by Senator Betty Little and the Queensbury Senior Citizens, Inc.

Date: Saturday, September 13, 2014
 Time: 10 a.m. to 2 p.m.
 Location: Queensbury Activity Center
 742 Bay Road, Queensbury 12804
 (Queensbury Town Hall Bldg.)

List of Participants:		Free tests and screening
Glens Falls Regional Celiac Support	Miracle Ear	<ul style="list-style-type: none"> Hearing Blood Pressure Visual Acuity Flu Shots Hearing Aid Servicing
Glens Falls Association for the Blind	Southern Adirondack Independent Living Center	
Warren County Health Services	Queensbury Senior Citizens, Inc.	
Center for Better Hearing	House of Grace of the Adirondacks	
Warren County Office for the Aging	Home Helpers	
North Country Chapter 3891 of AARP	United Health Care/Kinney Drugs	
Hannaford Pharmacy	CDPHP	
PA Medical Supply, Inc.	High Peaks Hospice and Palliative Care	
Neighbors NY	Visiting Nurses Home Care	
Interim Health Care		

NO APPOINTMENTS NECESSARY
 For questions, please call
 (518) 455-2811

Volunteers Needed

Meals on Wheels & Transportation Programs
 Contact
 Kayla Jarrell
 761-6347

September 30th
 6—7 pm

Do you have Medicare questions?

We have a Medicare expert that can simplify the options for Medicare Eligible Individuals.

Program presented by Stephen Porto, Cool Insuring Agency.

The Glens Falls Home, 79 Warren Street, Glens Falls.

registration is required by calling The Glens Falls Home at 518.793.1494.

Training for Caregivers

Alzheimer's Disease and Memory Related Disorders

Presented by:

SOUTHERN ADIRONDACK INDEPENDENT LIVING

Caring for Ourselves

CARING FOR OURSELVES IS A NEW SUPPORT GROUP FOR ANYONE CARING FOR A FAMILY MEMBER, FRIEND, OR LOVED ONE. THIS GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES AND REWARDS OF PROVIDING CARE. WE MEET DURING THE DAY AND EVENING AND THERE IS NO COST FOR YOU TO JOIN US! FOR INFORMATION, CONTACT SUSAN @ WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING @ 1-866-805-3931.

11-NOON
WEDNESDAY GROUP

MEETS @ THE GLENS FALLS HOME
 79 WARREN ST, GLENS FALLS, NY 12801

OCTOBER 8, NOVEMBER 12, DECEMBER 10

5:30-6:30PM
EARLY EVENING GROUP

MEETS @ HIGH PEAKS HOSPICE
 79 GLENWOOD AVE, (ELEVATOR TO 2ND FLOOR)
 QUEENSBURY, NY 12804



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

FREE Four Part Series
 9:30 - 11:30 am

- Sept. 4th Alzheimer's Disease: The Basics
- Sept. 11th Behaviors and Communication
- Sept. 18th Safety and Wandering
- Sept. 25th Activities

Joanie Fiore Flanagan's 2014 Bike MS Begging Letter

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.

Presents

Elder Law Summit

Today's legal system is complex and the goal of the Summit is to help older adults, caregivers and professionals better understand the law and learn how to navigate the system

September 23, 2014

8:30 to 11:30 am

Queensbury Hotel, 88 Ridge Street, Glens Falls

Topics to be covered in the Elder Law Summit include:

- **Nursing Home Transition & Diversion Medicaid Waiver**
James R. Burkett, Esq., Bartlett, Pontiff, Stewart & Rhodes P.C.
- **Long Term Care Insurance & NYS Partnership for Long Term Care**
Eileen Dunn, MS, CMC, Trinity Elder Care
- **Medicaid Managed Long Term Care Insurance**
Michael D. Dezik, Esq., Wilcenski & Pleat PLLC
- **Chronic Care Medicaid (Nursing Home)**
Dennis J. O'Connor, Esq., McPhillips, Fitzgerald & Cullum, L.L.P
- **Pooled Income Trusts**—Maria G. Nowotny, Attorney at Law

Who should attend and what is included:

- Professionals, seniors, adult children, friends and caregivers
- Program includes continental breakfast and resource material

Program is free of charge thanks to a Community Merit Award from the Warren County Bar Foundation

Registration is required—please call The Glens Falls Home, Inc. at 518.793.1494

SAVE THE DATE:
Fall Aging Well
Forum, October 25 at
SUNY Adirondack

www.glensfallshome.org

Flu Clinic / monthly B/P clinic

Glens Falls Presbyterian Church Meal Site

Monday, October 20th from 12:30pm- 1:30pm.

