



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

MAY

2017

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Volunteer Coordinator

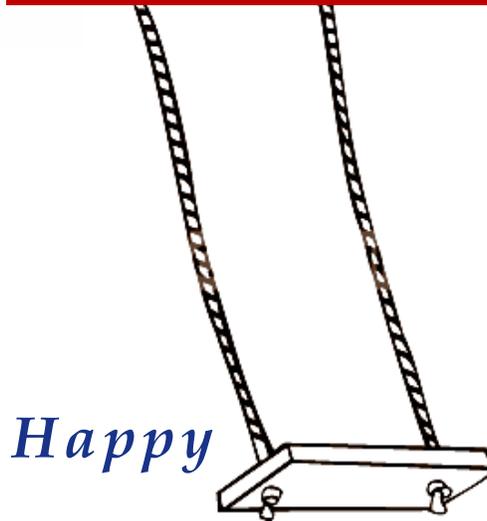
Catherine Keating - Stauch -
Registered Dietician / Menu



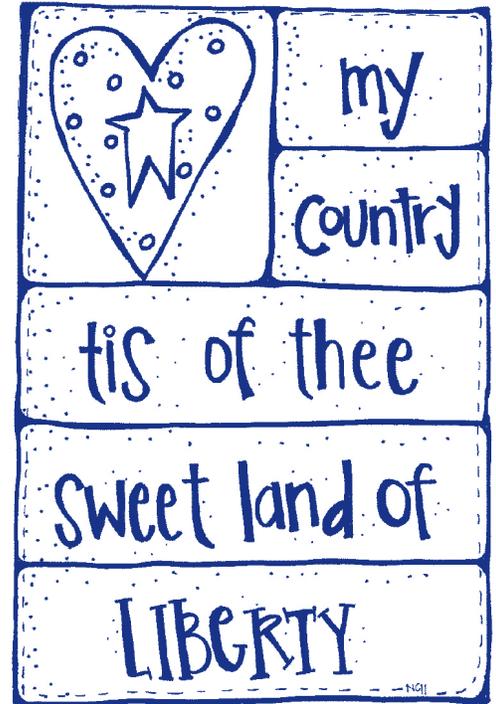
Newsletters are available
online at:

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

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



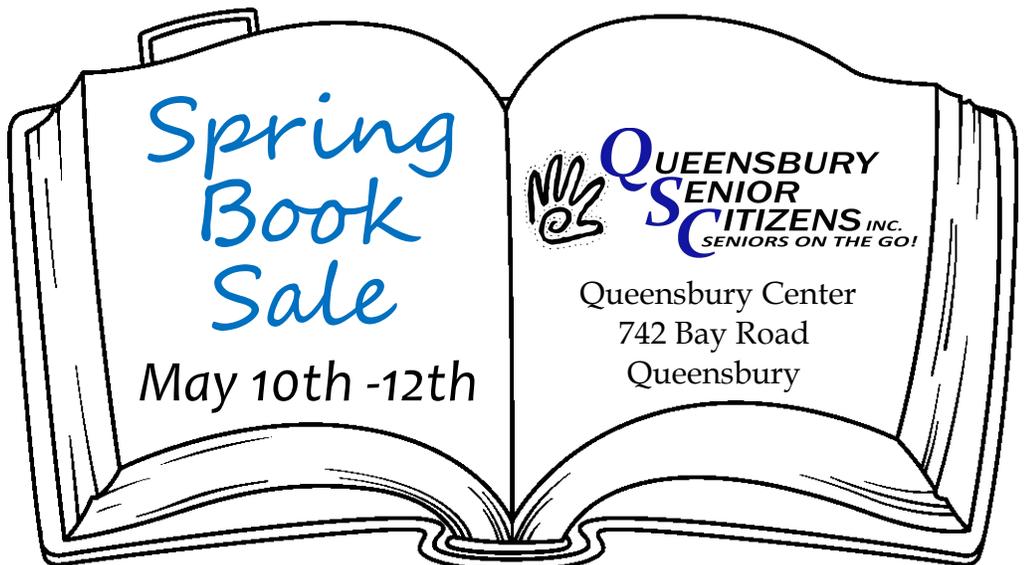
Happy
Memorial
Day!



Defensive Driving Class by AARP

Thursday, June 15th, 9am • Indian Lake Meal Site

Watch for more information in the June newsletter or call 648-5412.



Spring
Book
Sale

May 10th -12th

QUEENSBURY
SENIOR
CITIZENS INC.
SENIORS ON THE GO!

Queensbury Center
742 Bay Road
Queensbury

Do you collect many things, animals, stuff? Do you have difficulty “letting go?”



I can't find anything...I know it was right here...maybe it is on the table under those magazines...

