



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

JUNE

2016

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Coordinator of Services

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Point of Entry Coordinator

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Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu

Senior Citizen Single Family Housing Repair Loans and Grants Program

What Does This Program Do?

This program provides loans and or grants to senior citizen homeowners to repair, improve or modernize their homes.

Who May Apply for This Program?

- Be the homeowner and occupy house.
- Be unable to obtain affordable credit elsewhere.

- Have a family income below 50 percent of the area median income.
- For grants, be age 62 or older and not be able to repay a repair loan.

How Much Money Can I Get?

- Maximum loan is \$20,000.
- Maximum grant is \$7,500.
- Loans and grants can be combined for up to \$27,500 in assistance.

Learn more about this program during an "Indian Lake-USDA Day" information session.

Indian Lake Senior Meal Site

12:30

Wednesday, June 8th

For further program information contact the Indian Lake Community Development Corporation at 648-5636.

Dandelion

By Beryl Dov

By whim of wind their
seeds disperse,
on wings of feathery parachutes,
paratroopers storming the countryside
like poets spattering blank verse.



Newsletters are now available online at:

www.warrencountyny.gov/ofa/newsletters.php

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





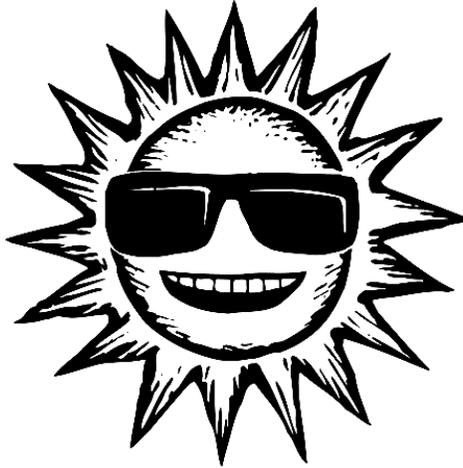
Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

10 Tips for Summer Food Safety

Summer eating can be enjoyable with fresh seasonal produce, outdoor eating and entertaining for special occasions or family gatherings. Unfortunately, food poisoning is more common in summer than at any other time of year.

Bacteria in food multiply faster in hot, humid weather. Most home kitchens aren't designed for the safe handling of large quantities of food. Preparing and eating food outdoors – in the garden, when camping or at picnics and barbecues – can also be difficult, where refrigeration and places to wash hands are not readily available.

Food poisoning can cause vomiting and diarrhea and may be quite serious for children, older people and people with conditions that weaken their immune systems. Prevent food poisoning from spoiling your summer fun. Follow these simple steps to keep food fresh and safe this summer.



- 1. Set your thermostat.** Make sure the fridge temperature is below 5 °C and keep your freezer at minus 15 °C to minus 18 °C. Stock your cooler well with ice packs or clean ice. Keep salads fresh and meat safe in the cooler or fridge at 5 °C or less until cooking or serving.
- 2. Get food home quickly.** Take chilled, frozen or hot food straight home in insulated containers.
- 3. Keep hot food hot.** If you don't want to cool food straight away, keep hot food at 60 °C or hotter. Reheat foods thoroughly so they're steaming (above 75 °C) or boiling.
- 4. Don't leave hot foods to completely cool before refrigerating.** Put hot food in the fridge or freezer as soon as the steam stops rising. Cool it rapidly first by dipping the container in ice or a cold-water bath. Divide food

into smaller, shallower containers so it cools more quickly in the fridge.

