

# July 2017

Warren/Hamilton Counties Office for the Aging  
Menu by: Catherine Keating-Stauch, RDN 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
<b>July 3</b> <b>4<sup>th</sup> of July Picnic</b> BBQ Chicken Hot German Potato Salad Baked Beans Independence Day Dessert	<b>July 4 Independence Day</b>  <b>Meal Site Closed</b>	<b>July 5</b> Creamy Parmesan Fish Roasted Red Potatoes Spinach Chilled Pineapple	<b>July 6</b> Spaghetti & Meatballs Tossed Salad Green Beans Chilled Pears	<b>July 7 Cold Plate</b> Ham Salad, Cottage Cheese & Fruit Plate Marinated Veggies Birthday Cake Happy Birthday!!
<b>July 10</b> Turkey Tetrazzini Mixed Veggies Mandarin Oranges	<b>July 11</b> Meatloaf Mashed Potatoes Carrots Peach Cobbler	<b>July 12</b> Chicken & Stuffing Caserole Sweet Potatoes Peas Tropical Fruit Cup	<b>July 13 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Strawberry Shortcake	<b>July 14</b> Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
<b>July 17</b> Salisbury Steak Potato of the Day Broccoli Sliced Pears	<b>July 18</b> Lemon Baked Fish Wild Rice Italian Veggies Pineapple Upside Down Cake	<b>July 19</b> BBQ Pork Rib on a Bun Roasted Potato Bites Corn Mandarin Orange	<b>July 20 Cold Plate</b> Chef Salad -(Turkey/Ham/Swiss Cheese/Lettuce) Fresh Tomato Salad Chocolate Cake	<b>July 21</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit
<b>July 24</b> Chicken Alfredo over Pasta Brussel Sprouts Pudding/Topping	<b>July 25</b> Spanish Rice Carrots Corn Bread Tropical Fruit Cup	<b>July 26</b>  <b>CHEF'S CHOICE</b>	<b>July 27</b> Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Tossed Salad Fresh Fruit	<b>July 28 Cold Plate</b> Tuna Salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day
<b>July 31</b> Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches		<b>Suggested Contribution Per Meal: \$3</b>		

**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



**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



Newsletters are available online at:

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

Or contact the office at 761-6347 to be added to our email list.

# 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

**JULY 2017**

**ELIGIBILITY REQUIREMENTS:**

- ◆ 60(+) years of age; and
- ◆ Monthly Income Levels Per Household  
 \$1,860/1 person  
 \$2,504/2 person  
 \$3,149/3 person; OR
- ◆ Currently Receiving or Eligible to receive SSI, Public Assistance, Section 8 housing subsidy.



## Farmer's Market

**OUTREACH SCHEDULE**

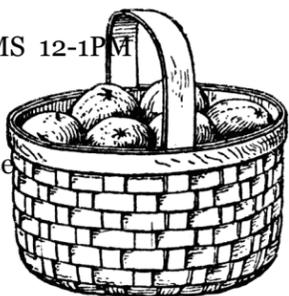
<b>July 5th</b> White Water Manor 11:30-12PM Johnsburg MS 12:30-1PM	<b>July 12th</b> Indian Lake MS 11:30-12PM
<b>July 6th</b> Cronin 9:30-10:30AM Stitchman 10:30-11:30AM Lake Luzerne MS 12:30-2PM	<b>July 13th</b> Montcalm Apts 10-10:30AM Solomon Heights 11-12PM
<b>July 10th</b> Lake Pleasant MS 11:30-12PM Wells MS 12:30-1PM	<b>July 14th</b> Countryside Adult Home 1-2PM
<b>July 11th</b> Cedars MS 11:30-12:30PM First Presbyterian 12:30-2PM Village Green Apts 1-2PM	<b>July 18th</b> Chestertown MS 11-11:30AM Bolton MS 12-12:30PM Hague Comm Ctr 1:30-2:30PM
	<b>July 26th</b> Long Lake MS 12-1PM



