



Newsletter for Seniors

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

DECEMBER

2015

Warren County Staff

Christie Sabo - *Director*

Harriet Bunker -
Coordinator of Services

Cindy Cabana -
Specialist Services for the Aging

Susan Dornan - *NY Connects,
Point of Entry Coordinator*

Hanna Hall -
Aging Services Assistant

Dinah Kawaguchi - *Typist*

RoseAnn O'Rourke -
Coordinator of Nutrition Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu

Newsletters are now
available online at:

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact Suzanne Scott at
761-6347 to be added to our
email list.

Help Wanted:

at Meal Sites in Warren and Hamilton Counties
for Office for the Aging

Substitute Cooks and Food Service Helpers

Substitutes to work when regular staff are on vacation,
sick or personal leave.

If you would like to apply or would like further information contact:
RoseAnn @ 761-6347

OFA Staff Bio: Susan Dornan

Susan came to work in the position of Point of Entry Coordinator for NY Connects September 2009. She has previously worked in the fields of mental health, social services, and foster care and is an internationally certified alcohol and drug counselor. In her role with NY Connects, she has two favorite responsibilities.

First, collaborating with community partners to address the gaps and barriers people face regarding long term care needs such as affordable and accessible housing, transportation, home health care, and health care workforce. Secondly, providing information and assistance to people so they can make informed decisions about their plans for upcoming long term care needs.





NY Connects

Your Link to Long Term Services and Supports

TIP FOR INTERACTING WITH DEAF-BLIND

Tip for interaction with someone who is deaf-blind: When guiding a person who is deaf-blind, never place the person ahead of you. Instead, let the person hold your arm above the elbow. In this manner, the person can usually sense any change in pace or direction. When ascending or descending stairs, pause and then continue on. When walking through a doorway, let the person who is deaf-blind follow directly behind you. For more information: contact Helen Keller National Center for Deaf-Blind Youth and Adults. www.hknc.org or 516-944-8900.

SEND A FREE CARD ON-LINE

Want to send a free personal eCard to someone who is ill or who has experienced a death? www.willowgreen.com lets you attach a personal message to the person you want to receive your message. You can brighten someone's day with your message during their difficult time.



MEDICAID & LONG TERM CARE

Have you submitted an application for Medicaid for yourself or spouse? If you believe you will need long term care for at least 120 days, you can contact the Conflict-Free Evaluation and Enrollment Center to schedule your evaluation at 1-855-222-8350. You do not have to WAIT for your Medicaid case to be open to schedule your evaluation.

Meeting: Please Join Us!

Washington, Warren, and Hamilton Counties
Long Term Care Council (LTCC)
at Washington County Municipal Center
Building B, Basement Training Room 1
383 Broadway, Ft. Edward, NY 12828
10am-noon on Tuesday, December 8, 2015
RSVP: **Stephanie Ball, Secretary @ 746-2420**

EMERGENCY!

Warren County has a Special Needs Registry for full and part-time residents of Warren County. The registry is for those who may need additional assistance during an emergency. To register, call 518-761-6580 or go to www.warrencountyny.gov/emergency/registry.

NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

Call Susan @ 1-866-805-3931.

Controlling Your Lighting Costs

A Bright Idea: Be Energy Smart

The average household spends about \$100 a year (10% of their electricity costs) on lighting. Much of that expense is due to using inefficient light bulbs and poor lighting habits.

Fortunately, you can take steps to control your lighting costs and save money on your electricity bills.

Following the tips below could save you as much as \$50 a year on electricity costs:

Replace incandescent light bulbs with energy efficient compact fluorescent light bulbs (CFLs) on lighting you use most in your home.

Open the shades and let the sun provide free lighting instead of automatically turning lights on during the day.

Adopt a family rule to turn off lights when not in use.

Did you know:

CFLs (compact fluorescent light bulbs) use only a fraction of the amount of electricity used by comparable incandescent light bulbs.

By switching to a CFL, electricity savings in the first year will more than pay for the cost of the CFL (for lights you use most).

CFLs last up to 10 times longer than incandescent light bulbs.

CFLs are available in many sizes to fit most light fixtures.

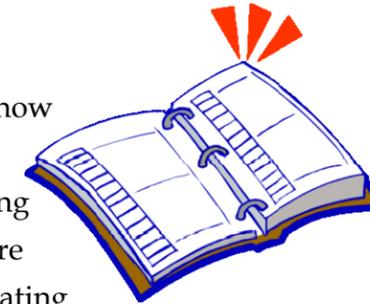
CFLs work in 3-way and dimmable lamps.



To Serve You Better...

OFA appointments are recommended!