We are giving all seniors 65years and older the High-Dose Flu vaccine, as suggested by the CDC.

Cost of Flu is \$30.00. Pneumonia vaccine is also available at a cost of \$117.00. We will accept all insurance cards.

We accept cash or checks. No one is refused because of inability to pay.

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.

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

Walk-Ins Are Also Welcome.

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

Your Long Term Care Council meets Tuesday, September 23

Please join us for a conversation about Long Term Care. We need seniors, persons with disabilities, faith communities to join us. We will begin at 10am at Washington County Municipal Center, Basement Training Room, 338 Broadway, Fort Edward, NY 12828. Our presenters will be from "Leading Age". The meeting will last no longer than two hours.

Long Term Care Council members are from Washington, Warren, and Hamilton Counties. We meet four times a year to discuss ideas and solutions to improve long term care choices. No dues are involved to join this meeting and it is open to anyone interested. For more information, contact Susan Dornan, NY Connects Coordinator at 1-866-805-3931. We are interested in your thoughts and concerns.

Getting Outside With Limited Mobility

[Renata Gelman](#),

Expert Assistant Director of Clinical Services

If your loved one is dealing with mobility issues, the simple act of going outdoors can be a daunting one. But breathing a little fresh air can do more than help diminish boredom and complacency. The summer's extreme heat has broken and as fall sets in, it's a perfect time to get an elder outdoors. Stepping outside on a daily basis goes hand-in-hand with good health. According to one study, people who went outside on a daily basis are less likely to have a wide variety of health problems like chronic pain or sleep disorders and remained more active than those who remain indoors

For those who require assistance getting around, there might not be any interest in going outside. First, it's difficult and the elder may not feel all of the preparation needed is not worth the hassle.

It's also common for embarrassment and frustration to surface when going out requires a walker or a wheelchair.

How can you begin the process of getting your loved one interested in the outdoors? If he or she is resistant to the idea of going outside, you might need to look for ways to develop a desire for fresh air.

- Suggest your loved one sit by an open window for a few minutes every morning. The feeling of fresh air on their face may inspire a brief venture outdoors.
- Set up a window box or bird feeder outside a window and serve meals at the window.
- If you have the space, consider planting a small garden. Not only will it bring some nature close to home, but new seedlings are exciting to watch as they grow and change

each day. With a garden in the yard, the elder doesn't have to go far, and a reward awaits them – seeing the blooms.

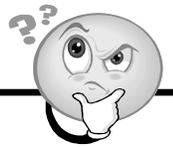
- If your loved one is bedridden and getting outdoors is not an option, bring the outside in. A plant or vase of flowers on a nightstand can help. Even better, if there's a window in the room, open it and let the breeze in.
- If you're afraid that you or your loved one would forget to water the plants, ask your local nursery about self-watering pots.
- If your loved one's home has a private patio or porch, he or she may feel more comfortable and less embarrassed by being alone outside, without the watchful eye of neighbors or strangers
- Even going to the mailbox daily (either walking or in a wheelchair, if needed) can let the elder get a few minutes of fresh air. Routine is often comforting and this small daily task can do your loved one a world of good.

Once the elder has become accustomed to getting outside, take it step further. Suggest a short walk around the neighborhood or to a nearby park.

Ensuring your loved one's safety while outdoors is key. If they are unstable when they walk, consider a cane or a walker. If they are wheelchair-bound, use all safety features on the wheelchair. Dress your loved one appropriately for the weather. Being too hot or too cold will make the experience uncomfortable and may discourage an elder from going out.

If you work with a home care company, such as Partners in Care, the home health aides and private-duty nurses will work with you and your loved one to ensure that the desire for enjoying the outdoors is matched with their mobility.