- 5. Keep raw meat, chicken and seafood chilled and away from cooked food.** When bacteria from raw meat gets onto cooked food, this can cause food poisoning. Keep raw meat below other foods in the fridge and don't let raw meat juices drip onto other food. Use different chopping boards for raw and cooked food, or wash them between uses. Wash your hands thoroughly after touching raw meat.
- 6. Thaw frozen food thoroughly.** Unless food is manufactured to be cooked from frozen (check pack instructions), make sure it's thawed right through before cooking.
- 7. Don't overfill your fridge.** Having enough room for air circulation inside the fridge is important for effective cooling. A good tip if you're catering for a crowd is to keep drinks on ice or in an insulated cooler and reserve the space in your fridge for food.
- 8. Store leftovers safely.** Store any leftovers in the fridge and eat within three to five days. If you don't plan to eat them within this time, freeze them straight away.

Grilled Citrus Marinated Chicken Thighs

Total Time: 55 min Prep: 10 min Inactive: 30 min Cook: 15 min

2 1/2 to 3 pounds chicken thighs, bone-in and skin-on, trimmed of excess fat

Kosher salt

freshly ground black pepper

1/4 to 1/3 cup vegetable oil

1 lemon, zested and juiced



1 orange, zested and juiced

1 lime, zested and juiced

Few dashes cayenne pepper

10 sprigs fresh thyme

Season the chicken thighs generously with salt and pepper. In a non-reactive baking dish large enough to hold all the chicken to marinate, whisk together the vegetable oil, citrus zests and juices, cayenne pepper and the thyme. Add the chicken thighs and turn to coat. Let marinate for at least 30 minutes or up to a couple hours in the refrigerator.

Preheat the grill. Remove the chicken from marinade and let excess drip back into dish. Place chicken on the hot grill, without overcrowding the pieces. Grill until fully cooked through, turning occasionally, about 15 minutes total, depending on how hot your grill is. Serve immediately.



Take advantage of abundant fresh, seasonal produce this summer when it's at its most delicious and nutritious. When summer recipes are this fresh and delicious, it's easy to fill your diet with low-calorie, antioxidant-rich fruits, vegetables and herbs. If you're lucky enough to get produce fresh from your garden or find some at your local farmers' market, all the better!

Recipe courtesy: Food Network

Balsamic Grilled Vegetables



Total Time: 1 hr 35 min

Prep: 25 min

Inactive: 45 min

Cook: 25 min

Yield: 8 to 10 servings

Level: Intermediate

For the Balsamic Glaze:

1 1/2 cups balsamic vinegar, preferably aged

1 tablespoons brown sugar

2 tablespoons honey

1/2 cup balsamic vinegar, preferably aged

1/4 cup extra-virgin olive oil

1 tablespoon sea salt

1 tablespoon freshly ground black pepper

1 teaspoon granulated garlic

3 (9 to 12") carrots, sliced lengthwise, 1/4" thick

2 celery roots, trimmed and cut in 1/4" slices

3 large red onions, cut into rounds, 3/8" thick

2 (7 to 8") zucchini, sliced lengthwise, 1/4" thick

4 (4"), crooked neck squash, sliced lengthwise, 1/4" thick

Oil, for brushing grill

Balsamic Glaze

In a medium saute pan over medium heat, add vinegar, sugar, and honey.

Let simmer for 15 to 20 min. or until reduced by half. Keep warm for glazing on grill.

In a 1 gallon re-sealable bag, add the balsamic vinegar, olive oil, sea salt, pepper, and garlic and mix. Add carrots, celery root and onions, remove excess air. Allow to marinate 30 min. Add zucchini and squash and allow to marinate for 10 more min.

Preheat grill to medium-high.

Brush grill with oil. Add onions, carrots and celery root. Cook on both sides for 3 to 5 min. brushing with balsamic glaze. Mark and brown evenly on both sides. Remove to holding pan and cover with aluminum foil. Add squash and zucchini to grill, brush with glaze and cook for 2 min. per side, until marked and evenly brown. Remove to holding pan, drizzle with remaining glaze.



Recipe courtesy of Guy Fieri, 2007

9. Know when to throw away.

Don't eat food that's been left out of the fridge for more than four hours – especially poultry, meat, seafood, cooked rice and cooked pasta.

