



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

November

2017

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

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



In November I often reflect on the many things I am thankful for family, friends, Mother Nature 's surprises and the simple and complex things in life. As the Supervisor of Volunteers for the Home Delivered Meals Program I find a heartwarming sense of purpose among the Volunteers who deliver the meals in our community.

Growing up I loved that my grandparents, great grandparents and several aunts and uncles all lived within a two block area of one another. As the family members aged there was a support system in place. This is rarely the case now and people in our community need help to remain at home.

When you volunteer you have the opportunity to become part of a wonderful group of caring neighbors who have a desire to step outside of their comfort zone and make a difference. During the late Fall and early Spring months we are especially in need of more volunteers to deliver the meals to neighbors in our community.

Eleanor Roosevelt said ,“ Do one thing every day that scares you”



Volunteer Today

Contact: Mary Ann McCarthy

518-824-8824

Mealsites: Bolton

Johnsburg

Chestertown

Lake Luzerne

Cedars, Queensbury

Lake Pleasant

Indian Lake

Warrensburg

Wells

HOUSING OPTIONS OPEN HOUSE

NY Connects

Warren-Hamilton Counties Office for the Aging



NY Connects
Your Link to Long Term
Services and Supports

NOVEMBER 1, 2017

10A.M. THROUGH NOON

CRANDALL PUBLIC LIBRARY

Christine L. McDonald Community Room

**USDA RURAL DEVELOPMENT~COUNTRYSIDE ADULT HOME
ADIRONDACK VETS HOUSE~BROOKDALE QUEENSBURY~GF HOUSING AUTHORITY
NATIONAL CHURCH RESIDENCES~WAIT HOUSE~ROSE HOUSE
HABITAT FOR HUMANITY-THE GLEN AT HILAND MEADOWS~ADIRONDACK MANOR
CEDARS LIVING COMMUNITY~HOMEFRONT DEVELOPMENT CORPORATION
VETERANS & COMMUNITY HOUSING COALITION and MORE**

**STOP IN TO TALK WITH REPRESENTATIVES FROM VARIOUS HOUSING OPTIONS
IN OUR COMMUNITY. NO RESERVATIONS NECESSARY.**

QUESTIONS: CALL 1-866-805-3931





NY Connects
Your Link to Long Term
Services and Supports

**Please join us: NY Connects Long Term Care Council Brunch Meeting
Washington County Municipal Center
Building B Basement Training Room
383 Broadway, Fort Edward, NY 12828**

Wednesday, December 6, 2017 10am-noon

Reserve your spot by calling LTCC Secretary Kathy McLaughlin at 1-866-805-3931

Our purpose is to address barriers & gaps in service & we welcome your ideas!

**SAIL Holiday Luncheon
December 8 @ 12:00 pm
71 Glenwood Avenue
Queensbury, NY**

4\$ for non-members/Free for Members. Call to reserve. The community is welcome to come and enjoy. Membership is \$12 a year and includes additional benefits beyond free luncheons.

If you are interested in membership, you can sign up at our luncheons or by calling the Southern Adirondack Independent Living Center Queensbury office at 518-792-3537.

Have you heard about Glens Falls Hospital
The Center of Excellence for Alzheimer's Disease?
Call 518-926-2940
Pruyn Pavilion, Third Floor
102 Park Street, Glens Falls, NY 12801

For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931. If we are on the phone with someone else, we will return your call as soon as we can to assist you. We have interpreters available if you need someone to interpret for you.



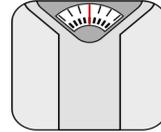
Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease and other health problems if it's not controlled. One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure or are age 45 or older you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

Watch your weight



Eat healthy

Get more physical activity



How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

Make small changes, like taking the stairs instead of the elevator.

Getting regular checkups. You should get your blood pressure and cholesterol checked, and ask the doctor about your diabetes risk.

Put Care on Your Calendar

Every day: stay active, eat a healthy diet and take medication if prescribed; check feet for redness, swelling, pain, or sores.

Each health care visit (at least 4 times a year): blood pressure check; foot check.

Twice a year: A1C test; dental checkup.

Once a year: cholesterol test; kidney function test; podiatrist (foot doctor) and eye doctor visits; flu shot (and other vaccines as recommended by your doctor).