Whats New with HIICAP...



Scams and Fraudulent Schemes Revisited

William C. Lane, Ph.D.

In October of last year I wrote a column on the subject of scams and fraudulent schemes. The Attorney General's Office continues to issue warnings about such scams and fraudulent schemes perpetrated against older New Yorkers. Last year we highlighted the "Medical Alert Device" scam as well as the "National Do Not Call Registry" scam. While these two scams are still operating, the National Council on Aging (NCOA) has recently published a list of some new scams and fraudulent schemes that we should all be on the look out for. According to the NCOA, "Financial scams targeting seniors have become so prevalent that they're now considered the *crime of the 21st century*. Why? Because seniors are thought to have a significant amount of money sitting in their accounts... Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime." Their list includes the following schemes:

Health Care/Medicare/Health

Insurance Fraud. Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information and then use the personal information they provide to bill Medicare and pocket the money.

Counterfeit Prescription Drugs. Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 major cases per year, up from five a year in the 1990s. The real danger of this scam is that medications purchased are worthless and cause harm by doing nothing to treat the conditions that the person needs to treat in order to remain healthy.

Telemarketing. These are probably the most common types of scams that older people are likely to encounter in Warren and Hamilton Counties. Many of these fall into the category of "Charity Scams." Jennifer Abel, writing for *consumeraffairs.com* (7/1/14), states that the situation has gotten "so bad

the New York State attorney general's office has a "Charities Bureau" dedicated to investigating such things, and on July 1 the Charities Bureau reached a \$24.6 million settlement with two for-profit direct mail vendors, Quadriga Art and Convergence Direct Marketing, over collections they made on behalf of the Disabled Veterans National Foundation.

What can you do? First, if you have not done so and would like to put your name on the National Do Not Call Registry the number is 1-888-382-1222 from the phone you wish to register or go to <https://www.donotcall.gov/default.aspx> on the Internet and click "Register a Phone Number" in the left hand column of their home page. There is also a New York State Do Not Call List. Go to http://www.dos.ny.gov/consumerprotection/do_not_call/ to register your home phone. You can also register your cell phone.

What to do if you think you are receiving fraudulent phone calls.

If you receive a call from someone you don't know asking for personal information, hang up your phone.

If you decide to take the call ask for the name of the person you are talking to, the name of the business and their phone number. If you think you might be interested in their offer you can hang up and call them back at the number they gave you.

Report what you think are scams and fraudulent calls to the Warren and Hamilton Counties Offices for the Aging (OFA) so they can alert other older people in the counties. They can also assist you in reporting the calls to the NYS Division of Consumer Protection.

If you have a question about a specific charity you can call the Charities Bureau directly at (212) 416-8401. For questions about a fundraising call you have received (police, sheriff, fire companies) call the Bureau at (518) 486-9797.

When should you give out information over the phone? Give out information only to people you know and trust. County offices, such as the OFA, will clearly identify themselves. Your physician's office and pharmacy are other types of calls you may respond to safely.

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.



THE FUN

Volunteer Birthdays

- Dave Thompson— 5th**
- Susan Herlihy—12th**
- Pat Oddey—13th**
- Frank Shields—14th**
- Lynn Potenza—16th**
- Mary LaMere—19th**

Remember, Remember The Eleventh of September (9-11 poem)

Remember, Remember
The Eleventh of September,
The year: Two thousand and one

People died
That should have lived
Some as heroes, most were victims
Robbed of what could have been

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,

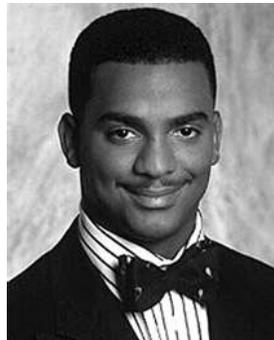
The week, the world
Joined us in mourning;
Showing we were not alone.
Unity of effort and unity of purpose
is how we will prevail

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
Remember
Not only the loss
But what is yet to be won

Famous Birthdays



September 8th – Patsy Cline –
Legendary country singer recorded
“ I Fall to Pieces”



September 21st – Alfonso Ribeiro –
Played preppie Carlton Banks on
“Fresh Prince of Bel-Air”



September 23rd – Jason Alexander –
Jerry’s neurotic friend George Costanza
on “Seinfeld”



September 7th— National Grandparents Day

First Sunday after Labor Day.

