

# February 2015

**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**

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**SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS**

**NANCY ROSEN - RECEPTIONIST**

**DINAH KAWAGUCHI - PART TIME TYPIST**

*Happy  
Valentine's  
Day*

**Newsletters are now available online at  
[www.warrencountyny.gov/ofa/newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)**

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

**(518) 824-8824 or [jarrellk@warrencountyny.gov](mailto:jarrellk@warrencountyny.gov)**

# OFA HIGHLIGHTS

## *February: Tips for Your Healthy Heart*

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the # 1 killer of women and men in the US and a leading cause of disability. Many CVD deaths can be prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes. You can control a number of these risk factors: diet, obesity, high blood pressure, high cholesterol, physical activity, tobacco use, and diabetes.

**Eat a healthy diet:** limit sodium, eat plenty of fresh fruits & vegetables—adults should have at least five servings each day. Eat foods low in saturated fat, trans fat, and cholesterol and high in fiber.

**Limit alcohol use:** avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

**Stress:** find fun things to do; listen to music you enjoy, give yourself regular walk breaks or reach out to talk with a friend. If you're a caregiver, attend a supportive group to decrease stress level. **For more information, contact Susan at Office for the Aging NY Connects at 1-866-805-3931.**



## **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  
(518)761-6347

WOULD YOU LIKE TO DECREASE THE IMPACT OF A STRESSFUL SITUATION BY HAVING A SAFE PLACE TO TALK? WOULD YOU LIKE TO INCREASE SOCIAL CONNECTION WITH OTHERS AS YOU HEAR ABOUT NEW IDEAS THAT MAY BE HELPFUL?

"Caring for Ourselves", a new support group for anyone caring for a family member, friend, or loved one may be what you've been looking for. We offer a safe place to discuss the stresses, challenges and the rewards of providing care, at no charge to you and reservations are not necessary.

WE HAVE EXPANDED TO TWO MORNING & TWO EVENING MONTHLY GROUPS

11AM-12 GROUP

FACILITATED BY SUSAN

AT THE GLENS FALLS HOME

79 WARREN STREET

GLENS FALLS, NY 12801

WED, FEB 4 AND 18

5:30-6:30PM GROUP

FACILITATED BY DIANNE

AT HIGH PEAKS HOSPICE

79 GLENWOOD AVENUE

QUEENSBURY, NY 12804

THURS, FEB 12 AND 26

*\*We hope you'll join us; for more information contact Susan at 1-866-805-3931*

## NY Connects: Choices for Long Term Care

### **What is the difference between a HHA, PCA, CNA and Sitter/ Companion?**

Home health aides (HHAs) carry out health care tasks in a patient's home under the supervision of a registered nurse or licensed therapist and may also provide assistance with personal hygiene, housekeeping and other related supportive tasks. HHAs are required to be under professional supervision by the home care agency.

Personal care aides (PCAs) provide patients assistance with nutritional and environmental support and personal hygiene, feeding and dressing and/or, as an extension of self-directed patients, select health-related tasks. PCAs are required to be under professional supervision by the home care agency.

Certified nurse aides (CNAs) provide the vast majority of direct personal care to nursing home residents. Working under the supervision of nursing and medical staff, nurse aides answer residents' call bells, deliver messages, serve meals, make beds, and help residents eat, dress and bathe.

Sitter/Companions provide companionship and environmental care (housekeeping, shopping and errands). Sitter/Companions are not certified and therefore not permitted to provide personal care (bathing, dressing, toileting); they may or may not be working for a licensed agency/organization.

Call 1-866-805-3931 to speak with Susan Dornan, NY Connects Coordinator at Warren/Hamilton Counties Office for the Aging for more information on licensed and/or private home care options.

## Turning 65 this Year? A Five Question Guide to Medicare

William Lane, Ph.D.

Over the next 10 years, approximately 10,000 Americans will turn 65 every day! For many, completing the task of enrolling in Medicare will seem be very complicated. To guide those turning age 65 through the process the National Council on Aging developed a question guide to getting started with Medicare. I have used some of these questions as guide for this article. All the responses have been adjusted to meet the needs of our local readers.