10. Avoid handling food when you're not feeling well.

If you have diarrhea, vomiting, sore throat with fever, fever or jaundice, or infectious skin conditions, avoid handling food and see a doctor if symptoms persist.

Want to know more about safe food handling?

Dofoodsafely is a free online food handler learning program designed to improve basic knowledge of food safety.

Adopted by: Department of Health and Human Services - RHP&R - Health Protection - Food Safety and Regulation



NY Connects

Your Link to Long Term Services and Supports

Medicare Prevention and Wellness & Medicare Savings Program

Meet with your NY Connects Coordinator from Warren/Hamilton Counties Office for the Aging



Crandall Library

Friday, June 10 from 11am to 1pm

Indian Lake Senior Meal Site

Wednesday, June 15 from 12:30 to 1pm

Indian Lake Public Library

Wednesday, June 15 from 2 to 3pm

Johnsburg Public Library

Wednesday, June 15 from 3:30 to 4pm

Washington, Warren & Hamilton Counties

NY Connects

Long Term Care Council Meeting



Join us on

Wednesday, June 15

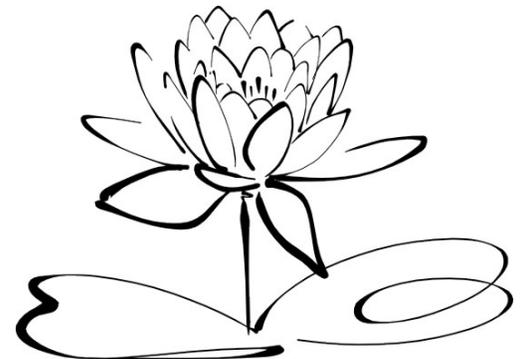
10am-noon

Hamilton County Public Health
White Birch Lane, Indian Lake

Presenters:

Kelly Owens, *Adirondack Health Institute*

Robert Kleppang, *Hamilton County Mental Health/Community Services*



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. For information about services in other counties, the State NY Connects # is 1-800-342-9871.

Medicaid: Managed Long Term Care Plans

Fidelis Care at Home 1-800-688-7422
(Serves Warren & Hamilton Counties)
TTY: 1-800-695-8544

Prime Health Choice 1-855-777-4630
(Serves Warren County)
TTY: 1-855-777-4613

VNA Homecare Options 1-855-877-8868
(Serves Warren & Hamilton Counties)
TTY: 711

VNSNY CHOICE 1-888-867-6555
(Serves Warren County)
TTY: 711

Questions: New York Medicaid Choice 1-800-401-6582
TTY: 1-888-329-1541

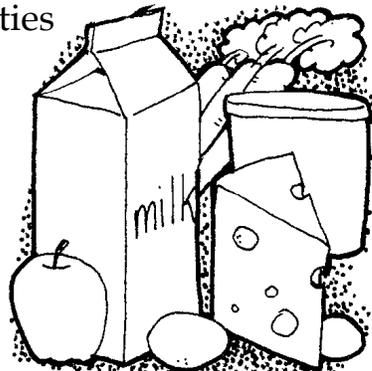
SNAP! SNAP! SNAP!

Contact Ben Driscoll • Catholic Charities
793-6212 ext. 32

Find out if you are eligible to get SNAP (what we used to call “food stamps”).

EVEN if you get just \$20 a month, that adds up to over \$200 each year!