We know that nothing is more frustrating than driving all the way to our office only to find that there is no one available to help you. Given the number and complexity of issues we help with, we want you to meet with the OFA staff member best able to assist you. While we make every effort to see people when they drop-in we are noticing that it creates unnecessary waits, not to mention that people sometimes need to make a return trip to bring documentation. We would like to recommend that you call ahead to schedule an appointment. This will guarantee that you're able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to serve everyone in a timely manner. Call 761-6347 or 1-888-553-4994 to schedule an appointment.



Thank you!



There is Still Time for a Medicare Check-Up

William C. Lane, Ph.D.

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.

Open enrollment for Medicare Part D is currently underway and will not end until December 7th. So, there is still time to call the HIICAP program at the Warren/Hamilton Counties Offices for the Aging and make an appointment to review your current coverage. What questions should guide your choices?

Cost. The cost of a plan seems to be the first thing that most beneficiaries consider. Remember that the least expensive plan may not be the best plan for you. Stand alone drug plans charge a monthly fee. If you have a Medicare Advantage Plan the cost of your drug plan is included in your monthly Advantage Plan premium. But, beyond the amount of your monthly premium there are other things to consider:

- **Yearly deductible.** The deductible is the amount you pay before your plan starts to pay for a share of the drugs covered. Some plans do have a deductible.
- **Copayment/coinsurance.** A copayment is the amount you pay for each prescription after you have met the deductible. Some plans put drugs in different "tiers." This means that different types of drugs will have different costs. For example, you might have a copayment of \$5 for all drugs that are on one tier, \$10 for those in the next tier, and so forth.

The coverage gap. Most drug plans have a coverage gap, usually referred to as the donut hole. After you have spent a certain amount of money on drugs you "fall into the donut hole" and pay a higher percentage of the cost. For 2016 you will pay 45% of the plan's cost for brand-name drugs and 58% of the cost for generic drugs until you reach the end of this coverage gap. Some plans offer additional coverage during the gap for generic drugs.

In 2016, once you and your plan together have spent \$3,310 on covered drugs you're in the coverage gap. While most people do not spend enough to reach the donut hole, many do not realize that the amount you spend toward this \$3,310 is the sum of what you pay in copayments as well as what your insurance company spends on your drugs. For example, you might have a copayment of \$10 but the cost to your plan for the medication might be \$40 in addition to your copayment. Therefore, a total of \$50 is charged against the amount you spend on the allowable amount before you reach the donut hole.

Remember, Extra Help, including the New York State EPIC program, is available. Many residents of both Warren and Hamilton counties are eligible for both Extra Help and EPIC but have not applied. If you qualify you may get your prescriptions filled and pay little or nothing in out-of-pocket costs. Depending on how much you spend each year, some residents could save thousands of dollars a year if they enrolled in Extra Help. You can apply for Extra Help at anytime during the year, you do not have to wait for the open enrollment period. For more information contact the Warren/Hamilton Counties Offices for the Aging at (518) 761-6347 to speak to a HIICAP counselor.

Coverage. What your plan actually covers should be a very important part of your review. Plans vary in the drugs they cover.

- **Formulary.** A formulary is simply the list of drugs that a Part D plan covers. Just as the drugs you take may change from year to year the same is true for your drug plan. If the plan uses tiers there will a formulary for each tier. You should check every year to make sure that all the drugs you take are still covered.

Coverage rules. Some plans may require that your doctor contact the plan for prior approval for certain medications. Other plans may require what is called “step therapy.” Plans may require that you start with a similar, lower cost drug to see if that will work for you before they will pay for a higher cost medication.

Convenience. Make sure that the pharmacy of your choice is in the network of your plan. You should be aware that some pharmacies offer additional discounts beyond those of available through your plan. Finally, not all plans offer a mail-order program which may be important to those with limited access to a walk-in pharmacy. You should also be aware that plans may change their network of pharmacies each year.

Quality. You can also review a plans quality rating. One way to find the ratings of plans is to go to the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan). Plans are rated 1 to 5 stars. You can also go to pages 161-161b of the *Medicare and You 2016* publication for ratings of the various plans. Other lists are available through AARP and publications such as *US News*. There is a list of plans on the New York State Office for the Aging website but it is not up-to-date. For the most current information consult the Warren/Hamilton Counties Offices for the Aging HIICAP counselors who can help you in accessing these ratings and findings out the quality ratings for the plans available in your county.

What should you do before making a decision? Medicare advises that you carefully review your current health and prescription drug plans as the benefits and costs change each year. Is there a plan available in your area that better meets your needs? If the plan you currently use is still offered and you are satisfied with it you do not need to anything. Once enrolled in a plan you will continue to be enrolled until you make a change or until the plan is discontinued in your county.

Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

Making Traditions Healthy

The holiday season is about family and food – and all too often, adding a few extra pounds to our waistlines. Remember to increase physical activity during the holiday season by going for a walk after meals.

Try these smart substitutions for your favorite holiday meals.

Use two egg whites in place of one egg.