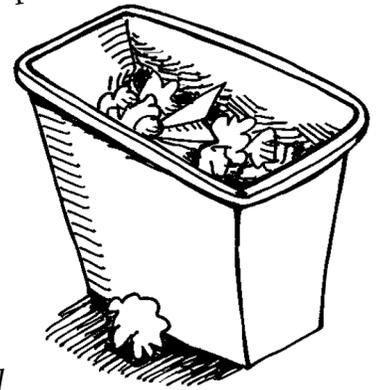
I haven't used that kettle in years, though it is a nice one and I might use it someday.



If I don't take care of all these cats and dogs, no one else will!



I think I threw it out by mistake... I had bills in one pile and trash in the other.



I can't find my favorite black pants...I have trash bags full of clothes that I haven't worn in years though I don't want to get rid of them because they are in good condition.



It is too much to deal with...I wouldn't know where to start to get rid of the stuff!



There is help...call NY Connects at 1-866-805-3931 to speak with us...your calls are confidential and we have options to help when you are ready to do so.

May is Asthma Awareness Month

The Adirondack Asthma Coalition brings together those who care and worry about children and adults with asthma. They will be one of the featured presenters at our June Long Term Care Council Meeting.

Join us for the June NY Connects Long Term Care Council Meeting

When: Wednesday, June 14 from 10am-noon

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

Why: To connect with others and find out about
Mental Health & Community Services in Hamilton
County & to hear about what is happening in all 3 of our counties

Who: You! No charge to attend; RSVP's appreciated.

Contact Stephanie Ball at 518-746-2420





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.

Spring Book Sale May 10th -12th at the Queensbury Center 742 Bay Rd, QSBY



Albany Dutch Heritage Day Trip
Includes Dutch Apple Lock Cruise
Wednesday, May 31st

- Lock Cruise aboard the Dutch Apple
- Boxed Lunch catered by Nicoles
- Albany Visitors Center exhibits & documentary film
- Tour of Schuyler Mansion
- Tour of Fort Crailo historic site

Member Cost \$69 Non-member \$79

Deadline: Sign up ASAP!
(Level 2 Trip)

Rokeby Museum & Ferry to Essex
Thursday, June 29th

- Lunch included at Fairhaven 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

Play Golf!

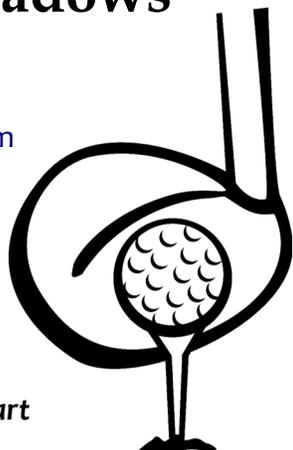
Bay Meadows

Friday Mornings
Beginning May 5th
Tee off between 9am - 9:30am

Amateurs Welcome!

It's all about fun!
No pressure golf!
Sign up and show up!
Foursomes created!

Cost \$12 Walking \$20 with Cart



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.



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-5/1	Law Day	1:00 pm
Mon-5/1	Good Book Club - "My Grandmother Asked Me To Tell You She's Sorry" by Backman	1:00 pm
Tues-5/2	Therapy Dogs visit with Sandra Erickson and Therapy Dogs International	1:00 pm
Wed-5/3	Lunch and Learn - Discover the Strand, Hudson Falls/Lunch at Dominos	11:45 am
Thurs-5/4	Saratoga Racino - Van transportation \$6	10:00 am
Thurs-5/4	Center Gardening	1:00 pm
Fri-5/5	Decluttering/Downsizing	1:00 pm
Mon-5/8	Karen's Art Class-Cost: \$15- All materials provided	12:30 pm
Tues-5/9	Center closes at 11 am/Spring Banquet- Fort William Henry, Lake George/Cost: \$15	12:00 pm
Thurs-5/11	Container Gardening with Cornell Cooperative Extension	1:00 pm
Fri-5/12	New Skete Monastery - Cambridge	1:30 pm
Mon-5/15	Movie and Popcorn - "Hidden Figures"	1:00 pm
Tues-5/16	Applique Quilting Class	1:00 pm
Wed-5/17	Warren Center presentation	1:00 pm
Thurs-5/18	Indoor Gardening presentation by Cornell Cooperative Extension	1:00 pm
Fri-5/19	Newcomers Welcome - desserts served	1:30 pm
Mon-5/22	Shoobox workshop/Operation Christmas Child	1:00 pm
Tues-5/23	Applique Quilting Class	1:00 pm
Wed-5/24	Defensive Driving Class - Cost: \$20 AARP members/\$25 non member-Registration 8:45am	9 am-4 pm
Thurs-5/25	Newsletter Mailing - Volunteers needed!	1:00 pm
Fri-5/26	Writers Group meets - All are welcome!	1:00 pm
Mon-5/29	Center Closed - Memorial Day!	9 am-4 pm
Tues-5/30	Applique Quilting Class	1:00 pm
Wed-5/31	Blood Pressure/Sugar Clinic with Volunteer Nurse Barbara	9:00 am
Wed-5/31	Special Bingo - Large cards available, prizes and refreshments	1:00 pm
Ongoing Activities at a Glance:		
Monday- Friday	Thrift Shop - new items all the time	10 am-2 pm
Every Tues	Bingo	10 am
Tues/Wed/Thurs	Tax preparation by appointments - Call the Center 793-2189	9:30-3:00 pm
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
- Transportation for Center activities available/medical transports by appointment