CENTER

1. ABOUT FALL

2. ABOUT FALL 2

Sudoku Puzzle

B C E O O R T

A E G N O R

A M N T U U

E L O L W Y

A F G I L N L

C L R O O

A E E L S V

A G I K N R

Answer:

Answer:

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

Fall Word Search

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

AFTER SUMMER
AUTUMN
BACK TO SCHOOL
BEFORE WINTER
BROWN
CHANGE
COLORFUL
COOL
FALLING
HALLOWEEN

LEAVES
NOVEMBER
OCTOBER
ORANGE
PICTURESQUE
RAKING
RED
SEASON
THANKSGIVING
YELLOW

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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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.greaterglensfallsseniorecenter.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

Tues-9/2	Popcorn/Film-"Twelve Years A Slave"	1:00 p.m.
Wed-9/3	Special Bingo-refreshments	1:00 p.m.
Thurs-9/4	Hot Air Balloon program by Marcia Clark	1:00 p.m.
Fri-9/5	Lunch Bunch/Luck-E-Star Café, Warrensburg-call to reserve	12:00 p.m.
Mon-9/8	Good Books Club-"When I Found You"-C. R. Hyde	1:00 p.m.
Tues-9/9	Northland Nursery Tour-call to reserve	1:00 p.m.
Wed-9/10	Defensive Driving Class-call to reserve	9 a.m.-5 p.m.
Wed-9/10	Little Theatre On The Farm-50's/60's Music-Cost: \$10, call to reserve	2:00 p.m.
Thurs-9/11	Lake George Dinner Theatre-"Lake Effects"-Cost: \$52-call to reserve	11 p.m.
Fri-9/12	Tour of Camp Santanoni-transportation \$25-call to reserve	8:30 a.m.
Mon-9/15	One Stroke Art class-Cost: \$15-call to reserve	12:30-2 p.m.
Tues-9/16	British Landscapes Information	1:00 p.m.
Wed-9/17	Coffee and Cop Chat-come for information and questions-Call to reserve	10:30 a.m.
Thurs-9/18	Turkey Dinner-Cost: \$7-call to reserve	12:00 p.m.
Mon-9/22	Food preparation in 1800's- admission-call to reserve	1:00 p.m.
Tues-9/23	Warren County OFA enrollment event-Call to reserve	1:00 p.m.
Wed-9/24	Saratoga Racino-Gas donation for van \$6	9:00 a.m.
Thurs-9/25	All Center Lake George Boat ride-call to reserve	11:00 a.m.
Tues-9/30	Glens Falls National Bank program Scams/Fraud-Call to reserve	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 /Bowling/Crafts/Cards/Bingo & Much More. Trips include: Alaska Cruise, California Coastal, and British Isles, New Orleans

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: _____

GREATER GLENS FALLS SENIOR CENTER

Saturday, October 4, 2014
9 a.m. - 2 p.m.

FALL FAIR

HOUSE & PORCH SALE

Offering Jewelry, Crafts, Collectibles, Baked Goods
Thrift Shop, Boutique, Housewares, Books, Appliances

Bring Your Family

And much more

Lunch at the Sherman House Café

Have a Great Time!



Greater Glens Falls Senior Center
380 Glen Street, Glens Falls, NY 12801
793-2189

TER NEWS

Beeches Dinner Theater

"Sing We Now Of Christmas"

Tuesday Dec 9th

We'll begin the day with a visit to the Christmas Tree Shop in Colony to pick up some of those last minute holiday necessities. Then we are off to Rome NY for a holiday show and festive buffet luncheon. Gorgeous costumes, dazzling sets and a script that not only shares the fun & comedy of the "happiest time of the year," but celebrates the season's true meaning.



Cost \$78

Deadline:

Friday Nov. 14th

Come Travel with Queensbury Senior Citizens

761-8225 or 745-4439

Credit cards accepted



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



Arts & Crafts Fair



Sat. Sept. 27th 9am - 3pm

At the Queensbury Center 742 Bay Rd.