Replace cream or whipping cream with evaporated skim milk.

Use fat-free versions of sour cream or cream cheese.

Replace whole milk with skim milk.

Try substituting applesauce for at least half the oil, margarine or butter when baking muffins and quick breads like banana bread.

For dips, sauces and pie toppings use non-fat yogurt or fat-free sour cream.

Top casseroles with crushed flake cereal instead of fried onion rings.

Choose reduced-fat cheeses for salads and casseroles.

Choose recipes that call for baking, broiling, roasting, steaming, braising, grilling, poaching or stir-frying.

Sauté vegetables and meat in wine, water or broth instead of butter.

Trim visible fat from meat before cooking and drain off all fat after cooking.

Remove fat from soups, stews, sauces and gravies by chilling and skimming it off.

Instead of using only white flour, use half white and half whole-wheat flour.

Compare labels of your holiday ingredients, choose those with lower sodium.



Recipe for: Pumpkin Soup
Yield 4 servings

1 can white beans (15 ounce, rinsed and drained)
1 onion (small, or 2 tsp. onion powder)
1 cup water
1 can pumpkin (15 ounces, plain)
1 can chicken or vegetable broth, low-salt (14.5 ounces)
½ teaspoon thyme or tarragon
salt and pepper to taste (optional)

Directions:
Blend white beans, onion, and water.
In a soup pot, mix bean puree with pumpkin, broth, and spices.
Cover and cook over low heat about 15 to 20 minutes until warmed through.



Recipe for: Italian Turkey and White Bean Stew
Makes 6 cups

2 TBS. Olive Oil
 2 cloves of garlic, minced
 2 small green zucchini in chunks
 1 can Italian chopped tomatoes undrained (14 oz.)
 1 cup low-salt chicken broth or one cup hot water with a chicken boullion
 ½ pound of deli (thick cut) roasted turkey breast - diced in cubes
 1 can Great Northern Navy beans, rinsed and drained (14-15 oz)

1 small chopped onion
 ½ tsp. rosemary, crushed

Directions:

1. Heat oil in large soup pot over medium heat and add onion cooking and stirring 5 min.
2. Add garlic and cook 1 min.
3. Add squash and cook 2 minutes more
4. Add broth, tomatoes, rosemary and bring to a boil, reduce heat and simmer 10 min.
5. Stir in chicken and beans, simmer 8 more min.

Adopted By: Senior Living

Remember to Stay Physically Active

The American Heart Association recommends that adults get at least 150-minutes-per-week of moderately vigorous physical activity.

Keep your family physically active when the weather gets chilly with these tips:

- *Ice skate.* This is a great workout for your legs and heart. You'll also help strengthen your core, which is engaged when trying to keep you balanced.
- *Shovel the snow.* Someone has to do it, and it's a great way to get the heart pumping and the other muscles working. But don't overdo it!
- *Go for an afternoon or evening walk, jog or run – and bring the dog!* As long as you're dressed warmly, any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.
- *Visit the local community center for a game of indoor basketball with friends and family.* This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or volleyball for a couple hours of fun physical activity

Take the focus off food.

Plan group activities with family and friends that aren't all about food. Instead of baking cookies with your children, create non-edible projects like wreaths, dough art decorations or a gingerbread house. Start a new tradition such as serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.



Adopted By: American Heart Association



Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director **Lauren Tompkins**, Outreach Specialist
Shiela Satterlee, Assistant **Joan Counter**, Admin. Assistant

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

Email: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome *Some of this month's highlights.*

Tues-12/1	Decorating pot luck lunch-bring a dish to pass	12:00 p.m.	
Wed-12/2	Special Bingo-prizes, refreshments	1:00 p.m.	
Thurs-12/3	Parks Bentley Nativity event-Cost: \$5-call to sign up	1:00 p.m.	
Fri-12/4	Festival of Trees lunch-Queensbury Hotel-Cost: \$18- call to register	11:15 a.m.	
Sat-12/5	New York City day trip-call to sign up	7:00 a.m.	
Mon-12/7	Good Book Club-The Art Of Racing In The Rain" by Garth Stein	1:00 p.m.	
Tues-12/8	Holiday sing-a-long with Jim Rosch	1:00 p.m.	
Wed-12/9	Center Christmas party-Great Escape Lodge	12:00 p.m.	
Thurs-12/10	Coffee and a Cop	1:00 p.m.	
Fri-12/11	Shoebox celebration party	1:00 p.m.	
Mon-12/14	Art class-Christmas bird on a branch	12:30 p.m.	
Tues-12/15	Film/Popcorn	1:00 p.m.	
Wed-12/16	Christmas Tea and treats-Cost:\$4	1:00 p.m.	
Thurs-12/17	Holiday cards for homebound seniors	1:00 p.m.	
Fri-12/18	Writers Group	1:00 p.m.	
Mon-12/21	Outdoor games indoors	1:00 p.m.	
Wed-12/22	Wii Bowling practice	1:00 p.m.	
Mon-12/28	Outdoor games indoors	1:00 p.m.	
Tues-12/29	Newsletter Mailing	1:00 p.m.	
Wed-12/30	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 Tobey- 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 with Sam Ling-Cost: \$6	9:00 a.m.-10 a.m.	

