

June 2015

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

**1340 State Route 9, Lake George NY 12845  
(518) 761-6347**

**Toll free # 1-888-553-4994**

**NY Connects 1-866-805-3931**

**Staff**

- Christie Sabo, Director
- Harriet Bunker, Coordinator of Services
- Rose Ann O'Rourke, Coordinator of Nutrition Services
- Kayla Jarrell, Supervisor of Volunteers
- Cynthia Cabana, Specialist, Services for the Aging
- Hanna Hall, Aging Services Assistant
- Cynthia Ross, Fiscal Manager
- Dinah Kawaguchi, Part-time Typist
- Susan Dornan, NY Connects Coordinator
- Catherine Keating RD CDN Consultant Dietitian/Menu
- Jami Rivers, Receptionist

**Mission Statement**

The Warren-Hamilton Counties Office for the Aging (OFA) is a bi-county governmental agency dedicated to maintaining seniors' independence and dignity. The OFA advocates for seniors and their families, providing support services, education and assistance in accessing available services.

Happy  
*Father's*  
Day



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

**Please contact Susan Dornan to be added to our email list.**

**(518) 761-6347 or [dornans@warrencountyny.gov](mailto:dornans@warrencountyny.gov)**

**Newsletter for Seniors**

# OFA HIGHLIGHTS

## The Glen at Hiland Meadows:

### New location for daytime Caring for Ourselves Group

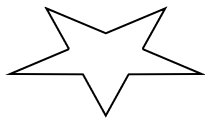
### Join us 11am-noon on June 4 and 18

Caregivers join together to support each other, share ideas and concerns in this group facilitated by Susan from Warren-Hamilton Counties Office for the Aging or Dianne from High Peaks Hospice.



***\*\*\*Evening group meets 5:30-6:30pm June 9 and 25 at High Peaks Hospice.***

**For information on planning ahead for your long-term care needs, contact Susan at NY Connects at 1-866-805-3931.**



**Washington, Warren, and Hamilton Counties  
Long Term Care Council (LTCC)**

**Quarterly Meeting**

**June 17, 2015 from 10am-noon**

**at Hamilton County Public Health,**

**Indian Lake, NY**



**Join us to hear about our newest workgroups!**

**Hear how you can make a difference in addressing gaps in  
long term care in our communities.**

# **Thinking about:**

**Quitting tobacco? Medicare can help!**

**Having a mammogram? Medicare can help!**

**Depression? Medicare can help!**

**Too much alcohol? Medicare can help!**

**Contact OFA about 100 % covered  
Medicare Preventive Services**

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**New York State's Lifeline Discounted  
Telephone Service helps income eligible  
consumers stay connected & save  
on their monthly phone bills.**

**Call 1-888-275-7721 for more information**

# Catherine's Corner

## Catherine Keating, RD Certified Dietician Nutritionist

### **Bite into a Healthy Lifestyle: Strategies for Change One Bite at a Time**

**We need to be realistic and realize that we can make changes because they will benefit our health.**

- **Replace the sugar- sweetened beverages** drink water when you are thirsty.
- **Cook using fresh ingredients** to reduce sodium & fat you get from pre-made convenience items.
- **Fire up the grill** and cook up some lean protein and roasted vegetables. Grilling some shish kabobs using vegetables, fruits and lean proteins in new ways can jazz up your dinner time.
- **Pump up your plate** by increasing the vegetables you serve to fill half the plate. Adding side salads using the great variety of ready-made salad mixes is pretty easy.
- **Manage your portions.** Even good healthy foods can be overeaten and lead to excessive calorie intake.
- **Calories out** includes getting enough physical activity daily to achieve a balance for health.
- **Choose low fat dairy products** to meet your needs for calcium. Select skim or 1% milk, low fat yogurt, and skim milk cheeses.
- **Try a Meatless Monday plan.** Use protein sources from plants such as beans, nuts, grains and soy. Plant based protein sources are lower in fat and calories,
- **Buy fresh fruits and vegetables in-season** to take advantage of their freshness and affordability.
- **Don't skimp on fiber.** We need to include 6-8 ounces of grains daily with half coming from whole grain sources.

Adopted By: Nutrition for the Health of it: Kathy Birkett

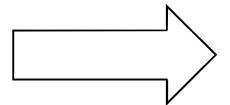
### Summer Squash Mushroom Casserole Recipe

This rich, creamy side with its crunchy topping would make a wonderful dish to take to summer potlucks and picnics, or to pair up with a wide variety of entrees.