Wide variety of paper crafts, jewelry, hand woven scarves, shawls, wine cork designs, paintings, photos, wreaths, purses, totes, maple products, wood plaques, cutting boards, gift baskets, afghans, quilted items and more

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 Tantiillo 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



Queensbury Senior Citizens Present

Laura ROTH

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

- New York Post

"One of the World's Leading Cabaret Singers"

- Show Business Newspaper

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



Doors open at 5:30pm

Cash Wine Bar

Show Starts at 7pm

Fresh Vegetables: Buying, Storing, and Cooking

Grab a basket! We'll show you how to select and store a bumper crop of fresh vegetables. Plus, we'll point the way to one of our favorite vegetable recipes for cooking each one on the list.

Tomatoes - Get them while you can! Whether you like them fruity and sweet or tart and tangy, there's no substitute for ripe, juicy, in-season tomatoes.

Peak Tomato Season: June through September.

Look For: Fragrant tomatoes that are firm, richly colored, and heavy for their size.

Store: In a single layer at room temperature. Use within a few days.

Beets - A little bit earthy, a little bit sweet, beets rank among the most richly colored fresh vegetables.

Peak Beet Season: June through October.

Look For: Small to medium beets that are smooth and firm with crisp, bright greens.

Store: In an airtight container in the refrigerator up to three weeks.

Corn - White corn kernels are more mild and sweet than the full-flavor yellow kernels. Choose a hybrid -- with yellow and white kernels -- for best-of-both-worlds flavor.

Peak Corn Season: May through September.

Look For: Ears that are bright green with tight-fitting husks and golden-brown silks.

Store: Corn is best cooked the day it's purchased. Otherwise, keep in the refrigerator up to one day.

Peas - Few fresh vegetables are as tender and sweet as freshly picked and shelled peas.

Peak Pea Season: Midspring through early summer.

Look For: Crisp pods that are plump and bright green. Some blemishes are OK.

Store: In an airtight container in the refrigerator up to three days.

Broccoli - These deep-green stalks offer a nutty and cabbage like flavor that really comes out when roasted.

Peak Broccoli Season: April through October.

Look For: Richly colored broccoli with tightly closed buds and crisp leaves.

Store: Unwashed in an airtight container or bag in the refrigerator up to five days.

Brussels Sprouts - These cuties look like little heads of cabbage -- and they taste a bit like cabbage, too, though they're generally more mild and nutty.

Peak Brussels Sprouts Season: Late August through March.

Look For: Small, bright green sprouts with compact heads free from blemishes.

Store: Unwashed in an airtight container in the refrigerator for up to three days.

Asparagus -- Few fresh vegetables say "spring" like asparagus. The seasonal favorite brings both earthy and bright flavors in every irresistible stalk.

Peak Asparagus Season: February to June.

Look For: Bright green stalks with fresh, tightly closed tips.

Store: Upright in a tall container filled with 1 inch of water in the refrigerator for three to four days.

Cauliflower - Mark Twain called it "cabbage with a college education." Indeed, cauliflower's flavor is sophisticated, bringing subtle nutty notes to the mix.

Peak Cauliflower Season: Available year-round, but best in autumn months.

Look For: Firm heads with compact florets and no signs of browning.

Store: In an airtight container or bag in the refrigerator for three to five days.

Green Beans - The mild veggie flavor of [green beans](#) comes through best when they're at their freshest.

Peak Green Bean Season: May to October.

Look For: Slender, crisp, brightly colored beans that are free from blemishes.

Store: In an airtight container in the refrigerator up to five days.

Summer Squash - Summer squash are relatively mild when compared to other fresh vegetables. Perk them up with plenty of herbs and spices.

Peak Summer Squash Season: Early to late summer.

Look For: Smaller squash that are lightly colored with no blemishes.

Store: Unwashed in the refrigerator up to five days.

Winter Squash - Most winter squash have inedible rinds -- it's the rich, sweet flesh inside that you use for cooking. The exception is the cucumber-shape delicata squash; its tender flesh *is* edible (though many diners prefer not to eat it).

Peak Squash Season: Early [fall](#) through the winter months.