Christmas Banquet

Wednesday, December 9, noon

Join us at the Great Escape Lodge for our annual holiday lunch-door prizes, 50/50, drawing for the Price Chopper gift certificates. Have a great meal with lots of festive atmosphere and fellowship. The cost is \$23.

Menu

House Salad • Mashed Potatoes • Green Beans • Rolls/Butter

Entree Choice:

Apple Demi Glaze Chicken • Petite Sirloin with red Wine demi
 Balsamic Glazed Pan Seared Salmon • Pasta Primavera

Chocolate Cake • Coffee • Tea

Entertainment: Moreau Fun Band

Please bring a can or packaged food item for the local food pantries

Sponsored in part by CDPHP, Neighbors, Inc., Humana

Colorado Rockies

National Parks & Historic Trains
May 27th - June 4th 2016



(9) Days, (8) Breakfasts, (4) Dinners

Highlights:

Denver, Rocky Mountain National Park, Grand Junction,
Arches National Park, Canyonlands National Park,
Colorado National Monument, Durango & Silverton
Narrow Gauge Railroad, Mesa Verde National Park,
Pike's Peak Cog Railway, Garden of the Gods.

Rates Per Person: Double \$2,979, Single \$3,729

***Included in Price: Round Trip Air from Albany
TaxeFees/Surcharges, Hotel Transfers**

*Not Included in Price:

Travel Insurance of \$205 per person

Cancel for any reason up until day before departure for full refund
accept cost of insurance

**With Queensbury Seniors
& Collette Vacations**

Deposit \$250pp to reserve a seat!

Call 745-4439
for information



Volunteer Board Bulletin

Volunteers,

If you are *unable* to do your route please contact our office as soon as possible so we have time to find a substitute.

Thank you!

OFA Office: 761-6347



Please get to the Meal Site by 11:15, if you are running late just call to let us know you are on your way. Thank you, it is appreciated!

Meal Site: 832-1705

Happy Birthday to our Volunteers celebrating in December!



Wally Foley	1st
Gene Casella	6th
Joan Morris	6th
Gail Connor	12th
Angela Cotugno	12th
Bob Diamond	13th
Pete Cartier	19th
Joan Bovee	25th

Volunteers Needed!

Deliver meals to your homebound neighbors!

Many routes available.

- ◆ Bring a friend to ride and serve with you or drive alone!
- ◆ Only once per week for no more than 2 hours!
- ◆ Make someone smile today!



Warren-Hamilton Counties
Office for the Aging
1340 State Route 9 • Lake George, NY 12845

Call 518 761-6347 for information regarding volunteer opportunities.

HAPPY HOLIDAYS WORD SEARCH



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

Chimney

Elves

Fairies

Jolly

North Pole

Reindeer

Rudolph

Sled

Sleigh

Sleigh Bells

St. Nick

Toys



December 2015

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RD CDN

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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 1 Chili/ Shredded Cheese Brown Rice Corn Corn Bread Mandarin Oranges	December 2 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apple Crisp	December 3 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Pineapple	December 4 Cheeseburger Pie Roaster Potatoes Bites Broccoli Coleslaw Chilled Peaches
December 7 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Apricots	December 8 Pork Chop Roasted Red Potatoes Carrots Chilled Applesauce	December 9 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Birthday Cake	December 10 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	December 11 Soup of the Day (at congregare sites only) Liver & Onions Potato of the Day Peas & Onions Brownie
December 14 Quiche of the Day Scandinavian Veggies Muffin of the Day Pears	December 15 Beef Stroganoff over Noodles Carrots Tropical Fruit Cup	December 16 CHEF'S CHOICE	December 17 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 18 Shepherd Pie with Mashed Potatoes & Corn Green Beans Pumpkin Bar
December 21 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	December 22 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange	December 23 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	December 24 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	 Meal Site Closed
December 28 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	December 29 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	December 30 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	December 31 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Peach Cobbler	

Meal site Wells-924-4066

Meal site numbers: _____

Bolton: 644-2368
 Cedars: 832-1705
 cedars@warrencountyny.gov
 Chestertown: 494-3119

Johnsburg: 251-2711
 Long Lake: 624-5221
 Warrensburg: 623- 2653
 Lake Pleasant: 548-4941
 Indian Lake: 648-5412

Lake Luzerne: 696-2200
 First Presb. Church Glens Falls &
 Solomon Heights, Queensbury:
 832-1705
 Wells: 924-4066