### 1. How do I enroll in Medicare? Is it automatic when I turn 65?

To enroll in Medicare, most people will need to contact Social Security directly. The Warren County office is located at 17 Cronin Road #1, Queensbury, NY. It is open from 9:00 am to 3:00 pm five days a week, except for Wednesday when the office closes at noon. The phone number is 1-877-405-4875.

There is not a Social Security office in Hamilton County. For many the Queensbury office will be the closest. However, depending where you live, some residents may find the offices located in Gloversville, Plattsburgh or even Watertown or Utica to be more convenient. To locate the office nearest to you go to the Social Security Office Locator at <https://secure.ssa.gov/ICON/main.jsp> and enter your zip code. It will give you information on the three closest offices to you, including mileage, as well as all the contact information. If you do not have internet access call the Queensbury office for assistance.

You can also enroll on line in Social Security and Medicare by going to <http://www.socialsecurity.gov/medicare/> or by calling the national number at 1-800-772-1213.

Some people, including early retirees receiving Social Security and those with Social Security disability or Railroad Retirement benefits, are automatically enrolled in Medicare when they become eligible. Even if you feel you will be auto enrolled you should check with Social Security to verify that the process is underway. If you are still employed when you turn age 65 check with your employer about your Medicare enrollment (see question 3 below).

### 2. When do I have to enroll?

You have a 7-month window around your 65th

birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare but you may have to wait for a designated special/general enrollment period to do so. Start early to avoid delays or possible late enrollment penalties!

**3. What if I'm still working and have insurance?** As you approach age 65 if you are receiving health insurance coverage through you employer contact your human resources office about what you need to do. If you are working past 65 and carrying your own coverage, contact your insurance company to see what you should do. In most cases, Medicare Parts A and B will become your primary coverage and your own policy will move to what is called a Medigap or supplemental plan. The HIICAP program can help you with these issues as well as with the selection of a Part D prescription drug plan.

### 4. Does Medicare cover long term care?

According to studies by AARP and others many believe that Medicare will cover long care expenses such as nursing home care. That is false. Medicare has a small long term care benefit designed to cover short-term rehabilitation but not long term care. Age 65 is still not too late to consider a long term care insurance policy. HIICAP counselors can explain long term care insurance to you. For information about the NY Partnership for Long Term Care and other options go to <http://www.nyspltc.org/>.

### 6. How do I pay for my Medicare?

Medicare Part A is provided to all Social Security beneficiaries aged 65 and over at no cost. If you are receiving Social Security benefits at the time you enroll in Medicare Part B your premiums will be deducted from your monthly check. In general, if you decide to enroll in a Medicare Advantage Plan you will pay this premium directly as you will with your Part D drug coverage.

Remember, if you have any questions about Medicare Parts A or B, Medicare Advantage Plans, Part D drug coverage, Medicare supplemental plans or long term care insurance the Warren/Hamilton Counties HIICAP program is there to answer your questions. Call them at (518)518-761-6347.

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.

## This Caregiver Needs a Break

[Marlis Powers](#), Blogger

Caregiver for husband with dementia, writer

I haven't been away from Charlie for more than two hours at a time since July of 2013. I have decided I am due for a respite, and thanks to his daughter, it appears that this is going to be possible.

There are two young people in Florida who have never met their great grandmother, and my sister has a new home she has been waiting for the past year to show off, so I have finally convinced myself that it is time to make the trip.

I have spent many sleepless hours mulling over all the reasons I shouldn't go.

Number one, of course, is Charlie. He always looks forward to a visit from his daughter but he doesn't deal well with change. And I am certain that the entire time I am gone he will be expecting me to walk in the door any minute. Time just doesn't mean a thing to him. If I tell him I will be gone for ten days he will still expect me to be back at bedtime.

Number two on my list of excuses is my irritable bowel syndrome. I will probably have to fast for two days prior to the trip in order to assure a problem-free journey. Also, the family cooks will have to deal with my many food problems. It almost takes the pleasure out of travel.

