



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

2017

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Newsletters are available
online at:

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

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

When is the Summer Solstice 2017?

In 2017, the summer solstice falls on Wednesday, June 21, 12:24 A.M. EDT. Due to time zones, this means the solstice falls on Tuesday, June 20 in the rest of North America!

Fun Facts

The summer solstice is the day with the most hours of sunlight during the whole year.

In Sweden, people celebrate the Summer Solstice by eating the first strawberries of the season.

In ancient Egypt, summer was the start of the new year. The rising of the star Sirius roughly coincided with the summer solstice and the annual flooding of the Nile River.



Defensive Driving Class by AARP

\$20 AARP Members

\$25 Non-members

Thursday, June 15th

9am-4pm with Break for Lunch

Indian Lake Meal Site

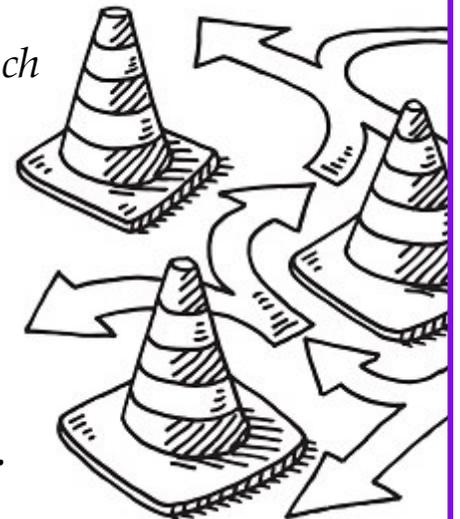
Bring your own bag lunch or
join us for lunch for only \$3

Serving: Cold Plate

Tuna salad on a Bun
Pasta Salad, Broccoli Salad & Fresh Fruit

Reservations for class required.

Call Meal Site at 648-5412.





NEW YORK
STATE OF
OPPORTUNITY™

NY Connects

Your Link to Long Term
Services and Supports

Hamilton County Community Services Vision

We envision a Hamilton County in which every individual has the opportunity to live a healthy and fulfilled life.

Mission: The mission of Community Services is to contribute to the social, emotional, and psychological well-being of the individuals and families of Hamilton County through coordination, integration, and provision of flexible services responsive to their diverse needs.

Call us at 648-5355 about services we offer that include:

Clinical Services: Counseling, Psychiatric Services, Psychological Services, Alcohol, Substance Abuse, Chemical Dependency Services

Case Management and Family Support & Prevention Services

Hamilton County Public Health has staff members trained as tobacco cessation counselors. We want to provide education and support to those interested in quitting. If you are interested in quitting or have questions about our new program please call Public Health:

518-648-6497

National Suicide Prevention Lifeline

1-800-273-8255

Talk with someone who will listen.

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



Coupons become available end of June.

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.



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*

Join us
for the June
NY Connects

Long Term Care Council Meeting

Wednesday, June 14, 10am-noon

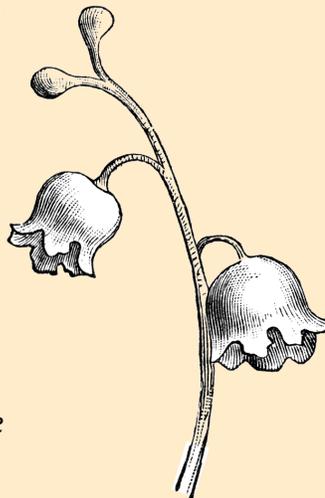
Hamilton County Public Health, White Birch Lane,
Indian Lake, NY

Scheduled Presenters:

Hamilton County Mental Health/Community Services:
Robert Kleppang

Adirondack Asthma Coalition: Meagan Frantz/Daryl Parslow

Connect with others and find out about
Mental Health & Community Services in
Hamilton County & hear about what is
happening in all 3 of our counties.



No charge to attend.

**Contact Stephanie Ball at 518-746-2420
to reserve your spot.**

Persons who are deaf or hard of hearing call the
NY Relay System 7-1-1

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



Office Board Bulletin

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.*

Happy Birthday to our Volunteers celebrating in **June!**



Kevin McCullough24
Tom Judkins27
Francis Angelo.....28

Happy FATHER'S DAY

As the idea of Father's Day was conceived by Sonora Dodd of Spokane, Washington, to honor her father, she chose his birthday which was proclaimed on June 19, 1910, by Spokane's mayor as the first Father's Day.

