



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

D e c e m b e r

2 0 1 7

Office Staff

Deanna "Dee" Park - *Director*

Catherine Bearor - *Services Specialist*

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

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

Kathleen McLaughlin - *NY
Connects, Services Specialist*

Tammy Morehouse -

Aging Services Assistant

Rose Ann O'Rourke -

Coordinator of Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Catherine Keating - *Stauch -*

Registered Dietician / Menu

Mary Ann McCarthy - *Supervisor
of Volunteers*

**Newsletters are available
online at-**

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

Or contact the office at (518)761-
6347 to be added to our mailing

Winter Holiday Fundraiser



The Warren/Hamilton Counties Office for the Aging, in partnership with the Hamilton County Department of Social Services and Hamilton County Public Health will be having a quilt raffle to raise monies to buy presents for our seniors this holiday season.



Tickets are 1 for \$2.00 or 6 for \$10.00 [Please make sure to put your name and phone # on your ticket.] Drawing will be Friday, December 15th, 2017 at 2PM.

Tickets may be purchased at:

Warren/Hamilton Counties Office for the Aging

Hamilton County Public Health

Hamilton County DSS

Any Meal Site

**We would like to thank Sherry Matthews
for donating the lovely quilt!!**





NY Connects
Your Link to Long Term
Services and Supports



What are Long-Term Services and Supports?

Services and supports for those who have a lifelong or enduring condition that impairs a person's ability to care for themselves.

Assistance excludes temporary treatment for injury or illness from which a person is expected to recover.

How can NY Connects assist?

When you contact us we will ask what is important to you and for you and then offer options so you can decide what is best for your situation. You make the decision and we support you in taking the actions necessary to live your life the way you would like to. Some people wish to remain at home and other people are interested in housing options that include assisted living options like meals, medication reminders, and socialization.

Call us at 1-866-805-3931 to speak confidentially or anonymously on the phone.

Call us at 1-866-805-3931 to set an appointment to meet with us in person. We will reserve a space to meet & talk privately here at Office for the Aging.

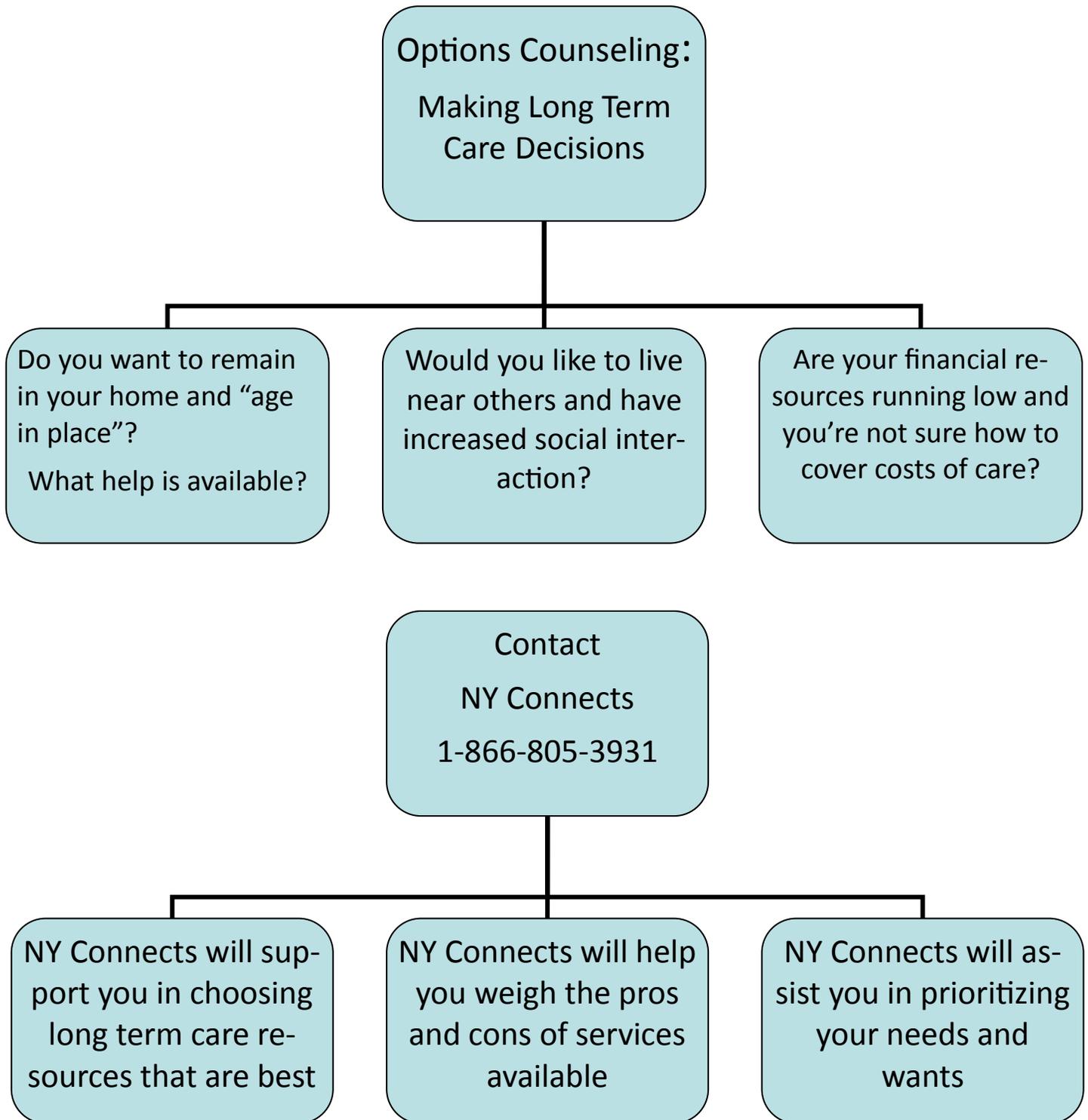
These are some of the topics we can assist with:

Mental Health
Day Care
Substance Use
Nursing Home

Caregiver Support
Transportation
Developmental Disabilities
Friendly Visiting

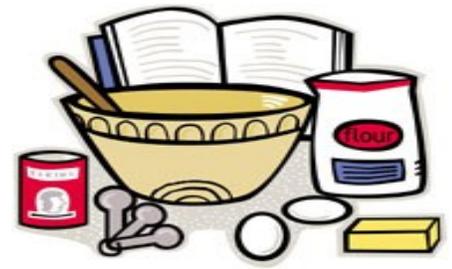
Respite
Home Care
Medicaid
Dementia

NY Connects: We are here to assist



**Call NY Connects at Warren/Hamilton Counties Office for the Aging
to make an appointment to discuss your long term questions.**

Toll-free 1-866-805-3931



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Tips for Healthy Holiday Eating

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity and fun.

Practice Healthy Holiday Cooking

Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- **Gravy** — Refrigerate the gravy to harden the fat and skim the fat from the top. This will save a whopping 56 gm of fat per cup.
- **Dressing** — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- **Turkey** – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- **Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** — Use skim milk, chicken broth, garlic or garlic powder and Parmesan cheese instead of whole milk and butter.
- **Quick Holiday Nog** — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth and top with nutmeg.
- **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.

Here are some simple holiday healthy side dishes.



Fresh Cranberry-Orange Relish

INGREDIENTS

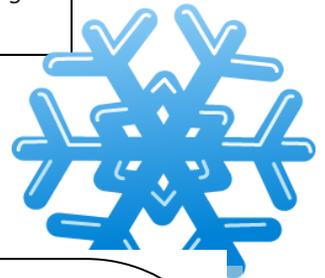
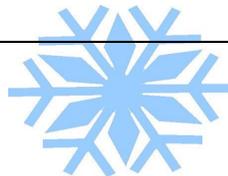
- 1 large orange
- 1/4 cup plus 2 tablespoons sugar
- 2 (10-ounce) packages fresh cranberries

How to Make It: Grate orange rind and place in a food processor. Peel and section orange over the bowl of food processor. Add orange sections, sugar and cranberries to processor; process until coarsely chopped. Cover and refrigerate at least 1 day.

Chef's Notes - Allow at least 1 day in the refrigerator to marry the bright, fresh flavors. Make up to 3 days ahead.