The third obstacle to such a trip is the New England winter weather. It can be fickle at best. It seems as though every time I schedule a trip by plane the weather raises its ugly head and causes distress.

We have a ninety-minute drive from our home to the nearest airport, through the White Mountains, a drive that can be treacherous at times. My anxiety level is certain to spike in the coming days, until we get the weather report. Then, when it's time to fly home, the anxiety will set in again. Since I have had two trips affected by severe weather conditions, this anxiety is not without foundation. I will be sure to pack my anxiety pills.

I am concerned that my extended absence will have some long-term effect on Charlie's dementia. You just never know how a dementia patient will react to change and loss. I hope I will come back ready to cope with his problems in a more cheerful manner. If that happens, the trip will have benefitted both of us.

P.S. Here I am, three days from departure. The weather promises to be good for the southbound part of the trip. I am praying for the same on February 1st. But Charlie, who gave his blessing for the trip, is developing anxieties.

His calendar is constantly on his lap and he goes over the details at least once an hour. And he has suddenly developed a pain in his elbow requiring Aleve, joint analgesic cream and a pillow under his arm. I am giving him all the sympathy I can muster, but have to wonder what new problems will develop between now and Friday.

It's almost enough to make me cancel the trip. Almost.

**If this is you, or someone you know, consider attending our new “Caring for Ourselves” support group. See more information on the OFA High-lights section.**

# Famous **THE FUN** Birthdays



4<sup>th</sup> Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat



18<sup>th</sup> John Travolta – Icon from “Saturday Night Fever” + “Pulp Fiction”



22<sup>nd</sup> George Washington – 1<sup>st</sup> President (1789-1797)

# Volunteer Birthdays

- Gary Willett — 1st
- Don Strycker — 8th
- Pat Sennet—13th
- Jim Buttler — 14th
- Lillian Beswick 8th



- Cathy Thompson — 6th
- Tricia Freer — 9th
- Al Katz — 14th
- Jerome Whitehead 18th
- Mary Strycker — 26th

➡ In Shakespearean times the liver was the organ associated with love.

➡ *Home run king "Babe" Ruth born February 6, 1895.*

**"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."**

- Don Halley

# CENTER

# Sudoku Puzzle

## Valentine's Day Word Search Puzzle

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

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

BE MINE  
 CANDY  
 CARD  
 CHOCOLATES  
 CUPID  
 DATE  
 FEBRUARY  
 FLOWERS  
 FOURTEENTH  
 GIFTS

HEARTS  
 HOLIDAY  
 I LOVE YOU  
 KISS  
 LOVE  
 ROMANCE  
 ROSES  
 SAINT  
 SWEETHEARTS  
 VALENTINE



## ABOUT LOVE

C H R S U

A E L Z

D F N O

H I O P R S W

**Answer:**

PRUNE JUICE by George Sfarnas © 2005

www.PruneJuiceComics.com





**Glens Falls Senior Center**



# SENIOR CEN

Located at: 380 Glen Street, Glens Falls, NY 12801

Phone 793-2189 E-Mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)

Celebrating over 50 years of Service to our Senior Community

Something for everyone No Residency Requirements....

Kim Bren, 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-1/5    | Good Books Club- <i>"A Star For Mrs. Blade"</i> by April Smith   | 1:00 p.m.      |
| Tues-1/6   | Pot Luck- <i>"Undecorating Party"</i> -bring a dish to pass      | 12:00 p.m.     |
| Wed-1/7    | Coffee with a Cop-questions and answers on local law enforcement | 10:00 a.m.     |
| Thurs-1/8  | Lunch Bunch-Rainer's at the Ramada Inn, exit 19-Dutch treat      | 1200 p.m.      |
| Tues-1/13  | Film/popcorn- <i>"Hitchcock"</i> -Helen Miren-free               | 1:00 p.m.      |
| Wed-1/14   | Reception for retiring Executive Director, Rene Clements         | 1:00-3:00 p.m. |
| Thurs-1/15 | Walgreen's pharmacist on vitamins and supplements                | 1:00 p.m.      |
| Tues-1/20  | Michigan Rummy/game day-drop in                                  | 1:00 p.m.      |
| Wed-1/21   | Winter home cooked lunch-Cost: \$7                               | 12:00 p.m.     |
| Mon-1/26   | Special Bingo-refreshments and fun                               | 1:00 p.m.      |
| Wed-1/28   | Blood Pressure/Blood Sugar screening                             | 8:30-9:30 a.m. |
| Wed-1/28   | Newsletter mailing-everyone welcome                              | 1:00 p.m.      |
| Thurs-1/29 | Racino trek-Cost \$6 transportation                              | 9:00 a.m.      |
| Fri-1/30   | Writer's group-bring current/past works to share                 | 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: \_\_\_\_\_