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

May is Osteoporosis Awareness Month

Protect Your Bone for Future Mobility

Osteoporosis is an elusive disease. Most people won't have any symptoms until they break a bone. But falling and breaking a bone is not a normal part of the aging process.

Osteoporosis is a disease, and like many diseases it is both preventable and treatable. It's important to be proactive about protecting bone health before you run into trouble.

People are encouraged to understand the risk factors associated with this condition. Preventative measures which promote healthy bones include sufficient calcium intake, achieving adequate levels of vitamin D, and performing bone healthy exercises.

Special Tips on Osteoporosis Awareness Month

The goal of osteoporosis treatment is to maintain existing bone and stop further loss.

Here are the things you can do:

Get enough calcium and vitamin D

Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

Good sources of vitamin D include oily fish, such as tuna and sardines, egg yolks, and fortified milk. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

Maintain a healthy weight or lose excess weight

Stay active and ask your doctor about bone strengthening exercises

Stop smoking because it weakens bones

Limit alcohol intake because it increases the risk of falling and getting a fracture

Prioritize fall prevention especially if you are a senior

Get your bone density checked

Enlist your doctor's help



If you're concerned about your bone health or your risk factors for osteoporosis, including a recent bone fracture, consult your doctor. He or she might recommend a bone density test. The results will help your doctor gauge your bone density and determine your rate of bone loss. By evaluating this information and your risk factors, your doctor can assess whether you might be a candidate for medication to help slow bone loss.

Steak Quesadillas with Creamy Cilantro Lime Dip

1 10-inch flour tortilla
3/4 C cheese, shredded, Mexican blend
3 oz steak sirloin tips
1/2 C red and/or green pepper, fresh
1/2 C yellow onion, fresh

pinch cumin
pinch paprika or chili powder
pinch garlic powder
Cooking spray or oil (as needed)

Sautee sirloin tips in oil on medium heat until browned on the outsides and cooked throughout. Chop peppers and onion and add to the skillet until fork-tender. Sprinkle steak and veggies with cumin, garlic powder, and chili powder, set skillet contents aside.

Place flour tortilla on skillet, keeping stovetop on medium heat. Spread cheese evenly over the face of the tortilla.

Place steak and veggies on top of one-half of the tortilla, then wait until cheese begins to melt and the tortilla starts to get crispy.

Once cooking has completed, flip the non-steak-and-veggie side of the tortilla onto other half, forming the quesadilla.

Once cooled, cut quesadilla into fractions and enjoy with creamy cilantro lime dip.

Enjoy this recipe that ► packs plenty of calcium. One quesadilla makes 2 servings.

Nutritional Information (per serving)

Calories: 380

Protein: 19 g

Carbohydrate: 23 g

Fat: 24 g

Calcium: 618 mg



Creamy Cilantro Lime Dip

1 C plain, Greek yogurt
2 Tbsp fresh cilantro, chopped

Juice of 1 fresh lime
1/2 tsp salt

Wash and finely chop cilantro, then add all contents together and stir.

Enjoy as a dip with the above quesadilla recipe!



◀ One batch of yogurt dip makes approximately 4 servings.

Nutritional Information (per serving)

Calories: 36

Protein: 6 g

Carbohydrate: 3 g

Fat: 0 g

Calcium: 64 mg



Colorectal Screening... A bum rap?

While there are many jokes and puns regarding colorectal screening, the facts are anything but entertaining. Colorectal cancer is the leading cause of cancer deaths in the United States. The good news is that rates have been dropping, partially due to colorectal cancer screenings. The American Cancer Society says it is best to get tested before ever having any symptoms. Two common screening tests are the colonoscopy and a stool test, known as Fecal Immunochemical Test Kit or FIT Kit. A colonoscopy allows a doctor to look at the colon using a flexible tube with a light and camera that can find cancerous and precancerous growths in the colon. Stool testing kits test for blood in the stool may be a sign of cancer. Beginning at age 50, the American Cancer Society recommends colonoscopy every 10 years or stool testing every year. If you have a family history of colon cancer, screening may be recommended at an earlier age.