Nutritional Information Calories 40 Fat 0.1g, Protein 0.3g, Carbohydrate 10.4g, Fiber 1.9g, Cholesterol 0.0mg, Iron 0.1mg, Sodium 1mg, Calcium 7mg

Recipe courtesy of *Cooking Light*



Onion-Garlic Mashed Potatoes

INGREDIENTS

- Cooking spray
- 1/4 cup finely chopped red onion
- 1/4 cup thinly sliced green onions
- 2 garlic cloves, minced
- 2/3 cup 1% low-fat milk
- 1 1/3 cups frozen mashed potatoes
- 1 teaspoon light butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



How to Make It : Coat a small saucepan with cooking spray; place over medium heat until hot. Add onions and garlic; sauté 3 minutes. Add milk to pan; cook until thoroughly heated. Stir in potatoes, and cook, stirring constantly, 3 minutes or until creamy. Stir in butter, salt, and pepper.

Nutritional Information : Calories 151, Calories from fat 23% Fat 3.9g, Protein 4.8g Carbohydrate 24.1g Fiber 1.8g Cholesterol 8mg Iron 0.4mg Sodium 498mg Calcium 109mg
Recipe courtesy of *Cooking Light*

Apple-Cinnamon Bread Pudding

Makes: 8 servings **Prep:** 10 mins **Cook:** 30 mins **Stand:** 15 mins

Ingredients



Makes: 8 servings **Prep:** 10 mins **Cook:** 30 mins **Stand:** 15 mins

Ingredients

- Nonstick cooking spray
- 3 tablespoons unsalted butter, melted
- 3 tablespoons packed dark brown sugar
- 3/4 teaspoon ground cinnamon
- 6 slices whole-wheat bread, lightly toasted
- 3 large eggs, lightly beaten
- 1 1/2 cups low-fat milk
- 1 tablespoon maple syrup
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 McIntosh apple, peeled, cored and diced
- 1 tablespoon granulated sugar

Directions

1. Preheat the oven to 325 degrees. Mist a 7-by-11-inch baking dish with cooking spray. In a small bowl, combine the melted butter, brown sugar and 1/2 teaspoon of the cinnamon.
2. Drizzle 2 teaspoons of the butter mixture over each slice of bread; spread mixture to the edges. Make three sandwiches; trim away crusts and cut bread into 1/2-inch cubes. Transfer to the baking dish.
3. In a medium bowl, whisk together the eggs, milk, maple syrup, vanilla extract and salt. Pour the mixture over bread and let rest 15 minutes or until most of it has been absorbed. Stir in the diced apple.
4. Combine the granulated sugar with remaining cinnamon; sprinkle over the pudding. Place baking dish in a larger roasting pan and fill pan halfway with very hot water. Bake 30 minutes or until a knife inserted into the pudding comes out clean. Transfer to a wire rack and let cool. Serve.

Nutrition Information Servings Per Recipe: 8

PER SERVING: 176 cal., 7 g total fat (4 g sat. fat), 22 g carb. (2 g fiber), 6 g pro.