Living with diabetes has its ups and downs, but healthy lifestyle choices can give you more control over them. And more control means fewer health problems down the road and a better quality of life now.



Enjoy a happy, healthy Thanksgiving dinner with recipes for healthier versions of all your favorite holiday classics!

Savory Roasted Root Vegetables

Prep 30 m Cook 45 m Ready In 1 h 15 m

Ingredients

1 cup diced, raw beets
4 carrots, diced
1 onion, diced
2 cups diced potatoes
4 cloves garlic, minced
1/4 cup canned garbanzo beans (chickpeas), drained
2 tablespoons olive oil
1 tablespoon dried thyme leaves
salt and pepper to taste
1/3 cup dry white wine
1 cup torn beet greens

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place the beets, carrots, onions, potatoes, garlic and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving. Adopted By: Allrecipes

Cinnamon Apple Sweet Potatoes

Ingredients

6 sweet potatoes
6 large apples - peeled, cored and sliced
1 1/4 cups white sugar
1/4 cup cornstarch
1 1/4 teaspoons salt
2 tablespoons ground cinnamon
2 teaspoons ground nutmeg
2 1/2 cups water
1 tablespoon butter

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place the sweet potatoes into a large pot and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until just tender, 15 to 20 minutes. Drain and allow to steam dry for a minute or two. Peel and cut into 1/2-inch slices; layer the sweet potatoes and apples into a 9x13-inch baking dish.

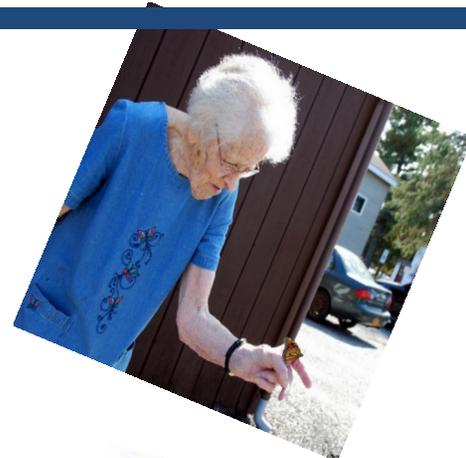
Meanwhile, stir together the sugar, cornstarch, salt, cinnamon, and nutmeg in a saucepan. Stir in the water and butter and bring to a simmer over medium heat. Cook and stir until thickened and no longer cloudy, 5 to 10 minutes. Pour over the sweet potatoes.

Bake in the preheated oven until the apples are very tender and the sweet potatoes are golden on top, about 1 hour.

Adopted By: Allrecipes.com

Indian Lake Meal Site

The Seniors at the Indian Lake Meal Site have been enjoying a butterfly cage and watching the Monarch Butterflies emerge from their chrysalises, mature and be released for their 5000 mile journey to spend winter near the golf of Mexico. Daisy Kelley headed up the project and the Photos were taken by June McKenney.



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Photo of Dick & Millie Anzalone, Daisy Kelley and Daisy's mom and Donna Husson

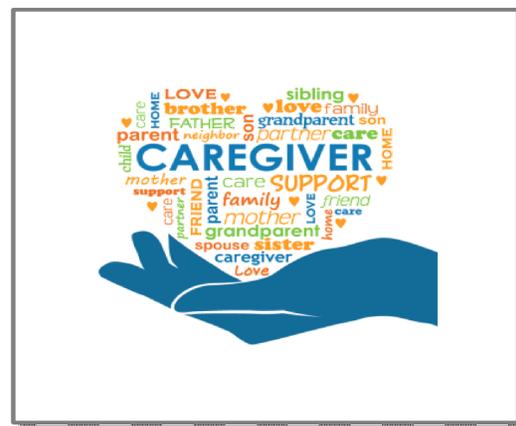


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New Dementia Caregiver Support Group

Please join us:
The 2nd Tuesday of each month
11:00 am
(Upcoming dates: 11/14/17 and 12/12/17)

The Glen at Hiland Meadows
39 Longview Drive, Queensbury NY
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.