The Cancer Services Program at Glens Falls Hospital provides free colorectal screenings to income eligible, uninsured, or underinsured average risk individuals age 50 and older, through the use of the take home FIT stool kits. These stool kits can be sent directly to the patient's home, along with a prepaid return envelope. The hospital also provides colonoscopy to eligible individuals of any age who have a family history of colon cancer, and eligible individuals over age 50 experiencing symptoms.

Call the Cancer Services Program at (518) 926-6570.

WORD BANK

AFFORDABLE

COLONOSCOPY

COLORECTAL

EASY

FITKIT

HEALTH

PREVENTABLE

SCREENING

SYMPTOMS



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



★ 2017
Senior of the Year



Please join us!

44th Annual Senior Citizen Luncheon

Honoring Seniors from Warren and Hamilton Counties

Thursday, May 18th at noon

Great Escape Lodge

Sign up at your meal site, Senior Club or Office for the Aging

\$18 per person

Menu

Tossed Green Salad (Ranch or Italian Dressing)

Chicken Francoise or Sliced Steak au Jus

Starch, Vegetable, Rolls & Butter, Coffee or Iced Tea

Chocolate Cake

Seating is limited and reservations are required by Wednesday, May 10th.

Stop in and see Jami at the Office for the Aging with payment to reserve your place.



Office Board Bulletin



Meal Recipients:

Meal Site Closed

Monday,
May 29th



Happy Memorial Day!

Happy Birthday

to our Volunteers
celebrating in

May!

Diane Collins.....	6
Tom Ives.....	9
Chuck Adams.....	13
Diane Frazier	21
Becky Lummis	21
Joan Flanagan.....	23
Nancy Stedman.....	24
Peter Dzedzic	28

Cinco de Mayo

Spanish for "Fifth of May", is a celebration held on May 5. The date is observed to commemorate the Mexican Army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862, under the leadership of General Ignacio Zaragoza.

In the United States, Cinco de Mayo has taken on a significance beyond that in Mexico. In the U.S. the date has become associated with the celebration of Mexican-American culture. In Mexico, the commemoration of the battle continues to be mostly ceremonial, such as through military parades.

In the United States, Cinco de Mayo is sometimes mistaken to be Mexico's Independence Day – the most important national holiday in Mexico – which is celebrated on September 16, commemorating the Cry of Dolores that initiated the war of Mexican independence from Spain.



INSECT word search



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

ANT

BUTTERFLY

DRAGONFLY

GRASSHOPPER

LADYBUG

BEE

COCOON

FIREFLY

HORSEFLY

MOSQUITO

PRAYING MANTIS

BEETLE

CRICKET

FLEA



INSECT

MOTH

TERMITE



May 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
May 1 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	May 2 Beef Tomato Florentine w/ Noodles & Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup	May 3 Roast Pork/ Gravy Mashed Potato Peas & Onions Birthday Cake	May 4 Cold Plate Tuna Salad on a Bun Macaroni Salad Broccoli Salad Cookie of the Day	May 5 Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana
May 8 Swedish Meatballs over Noodles Brussels Sprouts Chilled Pineapple	May 9 Apple n' Onion Chicken Sweet Potatoes California Medley Chilled Peaches	May 10 Lemon Baked Fish Roasted Red Potatoes Italian Veggies Fresh Grapes	May 11 Cold Plate Chopped Salad w/ Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie	May 12 Happy Mother's Day Pot Roast/Gravy Mashed Potatoes Carrots Mother's Day Dessert
May 15 Breaded Haddock Au Gratin Potatoes Japanese Veggies Rice Pudding/Topping	May 16 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Tropical Fruit Cup	May 17 Roast Turkey w/Gravy Cranberry Sauce Mashed Potatoes Asparagus Fresh Fruit	May 18 American Goulash Tossed Salad California Medley Apricots	May 19 Cold Plate Chicken Salad/Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Spice Cake
May 22 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	May 23 Meatloaf Mashed Potatoes Carrots Strawberry Shortcake	May 24 Chicken & Stuffing Casserole Sweet Potatoes Peas Tropical Fruit Cup	May 25 Cold Plate Sliced Roast Beef Plate with Potato Salad & Marinated Veggies Sandwich Roll Berry Crisp	May 26 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Fresh Fruit
May 29 Meal Site Closed  Happy Memorial Day!	May 30 Baked Fish Scandia Wild Rice Italian Veggies Sliced Pears	May 31 Sloppy Joes on a Bun Roasted Potato Bites Corn Mandarin Orange		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