Father's Day was first celebrated on the third Sunday of June.

Sonora Louise Smart Dodd, of Spokane, Washington, started the tradition of Father's Day in the honor of her dad, William Smart, a widowed Civil War veteran.

In 1916, US President Woodrow Wilson approved the idea of observing an annual Father's Day.

In 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. Father's Day has been celebrated

annually since 1972 when President Richard Nixon signed the public law that made it permanent.

Father's Day is the fifth most popular card-sending holiday, with an estimated \$100 million in card sales. Husbands, grandfathers, uncles, sons and sons-in-law are honored as well as father. Each year, 7 million Father's Day cards are sent in the UK, compared to 13 million Mother's Day cards.

Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.

The necktie is the most popular and number one of all Father's Day gifts according to the U.S. Census Bureau. Hammers and golf clubs are also popular presents for the day.





WORD SEARCH

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

DADDY
UNCLE
STRONG

GOLF
PROVIDE
FATHER



TEACH
BRAVE
FOOTBALL



PARENT
GRANDPA
RESPECT

NECKTIE
PROTECT
LOVE



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Focus on Fiber

Getting enough fiber in our diet is something many Americans struggle to do. The recommended daily intake of fiber is 25-30 grams, however the average American only consumes about 15 grams per day. Fiber has many health benefits when included in your diet.

Facts on Fiber

- Foods higher in fiber are less likely to make blood sugar spike
- A diet rich in fiber can help lower cholesterol levels
- Foods high in fiber can help us to feel fuller, longer
- A high-fiber diet can reduce your risk of developing colorectal cancer
- Fiber intake can prevent constipation

Sources of Fiber

Fiber comes from natural foods that have had little processing.

This includes:

- | | | |
|---|-------|------|
| Fruits | Beans | Nuts |
| Vegetables | Seeds | |
| Whole grains (whole wheat breads, pastas, brown rice, oats) | | |

An important reminder about fiber: if you are not currently getting a high amount of fiber from your diet, it is recommended not to dramatically increase your intake all at once. Your body will need some time to adjust to the change to avoid feeling any discomfort. It's best to increase your intake by just a few grams per day.

Staying Hydrated

It's important for all seniors to stay hydrated. As we age, it's easier to become dehydrated as our bodies don't retain water as well and our perception of thirst can become muted. Hydration helps us stay healthy in many ways, including keeping us "regular" when consuming enough fiber. By aiming to drink *2 liters of fluid per day* (preferably water) with the recommended daily intake of fiber, you can work to keep your



The skins of fruits and vegetables are where a lot of their fiber is found. Split peas, lentils, black beans, lima beans, almonds, pistachios, artichokes, peas, broccoli, Brussel's sprouts, raspberries, pears, apples, bananas, oranges, bran flakes, oat bran muffins, and oatmeal are some of the highest fiber-containing foods from each Of these categories. Since **June is National Fresh Fruit And Vegetable Month**, it's the perfect time to start including some more of these nutritious, fiber-containing foods into your diet.

Supplemental fiber (Bene-fiber, Metamucil, fiber gummies) can be helpful in reaching your daily fiber goal, however experts suggest consuming *whole food sources* of fiber is preferred if possible for you to do so.

High Fiber Recipe: Texas Caviar

Makes about 14 servings

1 Green Pepper	15 oz can Pinto Beans
1 Red Pepper	1/2 C Olive Oil
1/2 Red Onion	1/2 C Apple Cider Vinegar
16 oz bag Frozen Corn, thawed (or can)	1/4 C Sugar
15 oz can Black Beans	

Dice peppers and onion and place into a large bowl, adding corn once thawed. Drain and rinse both cans of beans in a colander before adding to the bowl. Separately, mix olive oil, vinegar, and sugar in a smaller bowl. Mix until sugar has dissolved, then add to the recipe contents. Stir until well mixed, store in a refrigerator for about an hour before eating. Serve with tortilla chips, as a side to another dish, or eat on its own!

◀ Nutritional Information per serving (makes 14 servings)

Calories: 160

Protein: 5 g

Carbohydrate: 20 g

Fiber: 5g

Fat: 8 g

Sodium: 100 mg

50% daily Vitamin A
recommendation.

More than 100% daily Vitamin
C recommendation

Sources: [ucsfhealth.org/
education/increasing/fiber/intake](http://ucsfhealth.org/education/increasing/fiber/intake)

digestive tract functioning the way it should.