**HELP BY DONATING YOUR BASKET TODAY!**

Greater Glens Falls Senior Citizens Center  
380 Glen Street  
Glens Falls, NY 12801  
(518) 793-2189  
[agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)  
website:[http:// \(on line\)](http://www.greaterglensfallsseniorcenter.com)

[www.greaterglensfallsseniorcenter.com](http://www.greaterglensfallsseniorcenter.com)

**BASKET RAFFLE DONOR FORM**

The baskets will be on display starting Friday, February 13, 2015 and the drawing will be held on Thursday, April 16, 2015 at a Raffle Basket Party with refreshments. Party begins at 1:00 p.m.

ANY THEME YOU WISH TO USE FOR THE BASKET IS ACCEPTABLE AND WE ASK THAT NO USED ITEMS BE PLACED IN THE BASKET

(Please Print)

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
THEME: \_\_\_\_\_  
CONTENTS: \_\_\_\_\_

Use back if you need more space

VALUE \$ \_\_\_\_\_ (IF YOU WISH A RECEIPT FOR TAXES)

**THE BASKETS SHOULD BE DELIVERED TO THE SENIOR CENTER BY THURSDAY, FEBRUARY 12, 2015**

ANY QUESTIONS, PLEASE CALL  
THANK YOU FOR YOUR PARTICIPATION

# TER NEWS



**Stop by the Queensbury Center and find out what we are all about!**  
Lots of travel, activities and opportunities to get involved with your community!

742 Bay Rd  
Queensbury



Corner of Bay  
& Haviland

## British Landscapes Trip

Featuring England, Scotland & Wales

October 3rd -12th 2015

with Queensbury Seniors On The Go  
& Collette Vacations

10 days (12 meals 4 dinners)  
Round Trip Air & Transfers



### Highlights

London City Tour with theater option,  
Visit Oxford, Overnight Castle Stay in Wales,  
English Lake District, William Wordsworth's home  
town of Grasmere England, Edinburgh Castle,  
Medieval City of York, Shakespear's birthplace  
Stratford-upon-Avon, Ann Hathaway's thatch-roofed  
cottage, Stonehenge, Cotswolds Region  
and so much more!



- Day 1 Overnight flight
- Days 2, 3 London, England
- Day 4 North Wales
- Days 5, 6 Edinburgh, Scotland
- Day 7 York, England
- Day 8,9 Starford-Upon-Avon, England

Melissa Pagnotta - Travel & Activity Director  
[melissa@seniorsonthego.org](mailto:melissa@seniorsonthego.org) (518) 745-4439

**Itineraries available at the Queensbury Center 742 Bay Rd. Qsby.**



### Queensbury "Seniors On The Go" present... **Ottawa & Thousand Islands** June 8th -12th 2015



**Package Includes:** (3) Nights Lodging in Ottawa, (1) Night Thousand Islands, (3) Dinners, (4) Breakfasts, Guided Tour of Ottawa, Tour of Parliament Hill, Visit to Colorful Byward Market, Canadian Museum of Nature, Thousand Island Sightseeing Cruise to visit Boldt Castle. Visit to Casino du Lac Leamy. Luggage Handling, Taxes & Meal Gratuities. Motorcoach Transportation. Gratuities for Driver and Guides are not included. Travel Insurance is available upon request.