GLENS FALLS SENIOR CENTER

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

Phone 793-2189 E-Mail: kbrenfseniors@gmail.com

New Members Are Welcome Come Join our Family

Fri-12/1	North Country Festival Of Trees-Queensbury Hotel-Call Center to register	12-2 pm
Mon-12/4	Senior Stitchers-share your ideas and techniques	10 am
Mon-12/4	Karen's Painting On Glass Christmas Ornaments-Cost: \$10	12:30 pm
Tues-12/5	Cornell Cooperative Extension-Fresh Christmas Swags	1 pm
Wed-12/6	Christmas Banquet-Great Escape Lodge-Cost: \$25 call Center for reservations	12 pm
Thurs-12/7	Alzheimer's Assoc.-Recognize and coping with caregivers stress/Bill Hendricks	1 pm
Fri-12/8	11 am-Park's Bentley Place and 12 pm-Lunch Bunch Peppermill, SGF-Cost: \$5	11 am
Fri-12/8	Writers Group	1 pm
Mon-12/11	Walmart Shopping	10 am
Mon-12/11	Senior Stitchers	10 am
Mon-12/11	Karen's Art Class-all materials provided-Cost: \$15	12:30
Mon-12/11	Book Club meets- <i>"The Whip"</i> by Karen Kondazian	1 pm
Tues-12/12	Making Christmas Cards for Seniors in Nursing Homes at Big Cross School	1 pm
Wed-12/13	Reading with Bea	1 pm
Wed-12/13	Game Day-Bring your favorite game or use ours, fun, refreshment	1 pm
Thurs-12/14	Gift For Golden radio cast live here at the Center!	10-4
Thurs-12/14	Christmas Card signing for area Nursing homes	1 pm
Fri-12/15	Christmas Victorian Tea & Treats-Cost: \$5	1:30 pm
Mon-12/18	Senior Stitchers	10 am
Mon-12/18	Decorating Gingerbread Men	1 pm
Mon-12/18	Gift For Golden wrapping day	1pm
Tues-12/19	Movie & Popcorn- <i>"It's A Wonderful Life"</i>	1 pm
Wed-12/20	Special Christmas Bingo-Large cards available, prizes, refreshments	1 pm
Thurs-12/21	Christmas Sing Along-Wear your ugliest sweater/ contest, prizes, refreshments	1 pm
Fri-12/22	Center Closing for Staff Christmas Luncheon	11:30
Mon-12/25	Center Closed-Merry Christmas!	9am-4pm
Tues-12/26	Center Closed	9am-4pm
Wed-12/27	Newsletter Mailing-volunteers needed!	1 pm
Wed-12/27	Reading with Bea	1 pm
Thurs-12/28	End of Year Party-entertainment with Bobby Dick-refreshments	1-3 pm
Fri-12/29	Senior Chat with Juanita-Planning the new year and summer activities	1 pm
	<u>Ongoing Activities at a Glance:</u>	
Monday- Friday	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga- with Tobey	10:30 am
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9-10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

***Call Center for pricing and information on the upcoming trips and events or see on line.**

***Transportation for Center activities available/medical transports by appointment.**



Memory Café

Please join us for a luncheon at the



Friday December 1st 12pm-2pm

Due to limited seats please RSVP required by 11/27/17

**Kim 518-832-4991 or
Stacey 518-832-4990**

For additional information please call (800) 388-0199



Services are provided by the SUNY Plattsburgh Center for Neurobehavioral Health AND are supported in part by a grant from the New York State Department of Health.





Meal Site Closed

Monday

DECEMBER 25

CHRISTMAS DAY

Wells Seniors



UPCOMING EVENTS

December 1st—13th, Christmas Card Box at the meal site for card exchange

- ◆ **Christmas Party 12/14 at 1:00pm Alpine Inn \$18 for members, \$28 for others, call Dolores 924-7311 for Reservations**
- ◆ **Christmas Luncheon 12/21, children carolers at 11:30, call 518-924-2216 to reserve. Holly will host a sing along afterwards**

Wells Seniors is open to all over 55, annual dues \$10, meetings the 2nd Wednesday of each month at the meal site Buttermilk Hill Rd.call 924-4066

-Indoor Pickle ball MON, WED, FRI 12:30 -2:30pm

-Osteobusters Mon & Thurs 10-10:45am

Call Holly @ 518-924-2216

HAPPY BIRTHDAY

to our Volunteers celebrating in

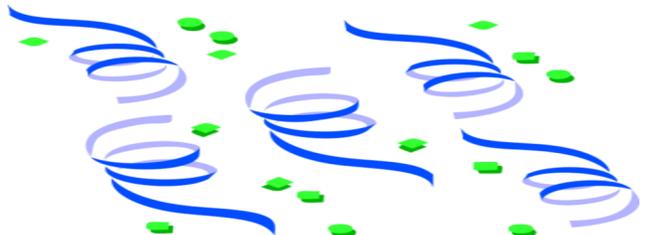
DECEMBER



Gene Casella.....	6
Gail Connor.....	12
Joe Maglione	12
Bob Diamond.....	13
Louisette Bureau	17
Pete Cartier.....	19
Robin Dutcher.....	19
Joan Bovee	25
Deborah Coburn.....	26

2018 Holidays we do not deliver Meals:

New Year's day	Monday, January 1
Dr. Martin Luther King Day....	Monday, January 15
President's Day.....	Monday, February 19
Memorial Day.....	Monday, May 28
Independence Day.....	Wednesday, July 4
Labor Day.....	Monday, September 3
Columbus Day.....	Monday, October 8
Veteran's Day	Monday, November 12
Thanksgiving Day.....	Thursday, November 22
Christmas Day.....	Tuesday, December 25





518 761-8224 • 742 Bay Road • Queensbury, NY 12804

Join QSC now!