Look For: Squash that is free of cracks and bruises.

Store: In a cool, dry place up to two months (delicata has a shorter shelf life -- store up to three weeks).

BHG: by Wini Moranville

Mile High Turkey-Vegetable Burgers

Burgers are a great place to stash a cache of farmer's-market-fresh veggies. Our turkey burger features green sweet pepper, mushrooms, cucumber, red onion, and tomato.

Ingredients

1 cup finely chopped [fresh mushrooms](#)
½ cup finely chopped green sweet pepper (1 small)
1 tablespoon olive oil
2 cloves garlic, minced
1 egg, lightly beaten
½ teaspoon ground black pepper
¼ teaspoon salt
1 pounds lean ground turkey or 90% lean or leaner ground beef
4 slices [red onion](#), cut 1/2 inch thick
2/3 cup chopped, seeded tomatoes
3 tablespoons chopped, pitted [Kalamata olives](#)
3 tablespoons crumbled reduced-fat feta cheese
2 tablespoons snipped [fresh mint](#)
1 tablespoon lemon juice
1 cup fresh spinach leaves
4 honey wheat or multigrain thin sandwich rolls, toasted if desired
¾ cup very thinly sliced cucumber

Directions

In a medium skillet cook mushrooms and sweet pepper in hot oil over medium heat for 5 minutes or until tender, stirring occasionally. Add garlic; cook and stir for 30 seconds. Remove from heat.

1. In a large bowl combine egg, mushroom mixture, 1/4 teaspoon of the black pepper, and the salt. Add ground turkey; mix well. Shape into four 3/4-inch-thick patties.
2. For a charcoal or gas grill, grill patties and onion slices on greased rack of a covered grill directly over medium heat. Grill patties for 10 to 15 minutes or until done (165 degrees F), turning halfway through cooking. Grill onion slices for 8 to 10 minutes or until tender and lightly charred.
3. Meanwhile, in a food processor combine tomatoes, olives, cheese, mint, lemon juice, and the remaining 1/4 teaspoon black pepper. Cover and process until smooth.

To serve, place spinach on roll bottoms. Top with patties, tomato mixture, onion slices, cucumber slices, and roll tops.

Nutrition Facts (Mile High Turkey-Vegetable Burgers) 351 kcal cal., 16 g fat, 128 mg chol., 648 mg sodium, 29 g carb., 7 g fiber, 32 g pro. Percent Daily Values are based on a 2,000 calorie diet

Adopted By: BHG

September 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 1  Meal Site Closed	September 2 Juice of the day Chicken & Biscuit Scandinavian Veggies Chilled Peaches	September 3 CHEF'S CHOICE <i>Senior Picnic</i>	September 4 Eggplant Parmesan Spaghetti/Marinara Sauce Carrots Fresh Fruit	September 5 Cold Plate Citrus, Turkey, and Spinach Salad Fresh Tomato Salad Muffin of the Day Pudding/Topping
September 8 Baked Chicken Tenders with Sauce Rice Pilaf Tomato & Zucchini Chilled Pears	September 9 Beef Tomato Florentine with Noodles & Cheese Japanese Veggies Garlic Bread Tropical Fruit Cup	September 10 Roast Pork/ Gravy Mashed Potato Peas & Onions Birthday Cake	September 11 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Blueberry Crunch	September 12 Cheesburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Corn Fresh Fruit
September 15 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pineapple	September 16 Apple N' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	September 17 Lemon Baked Fish Roasted Red Potatoes Broccoli Fresh Grapes	September 18 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Chilled Peaches	September 19 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Brownie
September 22 Breaded Haddock Au gratin Potatoes Italian Mix Veggies Chilled Apricots	September 23 Pork Chops Sweet Potatoes Green Beans Mandarin Orange	September 24 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Strawberry Shortcake	September 25 American Goulash Tossed Salad Cauliflower Fresh Fruit	September 26 Cold Plate Chef Salad -(Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Gingerbread/Topping
September 29 Chicken Reuben Rice Veggie Casserole Mixed Veggies Tropical Fruit Salad	September 30 Meatloaf Mashed Potatoes Scandinavian Veggies Peach Cobbler	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;
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