**TOTAL TIME:** Prep: 20 min. Bake: 25 min. **YIELD:** 10 servings

#### **Ingredients:**

2 medium yellow summer squash, diced, 1 large zucchini, diced, 1/2 pound sliced fresh mushrooms,  
1 cup chopped onion, 2 tablespoons olive oil, 2 cups (8 ounces) shredded cheddar cheese  
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted, 1/2 cup sour cream  
1/2 teaspoon salt, 1 cup crushed butter-flavored crackers (about 25 crackers), 1 tablespoon butter, melted



# Summer Garden Chicken Stir-Fry



**Prep Time:** 30 min    **Total Time:** 30 min    **Servings:** 4

## Ingredients

- 1 lb boneless skinless chicken breasts, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 teaspoons finely chopped ginger root
- 1 medium onion, cut into thin wedges
- 1 cup ready-to-eat baby-cut carrots; cut lengthwise in half
- 1 cup fat-free chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 to 3 teaspoons sugar
- 2 cups fresh broccoli florets
- 1 cup sliced fresh mushrooms (3 oz.)
- 1/2 cup chopped bell pepper (any color)
- 2 teaspoons cornstarch
- Hot cooked brown rice, if desired

## **Directions**

- 1~ Heat 12-inch nonstick skillet over medium-high heat. Add chicken, garlic and ginger root; cook and stir 2 to 3 minutes or until chicken is brown.
- 2~ Stir in onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring occasionally.
- 3~ Stir in broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- 4~ In small bowl, mix cornstarch and remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over rice.

**Expert Tips** Choose your favorite sugar substitute instead of using the regular table sugar called for in this recipe to lower the carb count. One packet of NutraSweet® sweetener is equal to 1 teaspoon of sugar whereas one packet of Splenda® sweetener is equal to 2 teaspoons of sugar.

**NUTRITION INFORMATION PER SERVING:** Serving Size: 1 Serving Calories 200 (Calories from Fat:35), Total Fat 4g, (Saturated Fat 1g), Cholesterol 70mg, Sodium 610mg Total Carbohydrate 15g (Dietary Fiber 4g) Protein 28g; % Daily Value\*: Vitamin A 150%; Vitamin C 70%; Calcium 6%; Iron 10%;

## **Directions for Summer Squash Mushroom Casserole:**

1. In a large skillet, sauté the summer squash, zucchini, mushrooms and onion in oil until tender; drain.
2. In a large bowl, combine the vegetable mixture, cheese, soup, sour cream and salt. Transfer to a greased 11-in. x 7-in. baking dish. Combine cracker crumbs and butter. Sprinkle over vegetable mixture.
3. Bake, uncovered, at 350° for 25-30 minutes or until bubbly.

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**Nutritional Facts:** 2/3 cup equals 234 calories, 16 g fat (8 g saturated fat), 36 mg cholesterol, 564 mg sodium,

14 g carbohydrate, 2 g fiber, 8 g protein.

Adopted By: RDA Enthusiast Brands, LLC

# **FUN, FUN**

## **OUR VOLUNTEER JUNE BIRTHDAYS**

11th James Nyemchek

15th Joanna Carlton

23rd Lisa DeNoyer

24th Kevin McCullough

26th Stephen Youker

27th Tom Judkins

28th Francis Angelo

## **REASONS TO VOLUNTEER**

**~TO SHARE A SKILL**

**~TO FEEL NEEDED**

**~TO KEEP BUSY**

**~FOR RECOGNITION**

**~YOU HAVE TIME TO**

**~TO MEET NEW PEOPLE**

***THANKS VOLUNTEERS!***

**Greater Glens Falls Senior Citizens Center, Inc.**

**Presents The Annual**

## **GREAT AMERICAN LAWN SALE**

**Saturday June 13, 2015 9:00 a.m. – 2:00 p.m.  
BARGAINS GALORE!**

Bake Sale~Duck Tickets~Books & Thrift Shop Boutique

Plants & Cuttings~Household Items, Jewelry

Much, Much More! Check It Out!