Ben will assist you with completing the application if



you need assistance. (If your income is less than \$1962 a month, you may qualify)

Helping People with Alzheimer’s Disease Stay Physically Active

Regular physical activity has many benefits for people with Alzheimer’s disease. Exercise helps keep muscles, joints, and the heart in good shape. It also helps people stay at a healthy weight and can improve sleep. Caregivers can help people with Alzheimer’s disease be more active and stay safe:

- Be realistic about how much activity can be done at one time. Several 10-minute “mini-workouts” may be best.
 - Help get the activity started or join in to make the activity more fun.
 - Find time in the morning for exercise.
 - Break exercises into simple, easy-to-follow steps.
 - Choose comfortable clothes that are suitable for the weather and appropriate shoes that fit well.
- Some physical activities to try:**
- Take a walk together.
 - Do simple tasks around the house, ex: sweeping and raking.
 - Work in the garden.
 - Play music and dance.
 - Exercise with videos made for older people. Try the workout on NIA’s free *Go4Life* DVD.
 - Throw a soft rubber exercise ball back and forth.
 - Lift weights or household items such as soup cans
 - Use resistance bands, which you can buy in sporting goods stores. Be sure to follow the instructions.

Drinking Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste.

With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you've been told to limit how much you drink.

Go4Life has the following tips:

- Try to add liquids throughout the day.
- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.

- Have a glass of water before you exercise or go outside to garden or walk.
- Remember, water is a good way to add fluids to your daily routine without adding calories.
 - Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



QUICK TIP

For more on making smart food choices, read [What's on Your Plate? Smart Food Choices for Healthy Aging.](#)
www.nia.nih.gov/health

Exercise to Improve Your

Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way.

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. A simple fall can cause a serious fracture of the arm, hand, ankle, or hip.

Balance exercises can help you prevent falls and avoid the disability that may result from falling. You can do balance exercises almost anytime, anywhere, and as often as you like as long as you have something sturdy nearby to hold on to for support.

QUICK TIP

In the beginning, using a chair or the wall for support will help you work on your balance safely.

Try these balance exercises:

Stand on one foot; walk heel to toe; and/or walk in a straight line with one foot in front of the other. A number of lower-body exercises – especially those that strengthen your legs and ankles – also can help improve your balance.

These include the back leg raise, side leg raise, knee curl, and toe stand exercises, which can be found on the *Go4Life* website.

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed.

Getting Over that Exercise Plateau

“I’ve been exercising for some time now. Why am I not seeing any more real improvement?”

Once you start being physically active, you’ll begin to see results in just a few weeks. You may feel stronger and more energetic than before. You may notice that you can do things more easily, faster, or for longer than before. As you become more fit, you may need to make your activities more challenging to see additional results.

It’s time to build up the benefits.

- Add new physical activities. Be creative! Try some new activities to keep your interest alive. Sign up for dance lessons. Talk to your friends about bowling together once a week. Join a water aerobics class. Take a walk with co-workers during your lunch break.
- Review your goals. If you are able, do your activities longer, farther, or with more effort. If you walk 30 minutes every day, pick up the pace so you’re walking faster and farther in the same amount of time. If you usually swim half a mile, build up to three-quarters of a mile. Use a heavier weight when you do strength exercises.



- Do your activities more often. Spend time in your garden more often. Head over to the gym three times a week instead of two. Walk every day.



QUICK TIP

Revisit your initial fitness goals several times a year and keep challenging yourself!