**Full Itinerary available at the Queensbury Center**

Reserve your seat now! Passports required for travel

Cost \$594pp dbl \$25 Deposit due with registration

Deposit due by March 1st. Final Payment by April 14th.

*\*Call Melissa for further information*



**761-8224 Ask us about becoming a member!**

## Quick Chicken Chili

*This Simple Cooking with Heart recipe is a yummy twist on traditional chili, switching in chicken for ground beef. It's easy to make in a hurry!*

Serves 4

### Ingredients

- non-stick cooking spray
- 1 lb. boneless, skinless chicken breasts or tenderloins
- 1 lb. ground white meat chicken or turkey
- 1 medium onion
- 1 medium bell pepper (any color)
- 3 clove garlic
- 1 tsp. jarred, minced garlic
- 2 cup fat-free, low-sodium chicken broth
- 1 16- oz. canned, fat-free, low-sodium chicken broth
- 2 15.5- oz. canned, no-salt-added, or, low-sodium beans (mix or match pinto, red, kidney or navy)
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder (optional)
- 1 medium chopped jalapeño (optional if you like spicy chili)
- fresh cilantro (optional)
- 1/2 cup low-fat, (or), fat-free sour cream (optional)

### Directions

1. Remove visible fat from chicken, cut into bite-sized pieces.
2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional) cooking over medium-heat until chicken is no longer pink (about 7 minutes)
3. Lightly mash the drained, rinsed beans with a fork.
4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)

344 Calories 174 mg Sodium \$2.47 price Per Serving

### Additional Tips Quick Chicken Chili

**Budget Tip:** when buying chicken, tenderloins are often less expensive than breasts – in recipes like this one where you cut the chicken into bit-size pieces the cut makes no difference so pick whatever's cheaper! Be sure to check for specials or sales.

Recipes Adopted By: AHA

## PUT YOUR HEART INTO HEALTHY EATING

Heart disease is the #1 killer of American women. Risk factors such as high blood pressure, high cholesterol, diabetes, and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. So put your heart into healthy eating. Here are 5 ways to do that.

### 1. Plan to Eat Heart Healthy

Put together an eating plan that offers the balance of calories that is right for you, including vegetables, fruits, whole grains, and low/fat-free dairy products. The number of calories you need each day depends on your age and how physically active you are. Add seafood, lean meats, poultry, beans, eggs, and unsalted nuts for protein. Limit saturated and trans fats, cholesterol, sodium (salt), and added sugars. Grill, steam, or bake instead of frying and flavor with spices, not sauces.

### 2. Eat Smart

Changing your perceptions of how and what you eat really helps.

Use smaller plates to help limit portion sizes. Chew slowly and really think about textures and flavors as you eat.



### 3. Choose Healthy Snacks

Enjoy treats with fewer calories that fit into your daily eating plan—like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes or five red pepper rings, or a half cup of low/fat-free yogurt.

### 4. Dine Out the Healthy Way

You can eat healthy in restaurants. Control portion size by eating half your entrée, and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu, and leave off or ask for butter, gravy, sauces, or salad dressing on the side.

### 5. Find Heart Healthy Menus to Enjoy

How you eat day after day makes a real difference in your health over time. Take a look at how you're currently eating and compare it with heart healthy recipes.

*Find out more about getting active and living a heart healthier lifestyle by visiting [www.hearttruth.gov](http://www.hearttruth.gov)*  
Source: NIH Publication

## Slow Cooker Sauerbraten

*Here is a great Simple Cooking with Heart comfort food recipe! Sauerbraten is a German style beef stew that's cooked in a vinegar sauce with warm spices.*

### Ingredients

- 1 lb. top round or beef loin roast
- 1 onion
- 1 cup low-sodium beef broth
- 1/2 cup cider vinegar
- 1 packaged baby carrots
- 1 rib celery
- 1 tsp. jarred, minced garlic
- 2 small potatoes
- 1 Tbsp. brown sugar
- 1 tsp. ground ginger
- 1/2 tsp. nutmeg
- 1 Tbsp. whole-wheat flour

### Directions

1. Add beef, onion, broth, vinegar, celery, garlic, carrots and potatoes to slow cooker.
2. Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours.
3. Add brown sugar, ginger, nutmeg and flour to cooker, stir and turn to high heat ? cook for 30 minutes more.