GLENS FALLS SENIOR CENTER

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

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

New Members Are Welcome Come Join our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Tues-11/7	Master Gardeners with Kathleen Martini, Cornell Cooperative Extension	1:00 PM
Wed-11/8	Defensive Driving Class-\$20 AARP members/\$25 nonmembers-Lunch \$6	8:45 AM
Wed-11/8	Lunch Bunch/ Luck E Star Café in Warrensburg and then to Oscar's Smokehouse	12:00 PM
Thurs-11/9	Saratoga Racino-Cost: \$6 van transportation	9:00 AM
Thurs-11/9	CDPHP with Representative M.J. Murray	2-4 pm
Fri-11/10	Writers Group meets	1:00 PM
Fri-11/10	MVP with Representative, Candy Rivera-Whitehead	2:00 PM
Mon-11/13	Senior Stitchers	10:00 AM
Mon-11/13	Karen's Art Class-Cost: \$15 all materials supplied	12:30 PM
Tues-11/14	Creative Chameleon-Fall Glass Painting-Cost: \$10	1:00 PM
Wed-11/15	Annual membership meeting	1:30 PM
Thurs-11/16	Bill Hinrichs, Alzheimer's Association- <i>"Helpful Holiday Hints for Caregivers"</i>	1:00 PM
Fri-11/17	Center Closed for Christmas Boutique set up	9am-4 pm
Sat-11/18	Christmas Boutique Sale-All Christmas Items-Something for everyone!	9am-2pm
Mon-11/20	Walmart Shopping	10:00 AM
Mon-11/20	Holiday Food Prep with Cornell Cooperative Extension	1:00 PM
Tues-11/21	Bill Hinrichs, Alzheimer's Association-Understanding Dementia	1:00 PM
Wed-11/22	Special Bingo-Large cards available, refreshments, prizes. Come join in the fun!	1:00 PM
Wed-11/22	Reading short stories with Bea Roman	1:00 PM
Thurs-11/23	Center Closed-Happy Thanksgiving!	9am-4pm
Fri-11/24	Center Closed	9am-4pm
Mon-11/27	Senior Stitchers	10:00 AM
Mon-11/27	Newsletter Mailing-Volunteers needed!	1:00 PM
Tues-11/28	Wii Tournament Hudson Falls Seniors at Glens Falls Senior Center	1:00 PM
Wed-11/29	Pot Luck Christmas Decorating get together.	12:00 PM
Thurs-11/30	Wreath Decorating	1:00 PM
	Ongoing Activities at a Glance:	
Monday- Friday	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10:00 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.	

Meal Site Closed

Veteran's Day

Friday,

November 10th



Thanksgiving Day

Thursday,

November 23rd

HAPPY BIRTHDAY

to our Volunteers celebrating in

NOVEMBER



Pat Minucci4

Scott Rager14

Marie Godsil....25

Cathy Hodgkins25

Wells Seniors



UPCOMING EVENTS

- ◆ *November 8, Wednesday at 12:45 pm Speaker on Medicare and Health Insurance*
- ◆ *November 16, Thursday at 11:45am Senior Social Thanksgiving Luncheon*
- ◆ *November 18, Saturday from 9am-3:30pm Driver Safety Class - Methodist Church*
- ◆ *December 1st—13th, Christmas Card Box at the meal site for card exchange*

Wells seniors is open to all over 55, annual dues \$10, meetings the 2nd Wednesday of each month

11/15 Colonie Center Mall, Albany

12/20 Sangertown Mall, Utica

CHRISTMAS FUNDRAISER

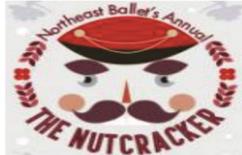
The Warren/Hamilton Counties Office for the Aging, in partnership with the Hamilton County Department of Social Services and Hamilton County Public Health will be having a fundraiser to raise monies to purchase Christmas gifts for our seniors.

Beautiful Local Made Quilt

**Tickets: 1 for \$2.00 or
6 for \$10.00**

Drawing: Friday, December 15th

**Tickets May Be Purchased at:
Hamilton County DSS
Hamilton County Public Health
Warren/Hamilton County OFA
Any Meal Site**



Northeast Ballet's Annual
Nutcracker
At Proctors Theatre

Making its annual return to the MainStage is everyone's favorite holiday ballet. Enter a world of Christmas dreams to the joyous music of Tchaikovsky in this annual year-end favorite. Join the Sugar Plum Fairy, the heroic Nutcracker Prince and the evil Rat King in this whimsical celebration of the season. A great way to get in the holiday spirit!