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.*

Wed-6/1	Scrabble Game Day-all welcome to join in.	1 pm	
Thurs-6/2	Cards for Seniors- "thinking of you cards" for nursing facilities	1 pm	
Mon-6/6	Good Book Club- "That Old Cape Magic" by Richard Russo	1 pm	
Wed-6/8	Defensive Driving class-\$20 AARP members/\$25 nonmember-lunch for \$6	9 am-4 pm	
Thurs-6/9	Wii Tournament at Center with Hudson Falls Seniors	1 pm	
Fri-6/10	Lunch and Learn program-Nancy Kimball, Licensed Wildlife Rehabilitator	12 pm	
Mon-6/13	Karen's art class-Easy and fun to do art project. Cost: \$15 all materials provided	12:30 pm	
Wed-6/15	"A Hen & Rooster Party" -Luncheon, please call to reserve. Cost: \$7	12 pm	
Thurs-6/16	Back Care and Injury Prevention Seminar-sponsored by BlueShield of Northeastern NY	1 pm	
Sat-6/18	Great American Lawn/House Sale	9 am-2 pm	
Mon-6/20	Special Bingo-large cards, prizes, refreshments-come enjoy the fun	1 pm	
Wed-6/22	Volunteer Recognition-refreshments served to honor our volunteers	1:30 pm	
Thurs-6/23	Saratoga Racino Trip-Gas donation \$6	10:30am-3 pm	
Fri-6/24	Writers Group meets	1 pm	
Wed-6/29	Blood Pressure/Sugar screening clinic	8:30-9:30 am	
Wed-6/29	Game Day-Pinochle, Michigan Rummy, TriOminioes, and other board games	1 pm	
Fri-6/30	Walgreen's Pharmacy Program-info on Prevnar pneumonia, flu and shingles shots	1 pm	
Mon- Fri	Thrift Shop-new items all the time	10 am-12 pm	
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 am	
Every Thursday	Chair Yoga- with Tobey- Sponsored by MVP	10:15- 11 am	
Mon-Thurs	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9-10:15 am	
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9 am-10 am	

ANNUAL
Great American Lawn Sale

Saturday, June 18th

★ 9 - 2 ★

Bargains Galore!

- ★ Bake Sale ★
 - ★ Books & Thrift Shop
 - ★ Boutique ★
 - ★ ★ Plants & Cuttings
 - ★ Household Items, Jewelry
 - ★ Duck Tickets
- 380 Glen Street**

Why We Need to Fight Alzheimer's Stigma

Stigma is the use of negative labels to identify a person with a disability or illness. Stigma around Alzheimer's disease exists, due to the lack of public awareness and understanding of the disease, preventing people from:

Seeking medical treatment when symptoms are present
Receiving an early diagnosis or any diagnosis at all
Living the best quality of life possible while they are able to do so

Making plans for their future
Benefitting from available treatments
Developing a support system
Participating in clinical trials

Stigma and lack of awareness also impacts Alzheimer's research. The government funds Alzheimer's research at lower rates than other diseases, even when the cost of caring for Alzheimer's disease is significantly higher.

The Experience of Alzheimer's Stigma

Stigma and stereotypes are a significant obstacle to well-being and quality of life for those with dementia and their families. Here are some examples of the stigma you may experience:

A diagnosis may test friendships. Friends may refuse to believe your diagnosis or withdraw from your life, leaving a feeling of abandonment or isolation.

Relationships with family may change. Family members may not want to talk about the disease, perceive you as having little or no quality of life, or may avoid interacting with you.

Others may approach your care partner to ask about you rather than asking you directly how you are doing. The reaction of some friends and family to your diagnosis may prevent you from seeking help from others.

Five Tips to Overcome Alzheimer's Stigma

The following tips are based on the experience of current and former members of the Alzheimer's Association National Early-Stage Advisory Group (ESAG), which consists of individuals in the early stage of the disease who help raise awareness about the disease.

Be open and direct. Engage others in discussions about Alzheimer's disease and the need for prevention, better

treatment and an eventual cure. Engage with others like you on our message boards.

Communicate the facts. Sharing accurate information is key to dispelling misconceptions about the disease. Whether a pamphlet or link to online content, offer information to help people better understand Alzheimer's disease. Learn the facts about Alzheimer's and find an education program near you.

Seek support and stay connected. It is important to stay engaged in meaningful relationships and activities. Whether family, friends or a support group, a network is critical.

Contact your local chapter about an early-stage support group near you.

Don't be discouraged. Denial of the disease by others is not a reflection of you. If people think that Alzheimer's disease is normal aging, see it as an education opportunity.

Be a part of the solution.

As an individual living with the disease, yours is the most powerful voice to help raise awareness, end stigma and advocate for more Alzheimer's support and research.

Learn how you can take action in the fight against Alzheimer's.



Volunteer Board Bulletin

The kitchen will be closed

MONDAY, JULY 4TH!