As it gets warmer outside, it can be more difficult to stay hydrated. The heat makes us sweat more, meaning we need to make up for this by drinking more.

Did you know?

Caffeinated beverages shouldn't count toward your fluid intake. Caffeine is a diuretic, meaning it increases how often you must visit the bathroom. This essentially cancels out any hydration you may have received from the beverage.



Continued ▶



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist



Mediterranean Tuna Antipasto Salad

Packed with protein and fiber, this tuna and bean salad is ready in a flash.
For an extra kick, add a pinch of crushed red pepper or cayenne.

- 1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see Note)
- 1 large red bell pepper, finely diced
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1½ teaspoons finely chopped fresh rosemary
- ½ cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- ¼ teaspoon salt
- 8 cups mixed salad greens

Directions:

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl.
Season with pepper.
Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl.
Add salad greens; toss to coat.
Divide the greens among 4 plates. Top each with the tuna salad.



Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

Nutrition Information per serving (4 servings)

306 calories
16 g fat (2 g sat)
8 g fiber
28 g carbohydrates
15 g protein
223 mcg folate
15 mg cholesterol
4 g sugars
0 g added sugars
4,961 IU vitamin A
97 mg vitamin C
115 mg calcium
4 mg iron
467 mg sodium
752 mg potassium

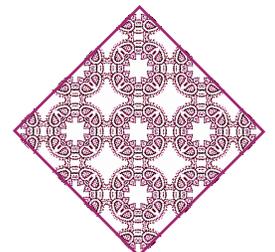
◀ *Fold card here*

Nutrition Bonus:

Vitamin C (162% daily value)
Vitamin A (99% dv)
Folate (56% dv)
Iron (22% dv)

Exchanges:

1 starch
1 vegetable
2½ lean meats
2 fats





GLENS FALLS
SENIOR CENTER

380 Glen Street, Glens Falls

LAWN SALE

Saturday, June 17th

9-2

Rain or Shine

New & Used Items, Jewelry, Household Items & Much More!





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

Thurs-6/1	Nature's Walking Club	9 am
Mon-6/5	Book Club	1 pm
Tues-6/6	Garden Club meets	1 pm
Tues-6/6	SNAP program - Ben Driscoll	2 pm
Wed-6/7	Lunch Bunch - Gourmet Café	12 pm
Wed-6/7	Short Stories with Bea	1 pm
Thurs-6/8	Colonie Mall Shopping - Van transportation for first 11 people	9 am
Thurs-6/8	Senior Center Open House - Wine and hors d'oeuvres	5-8 pm
Fri-6/9	Volunteer Recognition	1:30 pm
Mon-6/12	Karen's Art Class - all materials provided - Cost: \$15	12:30 pm
Tues-6/13	Defensive Driving Class - \$20 AARP members/\$25 non members - Lunch provided \$6	8:45 am - 4 pm
Wed-6/14	Glens Falls Hospital - Colorectal Program	1 pm
Thurs-6/15	Nature's Walking Club	9 am
Thurs-6/15	Medicare 101 Program - M. J. from CDPHP	1 pm
Fri-6/16	Center Closed - Lawn sale set up	9 am - 4 pm
Sat-6/17	Lawn Sale - New/Used items/Jewelry/household items and much more	9 am - 2 pm
Mon-6/19	Grilling with Mary Beth	1 pm
Tues-6/20	Tour Yaddo Gardens	10 am
Wed-6/21	Sunny Day Lunch - Speaker Donna Lynn from Sensibilities	12 pm
Thurs-6/22	Nature's Walking Club	9 am
Thurs-6/22	Bingo - Large cards available/refreshments	1 pm
Fri-6/23	Writers Group meets - All are welcome	1 pm
Mon-6/26	Movie and Popcorn - "Going In Style" - starring Morgan Freeman and Alan Arkin	1 pm
Tues-6/27	Newsletter Mailing - Volunteers needed!	1 pm
Wed-6/28	Dorset Theater - "Downstairs" - Van transportation first 11 people to sign up	12 pm leave
Thurs-6/29	Special Bingo - lots of games and refreshments, prizes - large cards available	1 pm
Fri-6/30	Shoebox Workshop Project	1 pm
Ongoing Activities at a Glance:		
Monday - Friday	Thrift Shop - new items all the time	10 am - 2 pm
Every Tues	Bingo	10 am
Every Wed	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga - with Tobey	10:30 - 11:30
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 am
Every Friday	Wii Bowling	10 am
	Line Dancing/Woodshop/Golf/Bowling/Cards/Special Bingo & Much More.	