Enjoy a plated hot lunch at the Stockade Inn in Schenectady prior to the 2pm matinee. Your choice of entree from a pre-selected menu. Transportation included.



Member Cost \$74 Non-member \$84

Deadline Wed. Nov. 1st

This is a Level 1 Trip
Which requires minimal physical activity.
You should be in good health & be able to
climb several stairs and walk to and from venues.

WOW!

Basket Raffle and Gala

Basket Raffle tickets on sale now! Get 10 tickets for \$5 or 25 tickets for \$10; purchase tickets at QSC. Come in and choose from over 60 baskets! You could win a holiday gift for a friend or family member, or maybe a treat for yourself?! The more chances you put into a basket, the better your odds of winning it!

Call 792-8224 for more information.

And don't miss the Basket Gala on Saturday, November 18 at 1pm where you will be able to purchase additional tickets in advance of the raffle. Join us in celebrating the season, enjoying a cornucopia of desserts and the excitement of watching, and hopefully being a winner! Cost to attend is \$5 and seating is limited, so stop by QSC to sign up today. Deadline is Tuesday, November 14th.





Tai Chi for Older Adults

***Location: St. Henry's
Parish Center Long
Lake***

***Friday's running through
November 28, 2017***

Please note no class on November 7



Tai Chi involves slow, gentle movement, focusing on body awareness and breathing. This class is designed to improve balance and strength, as well as help to manage arthritis.

(518) 648-6141

Erica.mahoney.hcphns@frontier.com

EISEP 101

Expanded in Home Services for the Elderly

What are EISEP services?

EISEP services provides non-medical, in-home services to elderly persons who are not eligible for Medicaid, have one or more disabling conditions which prevent them from performing the activities of daily living. Services provided include case management, and may include home-maker/personal care, housekeeper/chore, non-institutional respite for caregivers, and ancillary services. A sliding-scale fee may be charged, based on income. There is currently a wait list for this service in Warren County.

Who Provides EIEP Services

Hamilton County: Hamilton County Public Health Nursing Service has full time Home Health and Personal Care Aides that provide the services in the home. Our Local Department of Social Services approves the program and then services are scheduled and provided through Public Health.

Warren County: Contact NY Connects at Warren- Hamilton Counties Office for the Aging at 1-866-805-3931

Who qualifies for EISEP?

EISEP assists older people age 60 and older who need assistance with everyday activities to take care of themselves such as dressing, bathing, personal care, shopping and cooking, who want to remain at home and are NOT eligible for Medicaid.

How are services paid for?

Clients may be required to share the cost of services, based on income. These costs are determined by a sliding scale and range from no cost to full cost.

If you are interested in Services or know of someone who might benefit from EISEP please call:

Hamilton County: 518-648-6131 Abigail



NOVEMBER



R B D Y G X R J C Y M I D K J H P
 P A T U M K I F O A S H A R I N G
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AUTUMN

GIVING

HOSPITALITY

FRIENDSHIP

APPRECIATION

GRATITUDE

COMMUNITY

GATHERING

PILGRIM

SCORPIO

ENJOY

CAMPFIRE

STARS

VETERANS

MARSHMALLOWS

SHARING

CHARCUTERIE

TURKEY

DUSK

TOPAZ



November 2017

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.** **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
		November 1 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	November 2 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	November 3 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Chilled Pears
November 6 Eggplant Parmesan Spaghetti/Marinara sauce Cauliflower Mandarin Orange	November 7 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	November 8 Beef Stroganoff over Noodles Carrots Birthday Cake Happy Birthday	November 9 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	November 10  Meal Site Closed
November 13 Salisbury Steak/Gravy Mashed Potatoes Japanese Veggies Chilled Pineapple	November 14 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	November 15 CHEF'S CHOICE	November 16 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 17 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Pears
November 20 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	November 21 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	November 22 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	November 23 Happy Thanksgiving  Meal site Closed	November 24 Shepherd Pie with Mashed Potatoes & Corn Broccoli Pudding/Topping
November 27 Quiche of the Day California Medley Muffin of the Day Pears	November 28 Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	November 29 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	November 30 Lasagna Peas & Onions Tossed Salad Chilled Pineapples	

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