**Additional Tips** Leftover ingredients? Use them in these recipes!

254 Calories 165 mg Sodium \$2.97 Per Serving

***Recipes for healthy food can easily be done by making a few changes or additions to your meals. Here are a few healthy eating tips.***

#### Lunch & Dinner

- ⇒ Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- ⇒ Choose soup. You can stick with the basics like tomato or vegetable soup or you can mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
- ⇒ Add broccoli, green beans, corn, or peas to a casserole or pasta.
- ⇒ Add lettuce, tomato, onion, and cucumber to sandwiches.
- ⇒ Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
- ⇒ Place a box of raisins in your child's backpack and pack one for yourself, too.

## February 2015

Warren/Hamilton Counties Office for the Aging

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|--|--|--|--|--|
| <b>February 2</b><br><b>Groundhog Day</b><br>Cheeseburger Deluxe<br>Lettuce/Tomatoes<br>Roasted Potato Bites<br>Carrots<br>Chilled Peaches | <b>February 3</b><br>Eggplant Parmesan<br>Spaghetti/Marinara sauce<br>Italian Veggies<br>Chilled Pears | <b>February 4</b><br>Apple n' Onion Chicken<br>Sweet Potatoes<br>Peas & Onions<br>Fruited Gelatin                        | <b>February 5</b><br>Beef Stew<br>Boiled Potatoes/Carrots<br>Biscuit<br>Baked Cookie                                       | <b>February 6</b><br>Goulash<br>California Medley<br>Tossed Salad<br>Gingerbread/Topping   |
| <b>February 9</b><br><br><b>CHEF'S CHOICE</b>  | <b>February 10</b><br>Beef Pot Pie with Potatoes and Veggies<br>Winter Squash<br>Chilled Peaches       | <b>February 11</b><br>Turkey Pot Roast<br>Cranberry Sauce<br>Mashed Potatoes<br>Spinach<br>Strawberry Shortcake          | <b>February 12</b><br>Chicken Stir-Fry<br>Brown Rice<br>Oriental Veggies<br>Tropical Fruit Cup                             | <b>February 13</b><br>Spaghetti & Meatballs<br>Marinara Sauce<br>Green Beans<br>Garlic Bread<br>Tossed Salad<br><b>Birthday Cake</b> |
| <b>February 16</b><br>Meal site closed<br><br>             | <b>February 17</b><br>Juice of the Day<br>Chicken & Biscuit<br>Scandinavian Veggies<br>Pudding/Topping | <b>February 18</b><br><b>Ash Wednesday</b><br>Breaded Haddock<br>Scalloped Potatoes<br>Green Beans<br>Tropical Fruit Cup | <b>February 19</b><br>Roast Pork Loin/Gravy<br>Roasted Red Potatoes<br>Winter Squash<br>Apple Crisp                        | <b>February 20</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>Marinated Carrots<br>Chilled Pineapple                                 |
| <b>February 23</b><br>Chicken Parmesan<br>Penne Pasta/Marinara Sauce<br>Cauliflower<br>Chilled Apricots                                    | <b>February 24</b><br>Pork Chop<br>Sweet Potatoes<br>Carrots<br>Chilled Applesauce                     | <b>February 25</b><br>Meatloaf/Gravy<br>Mashed Potatoes<br>Zucchini & Tomatoes<br>Peach Cobbler                          | <b>February 26</b><br>Chicken & Stuffing<br>Casserole<br>Long Grain & Wild Rice<br>California Medley<br>Tropical Fruit Cup | <b>February 27 Brunch</b><br>Cheese Omelet<br>Hash Brown Potato<br>Ham<br>Yogurt Parfait with<br>Strawberry & Granola                |
|  |  | <b>Suggested contribution</b><br><b>\$3 per meal.</b>  |  |  |

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;

Solomon 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