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

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 for further travel info.

Rokeby Museum & Ferry to Essex

Thursday, June 29th

- Lunch included at Fair Haven Inn
- Rokeby House Tour and Stunning Museum Exhibits

Rokeby is among the best documented Underground Railroad sites in the country. "Free & Safe" exhibits chronicle the lives of two fugitives from slavery who found shelter at Rokeby. It is "unrivaled among known sites for its historical integrity and poignancy of the story it tells.

- Ferry from Charlotte VT to Essex NY
- Time in Essex to grab a snack before heading home

Member Cost \$68 Non-member \$78

Deadline: June 1st



Wings Castle & Innisfree Garden

Wednesday, July 26th

Stroll through Innesfree Garden recognized as one of the "World's Ten Most Beautiful Gardens".

Catered boxed lunch and wine tasting at Hudson Valley's flagship winery in Millbrook. Tour Wings Castle with the owners who lovingly designed & built this spectacular place with 80% recycled materials.

Member Cost \$83 Non-member \$93

Deadline: Friday, June 23rd



Williamstown

Williamstown Theater or the Clark Museum

Thursday, August 17th

A Legendary Romance • 2pm matinee

Musical that intersects loyalty, love and ambition.

Bus transportation and theater ticket:

Member Cost \$89 Non-member \$99

Deadline: June (Level 1 Trip)

..... OR

Sterling & Francine Clark Art Institute

In 1950 Sterling and Francine Clark chartered the Art Institute as a home for their extensive art collection.

Bus transportation and admission to Clark Museum:

Member Cost \$57 Non-member \$67

(Level 2 Trip)

Both are lunch on your own with numerous restaurant options.



Bike Block Island

September 6-8th

Atlantic Inn, 3 days/2 nights

Cycling Level Easy, flat terrain (*w/ van assist if needed*)

Provide own transportation to:

Point Judith Ferry Terminal (*fare included*)

Two Dinners (*at fine local restaurants*)

Two Hearty Breakfasts at the Inn (*included*)

First 16 to sign up — *Fully equipped bikes provided w/helmet.*

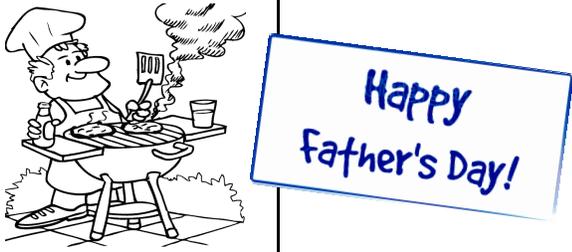
Cost \$975 pp dbl (\$350 deposit to register)

Plus optional cancellation insurance due with registration.

June 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
Suggested Contribution Per Meal: \$3			June 1 Cold Plate Chef Salad –Turkey, Ham, Swiss Cheese, Lettuce Marinated Veggies Blueberry Crunch	June 2 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
June 5 Tortellini Alfredo w/ Chicken Italian Veggies Tropical Fruit Cup	June 6 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait w/ Fruit & Granola	June 7 Pot Roast w/ Gravy Mashed Potatoes Carrots Dump Cake	June 8 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	June 9 Cold Plate Citrus, Turkey & Spinach Salad Fresh Tomato salad Muffin of the Day Birthday Cake
June 12 Baked Chicken Tenders w/ Sauce Potato of the Day Tomato & Zucchini Chilled Pears	June 13 Beef Tomato Florentine w/ Noodles & Cheese Scandinavian Veggies Garlic Bread Mandarin Oranges	June 14 Roast Pork w/ Gravy Mashed Potato Peas & Onions Strawberry Shortcake	June 15 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Fresh Fruit	June 16 Happy Father's Day Meat Lasagna Green Beans Tossed Salad Father's Day Dessert
June 19 Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple	June 20 Apple n' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	June 21 Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes	June 22 Tamale Pie Broccoli Coleslaw Chilled Peaches	June 23 Cold Plate Chopped Salad w/ Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie
June 26 Breaded Haddock Sweet Potatoes Japanese Veggies Rice Pudding/Topping		June 28 Roast Turkey w/ Gravy Cranberry Sauce Mashed Potatoes California Medley Tropical Fruit Cup	June 29 American Goulash Tossed Salad Asparagus Apricots	June 30 Cold Plate Chicken Salad on Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Spice Cake

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