\*\*Available Until 8/20/17, for use

Through 11/30/17\*\*

MS = Meal Site



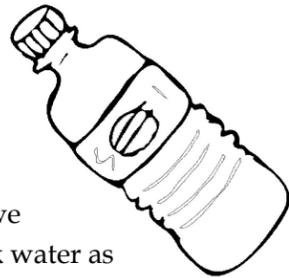


**NY Connects**  
Your Link to Long Term  
Services and Supports

**Ahhhhh... a full month of SUMMER: Some Things to Think about!**

**Water, Water, Water:**

Most people look forward to fun in the sun and relaxing this time of year. Swimming won't keep you hydrated...you need to drink more water! As we age, it is more challenging to adjust to temperature changes and we forget to drink water as often as we need to. Some beverages contain salt & potassium that help replace the water we lose.



threatening so stay well hydrated and keep cool. Headache, nausea and vomiting, acting confused, agitated, or grouchy can all be signs as well as body temperature over 104 degrees and heavy breathing or rapid pulse. If this is happening, ask for medical help, get out of the heat, lie down, use ice packs to cool your body until help arrives.

**Talk to a Pharmacist:**

Find out **where** to store your medications. If they are not stored properly, they may not be effective, and spending summer at the Emergency Room is not FUN!



**Communicate, Communicate:**

Calling someone such as your neighbor, a friend or a family member to let them know you'll be spending an extended period of time outdoors can be a simple thing you can do to stay safe. You might call and say "Karen, I'm going to be outside gardening from ten until

noon; I'll check back in with you at noon." Your nice neighbor may even bring you some lemonade and help you pull those weeds. Bringing along a water bottle, your cell phone and/or medical alert are all ways to enjoy summer safely. If you don't have a medical alert and would like to know more about this, give us a call at NY Connects at 1-866-805-3931 and we will be happy to explain how they work. (It is a good idea for caregivers to check on a person twice a day.)



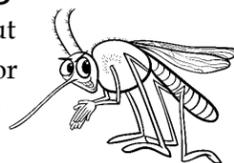
**Weather...**

**To See or Not To See?**

If it's hot out, wear something that will keep you cool. Light-colored and loose-fitting cotton/polyester blends can help. Wear sunglasses to protect your eyes from those harmful UV rays.

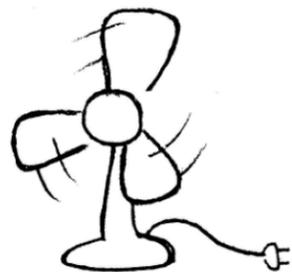
**Don't Get Bugged!**

Mosquitoes are out at night looking for a late night snack!



**Keep Your Cool:**

If you have an illness like COPD or asthma, breathing can become more difficult during the summer months. If you can't afford an air conditioner, give us a call and we will check to see if you qualify to get one provided for you. You could develop



Hyperthermia if your body temperature became too elevated. Heat Stroke can be life

*in the good old*  
**Summer Time** word search

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

- BARBECUE
- HOTDOGS
- LEMONADE
- PICNIC
- STORMS
- SUNTAN
- VACATION
- BEACH
- ICECREAM
- LIGHTNING
- POOL
- SUMMER
- SWIMMING
- HEAT
- JULY
- LOTION
- SHADE
- SUNGLASSES
- THUNDER



Plan now for your long term care needs. Call NY Connects @ 1-866-805-3931.  
For information about other counties, call State NY Connects # at 1-800-342-9871.



# Office Board Bulletin



to our Volunteers celebrating in  
**July!**

Jane Ross.....	6
Rick Hussa.....	9
Tracy Kuebler.....	10
Jackie Dziedzic.....	20
Alice Sullivan.....	25
Fran Cartmell.....	26

*Thank you  
to the members of the  
Wings Falls Quilt Guild.*

The membership consisting of 80 giving quilters poured their heart and soul, and thread, into 300 homemade placemats distributed to all of the Cedars' meal site clients.

They wanted to brighten a day or spark a smile and it worked. Our clients enjoyed receiving their placemats a few weeks ago. Reversible so they could enjoy two different colorful themes.

Wings Falls Quilt Guild meets out of South Glens Falls.