380 Glens Street, Glens Falls, NY 12801

518-793-2189

# & MORE FUN



## Father's Day Wordsearch



Can you find the word for Father in all these different languages?

p	z	o	p	t	j	p	a	b	b	i	t
o	a	i	f	c	p	q	t	b	j	n	a
x	h	t	p	a	j	o	p	a	p	a	t
o	a	j	e	a	t	w	m	a	t	o	a
t	a	k	r	r	b	h	p	r	z	a	i
v	k	q	e	i	t	b	e	e	r	p	y
b	o	j	a	g	z	t	a	r	j	c	l
a	r	b	a	t	h	a	i	r	c	k	m
b	o	t	o	s	a	n	u	w	n	u	v
b	x	s	p	a	i	v	a	d	e	r	n
a	j	a	p	g	j	q	g	k	d	f	c
r	h	b	a	p	a	a	q	s	g	k	b

Abba (Hebrew)

Athair (Irish)

Babba (Arabic)

Bapa (Malay)

Father (English)

Haakoro (Maori)

Otosan (Japanese)

Pabbi (Icelandic)

Pai (Portuguese)

Papa (Russian)

Pater (Latin)

Pere (French)

Tata (Polish)

Tatay (Filipino)

Vader (Dutch)

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### Summer Sudoku

Every row, column and mini-grid must contain the letters B U C K E T.  
Don't guess - use logic



	T			K	
	U	K	B	C	
T					U
K					C
	B	E	C	T	
	K			U	





**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-6/1	Good Books Club- <i>"Those Who Save Us"</i> by Jenna Bloom	1:00 p.m.
Wed-6/3	Special Bingo-lots of games and refreshments, prizes	1:00 p.m.
Mon-6/8	One Stroke Art Class-Cost: \$15, call to reserve	12:30 p.m.
Tues-6/9	Game Day, bring your favorite game, Michigan Rummy etc.	1:00 p.m.
Wed-6/10	Film/Popcorn- <i>"Saving Mr. Banks"</i>	1:00 p.m.
Thurs-6/11	Racino-\$6 gas donation	9:30 a.m.
Sat-6/13	Annual Lawn Sale-lots of different wares	1:00 p.m.
Mon-6/15	Musical program-John Denver music-\$3 donation for homeless	1:00 p.m.
Tues-6/16	Sunny Summer fundraising lunch-call for reservations-Cost: \$7	12:00 p.m.
Wed-6/17	Defensive Driving Class-call to register	9 a.m.-5 p.m.
Mon-6/22	Coffee & Cop-ask questions of local law enforcement	1:00 p.m.
Wed-6/24	Volunteer Recognition reception	1:30 p.m.
Fri-6/26	Newsletter mailing	1:00 p.m.
Mon-6/29	Tour Family Court-Lake George municipal building	9:00 a.m.
Tues-6/30	Craft session-earrings/bracelets-Cost: \$3	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- 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.-10:00 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** \_\_\_\_\_



# TER NEWS

**QUEENSBURY  
SENIOR  
CITIZENS INC.**  
*SENIORS ON THE GO!*

*Travel with Queensbury Senior Citizens!*  
Melissa Pagnotta Travel & Activity Director  
Call 745-4439 or 761-8224

## ***"Oklahoma"*** *At Bard College*



*Richard B. Fisher Center for the Performing Arts*

**Wed. July 15th**

The original Broadway production opened in March of 1943 and ran for an unprecedented 2,212 performances. It tells the story of Curly McLain and his romance with headstrong farm girl Laurie Williams who doesn't want to fall willingly into the arms of this handsome cowboy. In her attempts to avoid him, she ends up turning to the dark-hearted farmhand, Jud Fry, who wants to do more than take her to the dance. This musical, building on the innovations of the earlier "Showboat", epitomized the development of the "book musical", a musical play where the songs and dances are fully integrated into a well-made story with serious dramatic goals that are able to evoke genuine emotions other than laughter!

Rogers & Hammerstein won a special Pulitzer Prize for Oklahoma in 1944 and it has continued to win numerous awards with it's revival!

## ***& Montgomery Place***



*Annandale-On-Hudson*

A serene reflection of nearly 200 years of continuous family stewardship. The totality of the estate - house, gardens, arboretum, woodlands, orchards, hamlet and natural features - makes it a unique American treasure. The 380 acre property is an amazingly intact example of Hudson Valley estate life. Enjoy the property once belonging to the Livingston family with a tour of this Federal style mansion and it's inspiring vistas of the Hudson River & Catskill Mountains. Includes deli lunch.