Endless Opportunities



- * *Social*
- * *Community*
- * *Recreation*
- * *Education*
- * *Group Travel*
- * *Member Benefits*



Become a Member of QSC.

Stop by the Queensbury Center

Located at north end of Queensbury Town Buildings

742 Bay Rd (Corner of Bay & Haviland)

Fill out form below and submit along with membership fee.
Monthly newsletter keeps you informed!
Call the Queensbury Center or stop by and we will introduce
you to our programs & facility.

Name(s).....Phone.....
Address.....

Payments (by Household):

- Membership Dues through the end of 2018: _____ \$20 _____
- Additional people in the household (\$5 per person) _____
- Donation- QSC appreciates anything that you can give! _____

Total Included:

Please make your check for membership fee and tax deductible contribution to "QSC"

and return or mail to:

742 Bay Road, Queensbury, NY 12804

Please call Sharon at 518-761-8224 for more information.



DECEMBER



Z H N C C L G Z X T L C F M Q O P
 N J A H Z O R G A N I Z E D J Y K
 Y T R R F E O O U C S O U L D J U
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MAGICAL
GRINCH
HOLIDAY
PIE

LIST
ORGANIZED
CRANBERRY
GIFT

HANUKKAH
GATHERING
KAWANZA
CELEBRATE

KINARA
CHRISTMAS
TREE
MENORAH

HOTCOCOA
TANZANITE
NARCISSUS
STAR



December 2017

Warren/Hamilton Counties Office for the Aging

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. **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 Sour Cream Chicken Sweet Potatoes Japanese Veggies Yellow Cake/Frosting
December 4 Pepper Steak Mashed Potatoes Brussels Sprout Chilled Pineapple	December 5 Baked Fish Scandia Potato of the Day Mixed Veggies Chilled Pears	December 6 Beef Pot Roast/Gravy Mashed Potatoes Broccoli Apple Crisp	December 7 Chicken Parmesan Penne Pasta/Marinara Sauce Tossed Salad Cauliflower Pumpkin Bar	December 8 Cheeseburger Pie Roaster Potatoes Bites Peas & Onions Mandarin Oranges
December 11 Beef Stroganoff over Noodles Scandinavian Veggies Pudding of the Day	December 12 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Chilled Peaches	December 13 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Birthday Cake Happy Birthday	December 14 Pork Chop Sweet Potatoes Green Beans Chilled Applesauce	December 15 Juice of the Day Chicken & Biscuit Carrots Tropical Fruit Cup
December 18 Chicken Cacciatore Whole wheat Penne Pasta Italian Mixed Veggies Mandarin Orange	December 19 Creamy Parmesan Fish Scalloped Potatoes Spinach Tropical Fruit Salad	December 20 CHEF'S CHOICE	December 21 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 22 Sloppy Joes/Bun Roasted Red Potatoes Coleslaw Fresh Fruit
December 25  Meal Site Closed	December 26 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Chilled Peaches	December 27 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	December 28 Turkey Divan Broccoli Rice Veggie Casserole Strawberry Shortcake	December 29 Stuffed Shells with Marinara Meat Sauce California Medley Tossed Salad Chilled Pears

Meal site numbers:

Bolton: (518)644-2368

Cedars: (518)832-1705

cedars@warrencountyny.gov

Chestertown: (518)494-3119

Johnsburg: (518)251-2711

Long Lake: (518)624-5221

Warrensburg: (518)623-2653

Lake Pleasant: (518)548-4941

Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200

First Presb. Church Glens Falls &

Solomon Heights, Queensbury:

(518)832-1705

Wells: (518)924-4066