### NY Connects & Alzheimer's Disease Caregiver Support Initiative Outreach

**Meet with NY Connects Specialist**  
from

*Warren/Hamilton Counties Office for the Aging*

Medicare Prevention & Wellness  
&  
Medicare Savings Program

**Lake Luzerne meal site**  
Thursday, July 6th, 12:30-2

**First Presbyterian Church, Glens Falls**  
Tuesday, July 11th, 12:15-2

Looking for a fun,  
flexible, "fill-in"  
kind of job?

### SUBSTITUTES NEEDED

The following meal sites are currently looking to hire substitutes to fill-in when needed. Help us out during someone's vacation or a sick day.



Help us serve the  
community around you.

### Meal Sites Available:

- Bolton Landing
- Cedars, Queensbury
- Chestertown
- Johnsburg
- Warrensburg
- Wells

### Contact:

*The Office for the Aging*  
at 761-6347



**THE KITCHEN WILL BE CLOSED  
Tuesday,**



### Warren-Hamilton Counties Advisory Council

July 26th – Long Lake Meal Site  
1204 Main Street, Long Lake

October 25th – Chestertown Meal Site  
6307 State Route 9, Chestertown

*We would love to have you join us for the Warren/  
Hamilton Counties Advisory Council meetings.*

*For Long Term Care Services & Supports call NY Connects at Warren-  
Hamilton Counties Office for the Aging at 1-866-805-3931.*



## MEMORY CAFE

*Join Us*

*Relax, Socialize & Have Fun*

*Refreshments & Conversation*

**The 3rd Wednesday of every month**

July 19th, August 16th

**The Queensbury Senior Center**

742 Bay Road • Queensbury, NY

*Come join us for coffee & conversation in a welcoming place for individuals and families.*

A care partner must accompany guests who require personal care assistance.

This program is supported by The Queensbury Senior Center and grants from the Goldberg Foundation, New York State Department of Health and The Alzheimer's Disease Caregiver Support Initiative.

For more information contact Kym at (518) 867-4999 ext. 215 or at khance@alz.org

518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or [melissa@seniorsonthego.org](mailto:melissa@seniorsonthego.org) for further travel info.

## MISSISSIPPI RIVER CRUISE

**May 27th-June 5th, 2018**

(7) Night River Cruise, (1) Pre-Night (in New Orleans) &  
(1) Post-Night (in Memphis), Airfare, Transfers & Excursions Included

*"The American Queen"*

*This beautiful lady of the river epitomizes the grace and grandeur that has made river cruising a cherished American tradition for more than two centuries. Experience Southern culture as you journey through living history and the romantic spirit of the antebellum era. Fertile cotton fields, vast sugar cane plantations and imposing pillared mansions will transport you back in time, as will the civil war battlefields.*



### Information Meeting

**Monday, July 17th, 4pm**  
Sign up if you plan to attend.

\$500 pp deposit now being accepted to guarantee a cabin! Insurance available at time of deposit only.

**\$70 ON BOARD CREDIT INCLUDED!**

TRAVEL ABOARD THE  
LARGEST STEAMBOAT  
EVER BUILT!

### Estimated Pricing

Categories:

\$2900 (E) Inside  
\$4800 (D) Outside Bay Window  
\$5100 (C) Outside Open Veranda  
\$5600 (A) Private Balcony  
Subject to availability.

### Ports of Call

Memphis, TN Vicksburg, MS  
Francisville, LA Helena, AR  
Nanchez, MS Memphis, TN

Gratuities on board \$16.50 per day,  
not included.

### Airfare & Transportation

to and from Albany Airport included. Price of airfare to be released in mid July. Estimated pricing includes airfare.

Melissa Pagnotta at QSC (518) 745-4439

Julie Humphries at AAA (518) 824-3802



# GLENS FALLS SENIOR CENTER

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801  
Email: kbrenghseniors@gmail.com