**Cost \$89 Deadline: Fri. June 5th**

## **Living History Cruise**

**Wed. August 12th**



To  
General  
Herkimer's  
Home

## ***On the Erie Canal***

Cruise from Little Falls NY to the home of Revolutionary War Hero General Nicholas Herkimer, where you can explore the grounds and take a tour of this 1764 Georgian-style mansion. Learn about the history of the canal and the role General Herkimer played during the war. Enjoy a mouth watering buffet style BBQ lunch from Promise Land BBQ and experience an 18th Century chocolate making demonstration with costumed re-enactors. Includes a Visit to "Gems along the Mohawk" before heading home.



**Cost \$76 Deadline: July 10th**

## WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING MEAL SITE NUMBERS

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

Indian Lake: 648-5412 Johnsbury: 251-2711 Lake Luzerne: 696-2200

Lake Pleasant: 548-4941 Long Lake: 624-5221 GF First Presbyterian Church: 832-1705

Solomon Heights: 832-1705 Warrensburg: 623-2653 Wells: 924-4066

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) **Micro-wave:** 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
June 1 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	June 2 Meatloaf Mashed Potatoes Peas & Onions Peach Cobbler	June 3 Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	June 4 <b>Cold Plate</b> Chef Salad –(Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Pineapple Upside Down Cake	June 5 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
June 8 Chicken Stir-Fry Brown Rice Oriental Veggies Tropical Fruit Cup	June 9 Baked Fish Scandia Scalloped Potatoes Italian Veggies Strawberry Shortcake	June 10 Sloppy Joes on a Bun Summer Squash & Zucchini Corn Mandarin Oranges	June 11 <b>Cold Plate</b> Chopped Salad with Grilled Chicken Fresh Tomato Salad Dinner Roll <b>Birthday Cake</b>	June 12 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit

June 15	CHEF'S CHOICE	June 16 <i>Brunch</i>	June 17	June 18	June 19 Cold Plate
Baked Chicken Tenders with Sauce	Hash Brown Potato	Cheese Omelet	Spanish Rice Broccoli Corn Bread Pudding of the Day	Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	<b>Happy Father's Day</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp
Potato of the Day	Slice of Ham	Hash Brown Potato			
Tomato & Zucchini	Yogurt Parfait with Fruit & Granola	Slice of Ham			
Chilled Pears		Yogurt Parfait with Fruit & Granola			
June 22	June 23	June 24	June 25 Cold Plate	June 26	
Baked Chicken Tenders with Sauce	Beef Tomato Florentine with Noodles & Cheese	Roast Pork/ Gravy Mashed Potato Broccoli Cinnamon Coffee Cake	Tuna Salad on a Bun Macaroni Salad Broccoli Salad Cookie of the Day	Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Spinach Chilled Peaches	
Swiss Steak	Apple N' Onion Chicken	Summer is <b>HERE!!!</b>	The suggested donation is <b>3.00</b> for each meal.	<b>Special thanks to all our Volunteers!!!</b>	
Mashed Potatoes	Sweet Potatoes	<b>Remember sunscreen and stay hydrated!!!</b>			
Brussels Sprouts	California Medley Jell-O Poke Cake				
Chilled Pineapple					

# 2015 LEATHERSTOCKING HONOR FLIGHTS

**Sept 12th** - we are looking for 22 more Veterans

**Oct 17<sup>th</sup>** - we are looking for 45 more Veterans.

**(May 30<sup>th</sup>** - we have 46 Veterans - **"Sold Out"!!!!**)

If you are a WWII or Korean Veteran and have NOT gone on an **Honor Flight** now is a good time to submit your application. **YOU fly free!!** We also need Guardians to assist on each flight. Have you gone as a Guardian yet? Why not think about going on an Honor Flight in 2015. It will be a very rewarding experience for you.

You can download required application(s) on our website or pick one up at the Warren County Veterans' Services Office 1340 State Route 9, Lake George NY 12845 ~ Phone: 518/761-6342.

THANKS!!! [Liz Reinhart, Veterans Coordinator](#)

Leatherstocking Honor Flights, P.O. Box 621 Cobleskill, NY 12043

Phone: [\(518\) 673-3965](tel:5186733965) Cell: [\(518\) 339-2464](tel:5183392464) Email: [liz13317@gmail.com](mailto:liz13317@gmail.com)



August 3rd, 1949, President Truman signed an Act of Congress designating **June 14<sup>th</sup>** of each year as

**National Flag Day.**