Enjoy the holiday weekend!

HAPPY BIRTHDAY

to our Volunteers celebrating in

JUNE!

Kevin McCullough..... 24

Tom Judkins..... 27

Francis Angelo 28

Congratulations

to our 2016 Volunteer Honorees

who were presented with their award at the Senior Luncheon held on May 17th!

Regina Dunn

Hamilton County Senior of the Year

Eugene Hughes

Warren County Senior of the Year

M. Catherine Simons

Hamilton County Outstanding Contributor

Millard S. Bennett

Warren County Outstanding Contributor



Thank you

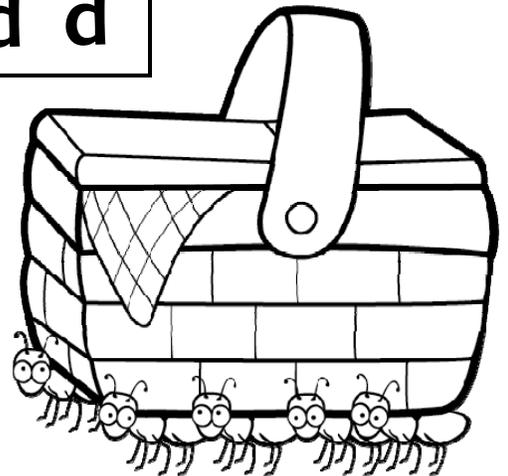
volunteers for all you do for the Home Delivered Meal program!

Welcome back snowbirds!

Picnic Fun

WORD SEARCH

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



Barbecue

Sandcastle

Backyard

Sunshine

Mosquito

Camping

Vacation

Beach

Picnic

Hydrated

Strawberry

Watermelon

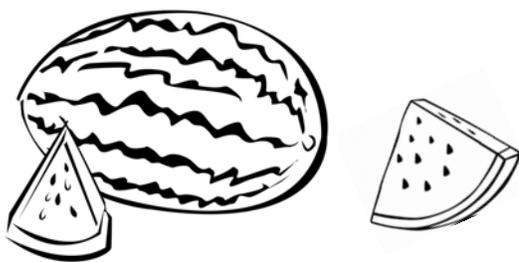
Sunscreen

Adventure

June 2016

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, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 1 Sloppy Joes on a Bun Summer Squash & Zucchini Corn Tropical Fruit Cup	June 2 Cold Plate Chef Salad (Turkey, Ham, Swiss Cheese, Lettuce) Marinated Veggies Strawberry Shortcake	June 3 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
June 6 Creamy Chicken Casserole Sweet Potatoes Peas & Onions Chilled Pears	June 7 Spanish Rice Broccoli Corn Bread Birthday Cake	June 8 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	June 9 Veal Parmesan Penne/Marinara Sauce Italian Veggies Tossed Salad Fresh Fruit	June 10 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp
June 13 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Mandarin Orange	June 14 Spaghetti & Meatballs California Medley Garlic Bread Tropical Fruit Cup	June 15 Roast Pork/ Gravy Mashed Potato Spinach Cinnamon Coffee Cake	June 16 Cold Plate Tuna Salad on a Bun Macaroni Salad Broccoli Salad Cookie of the Day	June 17 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Green Beans Chilled Peaches
June 20 Swedish Meatballs over Noodles Brussels Sprouts Chilled Pineapple	June 21 Apple n' Onion Chicken Sweet Potatoes Scandinavian Veggies Dump Cake	June 22 Creamy Parmesan Fish Roasted Red Potatoes Carrots Fresh Grapes	June 23 Chef's Choice	June 24 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie
June 27 Breaded Haddock Au Gratin Potatoes Japanese Veggies Pudding/Topping	June 28 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	June 29 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	June 30 Lasagna Tossed Salad Asparagus Fresh Fruit	Suggested Contribution Per Meal: \$3

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