## New Members are Welcome, Come Join Our Family

Mon-7/3	No Book Club for July/Aug. - will resume in Sept. with "Gentleman in Mosco" by Toweles	10 am
Mon-7/3	Game Day	1 pm
Tues-7/4	Center Closed - 4 <sup>th</sup> of July Celebration	9 am-4 pm
Wed-7/5	"Know The 10 Signs of Dementia" with Kym Hance	1:30 pm
Thurs-7/6	Nature Walk with Juanita	9 am
Thurs-7/6	Pool League begins	10 am
Thurs-7/6	Movie & Popcorn - "Patriots Day" starring Mark Wahlberg and Kevin Bacon	1 pm
Fri-7/7	Hyde Museum	10 am
Fri-7/7	Disaster Preparedness with Blue Shield	1 pm
Sat-7/8	Opera Saratoga - "Beauty and The Beast"	12:45 pm
Mon-7/10	Walmart Shopping Trip	10 am
Mon-7/10	Karen's Art Class - Cost: \$15 all materials provided	12:30 pm
Mon-7/10	EPIC Representative	1 pm
Tues-7/11	Creative Chameleon - Adirondack Chairs	1-3 pm
Wed-7/12	Defensive Driving Class - \$20 AARP members/\$25 non members - Lunch provided \$6	9 am-4 pm
Thurs-7/13	Saratoga Racino - Cost: \$6 gas donation- also Pool League	10 am
Fri-7/14	Lunch Bunch - Lucke Star - Warrensburg	12 pm
Sat-7/15	Ballet - "All Richard Rogers" - SPAC Van leaves Center at 12:45 pm	2 pm
Mon-7/17	Chapman Museum	10 am
Mon-7/17	Shoebox Workshop	1 pm
Tues-7/18	Center Closes at 11 am - Crandall Park Picnic	12 pm
Wed-7/19	Heart Health program - Blue Shield	1 pm
Thurs-7/20	Nature Walk with Juanita	9 am
Thurs-7/20	Pool League	10 am
Thurs-7/20	New Skete Monastery - Cost: \$6/with Van transportation \$10 Van leaves Center 8:30 am	10 am
Fri-7/21	Lake George Youtheatre - "Mary Poppins" - Cost: \$10 ticket/with Van \$14	9:30 am
Mon-7/24	Lunch in park - bring own lunch in Warrensburg for noon, Warrensburg Museum at 1:00	12 pm
Tues-7/25	Wii Tournament - Hudson Falls Senior Center	10 am
Wed-7/26	Coffee & A Cop - Officer Jerry Willette, will answer any questions you may have.	1 pm
Thurs-7/27	Nature Walk with Juanita	9 am
Thurs-7/27	Pool League	10 am
Thurs-7/27	Basics of Memory Loss, Dementia and Alzheimer's Disease with Kym Hance	1:30 pm
Fri-7/28	Lake George Youtheatre - "Rock Of Ages" - Cost: \$10 ticket/ Van transportation \$14	9:30 am
Fri-7/28	Writers Group	1 pm
Sat-7/29	Duck Race - Haviland's Cove	11 am-2 pm
Mon-7/31	Chat with Juanita & Ed session	1 pm

## 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/Golf/Bowling/Crafts/Cards/Bingo & Much More.

## Transportation to center available - 24 hours notice

Greater Glens Falls Senior Citizen Center is once again participating!

Kiwanis Club of Glens Falls presents

# The 26th Annual 2017 Million Dollar Duck Race & Family Fun Day



Saturday, July 29th • 11-2

Haviland's Cove Park  
Race Begins 12:31 pm  
Tickets \$5.00



Don't forget!

Duck whistles and other duck items available the day of the race to help support the Senior Center.

Stop in the center to get tickets or, to receive in the mail, simply fill out the form below and mail with payment to:

Glens Falls Senior Center • 380 Glen Street • Glens Falls, NY 12801

### PLEASE NOTE: Checks are made out to GF KIWANIS

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name your Duck (optional) \_\_\_\_\_ Number of Tickets \_\_\_\_\_



for helping us continue to provide the programs & services our growing Senior Community request and deserves!



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutrition-

## What to do with all this MILK?

Senior meal programs are required to send milk with meals as it greatly helps in reaching nutritional guidelines. Milk is a great source of many nutrients, especially:

### Calcium - Vitamin D - Protein - Vitamin B12 - Vitamin B6 - Magnesium

If you find it difficult to drink or use all the milk sent to you through senior meal programs, try out some of these quick & easy, and microwave-friendly recipes below.

#### **Chocolate Pudding**

##### Ingredients:

2 tbsp. sugar  
1-2 tbsp. baking cocoa  
1 tbsp. + 1 tsp. cornstarch  
¼ tsp vanilla  
8 oz. (1 carton) milk

##### Instructions:

Stir together sugar, cocoa, and cornstarch, then add milk and continue to stir. Microwave for 2-3 minutes, stirring every 30-45 seconds. When thick, add vanilla extract. Let cool and enjoy.  
*Tip: you can use chocolate chips or candy in place of baking cocoa.*

#### **Vanilla Custard**

##### Ingredients:

8 oz. (1 carton) milk  
1 egg  
1 tbsp. corn starch  
2 tbsp. sugar  
¼ tsp. vanilla extract

##### Instructions:

Whisk together all ingredients except vanilla extract. Microwave for approximately 2-3 minutes, stirring every 30-45 seconds. When thick, add vanilla extract. Let cool and enjoy.

#### **White Sauce**

##### Ingredients:

8 oz (1 carton) milk  
2 tbsp. flour  
Pinch of salt (optional)

##### Instructions:

Microwave for approximately 2 minutes, stirring every 30-45 seconds. The sauce will be thick when it is done.

##### *How to use white sauce:*

Add shredded cheese to make a cheesy sauce that can be used over cooked macaroni, baked potato or vegetables, anything you like!

Add parmesan cheese and a dash of garlic powder for Alfredo sauce.

Use as a soup base by adding only 1 tbsp. flour—this way you can use more milk by preparing a creamy soup. Add cheese and broccoli for a broccoli cheddar soup; or potatoes, corn, other veggies and bits of meat for a chowder-type soup.

**Don't forget** – milk can also be used with cereals, in hot chocolate, etc. Be creative!

## Margherita Penne

Makes about 4-6 servings

12oz	Penne Pasta	2 1/2 cups	Milk
2Tbsp	Butter	2 cups	Cherry Tomatoes(cut in half)
4 Cloves	Garlic, Minced		Parmesan Cheese (Grated)
1 1/2 tsp	Dried Thyme	1/2 cup	Bocconcini
1/2 tsp	Salt	12 1 inch	Basil Leaves, thinly sliced
1/4 tsp	Hot Pepper Flakes	1/2 cup	
2 Tbsp	Flour		



Cook pasta for about 11 minutes in large pot of boiling water. Meanwhile, in another large pot, melt butter over medium heat. Add garlic, thyme, salt and hot pepper flakes. Cook for 1 minute. Sprinkle with flour; cook, whisking for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for 3-5 minutes or until smooth and thickened. Stir in tomatoes and parmesan. Drain pasta and return to pot. Pour in sauce; toss, stirring 1-2 minutes over medium heat to coat pasta. Stir in bocconcini, basil and salt to taste, if needed. Serve with grated parmesan cheese.



## Milk Braised Pork Roast

Makes 6 servings

1 1/2 lb	Boneless Pork Shoulder Roast	4 cups	Milk
	Salt & Pepper to Taste	2	Bay Leaves
2	Onions, minced	6	Sage Leaves
1Tbsp	Butter	3 cups	Potatoes, quartered
6 Cloves	Garlic, Minced		Juice of 1 Lemon
	Zest of 2 Lemons		

Preheat oven to 300 degrees. Remove the fat from the pork roast if necessary and season with salt and pepper. In a small roasting pan, brown the roast and the onions in the butter over medium-high heat. Add garlic and the zest of lemons, and continue cooking for a few minutes. Pour in the milk, add the bay and sage leaves, and bring to a boil. The liquid will separate, which is normal. Cover and put in the oven for 2 hours, turning the roast a few times. Add the potatoes 1 hour before the end of the cooking time. Remove the roast and the potatoes from the roasting pan and set aside in a bowl. Cover with aluminum foil. Heat the roasting pan or skillet over medium-high heat, and reduce the sauce by half with the lemon juice. Remove the bay and sage leaves. Pulse with an immersion blender, or reduce to a puree in a regular blender. Pass through a sieve and adjust the seasoning. Finely slice the roast. Serve with the potatoes, the sauce and, if desired, steamed green vegetables.