

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and 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
<b>Suggested Contribution Per Meal: \$3</b>			*** <b>Labor Day BBQ</b> <i>Hot dog Bar for meal sites.</i>	<b>September 1 Labor Day BBQ</b> Hot Dog/Bun Baked Beans Hot German Potato Salad Labor Day Dessert
<b>September 4</b>  <b>Meal Site Closed</b>	<b>September 5</b> Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Mandarin Orange	<b>September 6</b> Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup	<b>September 7</b> Roast Pork/ Gravy Mashed Potato Peas & Onions <b>Birthday Cake</b>  <b>Happy Birthday</b>	<b>September 8 Cold Plate</b> Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day
<b>September 11</b> Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple	<b>September 12</b> Apple N' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	<b>September 13</b> Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes <b>SENIOR PICNIC</b>	<b>September 14</b> Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana	<b>September 15</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Spinach Chilled Peaches
<b>September 18</b> Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	<b>September 19</b>  <b>CHEF'S CHOICE</b>	<b>September 20</b> Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peach Cobbler	<b>September 21</b> American Goulash Tossed Salad Asparagus Fresh Fruit	<b>September 22 Cold Plate</b> Chicken Salad Pasta Salad Tomato, Onion & Cucumber Salad Chocolate Cake/Frosting
<b>September 25</b> Breaded Haddock Sweet Potatoes Japanese Veggies Rice Pudding/Topping	<b>September 26</b> Meatloaf Mashed Potatoes Carrots Chilled Peaches	<b>September 27</b> Chicken & Stuffing Casserole Rice Pilaf Peas Tropical Fruit Cup	<b>September 28</b> Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp	<b>September 29</b> Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit

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



1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

September

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



## Volunteers Needed

We are in need of volunteers to deliver meals to home-bound senior citizens in your neighborhoods. Once per week or as a substitute to fit your schedule.

Mileage reimbursement is available.

### Current Openings:

#### Substitutes

Contact: Mary Ann McCarthy 518-824-8824



Mealsites: Bolton

Chestertown

Cedars, Queensbury

Indian Lake

Johnsburg

Lake Luzerne

Lake Pleasant

Warrensburg

Wells

### 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 list.



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



# September fun



## HALT!!!

**Hungry?** We all get hungry! NY Connects provides options for food resources such as food pantries, nutrition education, and SNAP.

**Angry?** We all get angry! NY Connects provides options for someone to talk with or a mental health counselor.

**Lonely?** We all get lonely! NY Connects provides options for social get-togethers, Friendly Visitors, congregate meal sites, and support groups.

**Tired?** We all get tired! NY Connects provides options for health care.

Call us at NY Connects: 1-866-805-3931; your call can be confidential or anonymous. We are here to provide linkage to services & supports for YOU 😊

Please join us for our Brunch Meeting 10am-12 on Tuesday, September 12



Come to NY Connects Washington, Warren, and Hamilton Counties Long Term Care Council's Brunch Meeting at The Glen at Hiland Meadows. Our meeting is open to community members. To reserve your space, contact Kathy McLaughlin, LTCC Secretary at 1-866-805-3931 or [mclaughlink@warrencountyny.gov](mailto:mclaughlink@warrencountyny.gov). Reservations due by September 6.

J I S Y U X A A G T R E X M L O A  
 V Y A I O O M H S C H O O L G V P  
 C U A S T E R A O J F G F S P L P  
 B O N F I R E R D A F R H A C M L  
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PEN	SCHOOL	HARVEST	SARATOGA	HOT AIR BALLOON
GYM	ASTER	BONFIRE	PATRIOT DAY	APPLE PICKING
AUTUMN	HOMEWORK	SAPPHIRE	BREAKFAST	HOME COMING
CIDER	BACK PACK	LEAF		



# Office Bulletin Board

## ★HAPPY★ BIRTHDAY!

to our Volunteers celebrating in  
**SEPTEMBER!**

**Dave Thompson .....5**

**Nancy Imrie .....7**

**Susan Herlihy.....12**

**Pat Oddey .....13**

**Frank Shields.....14**

**Beatrice Didio.....16**

**Lynn Potenza.....16**

**Don't forget to dial the area code  
when calling someone in New  
York. : )**

### HAMILTON COUNTY PUBLIC NURSING OPENINGS

#### **CERTIFIED HOME HEALTH AIDE**

Per Diem—\$13.42/hr

#### **REGISTERED PROFESSIONAL NURSE**

Full Time, Part Time, Per Diem

Please see Hamilton County website for  
full details. Applications can be sent to:

Hamilton County Personnel  
PO Box 174, Court House  
Lake Pleasant, NY 12108  
PH#(518)548-6375

### **Warren-Hamilton Counties Advisory Council**

October 25th— Chestertown Meal Site  
6307 State Route 9, Chestertown  
PUBLIC HEARING on 2018 Budget

January 24th— Lake Luzerne Meal Site  
539 Lake Ave, Lake Luzerne

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



#### School Savvy- IEPs and Rights in Education

Professional educators will discuss options available in the  
community for families of children with disabilities navigate  
the public school system.

**September 21 @ 5:30 pm - 7:00 pm**  
**Warrensburg Richards Library, 36 Elm St**  
**Warrensburg, NY 12885**

#### SAIL FALL POTLUCK LUNCHEON

\$4 for non-members/Free for Members

RSVP: For further information, please call SAIL at (518)792-3537.

September 22 @ 12 NOON-2PM 71 Glenwood Ave, Queensbury, NY 12804



#### NY Connects has expanded!

NY Connects of Warren-Hamilton Counties Office for the Aging is now partnering with NY  
Connects Specialist James Swanson at the local Independent Living Center - SAIL.

**We welcome James and look forward to introducing him to you as Kathy and Susan  
continue to do outreach and education in the year ahead for NY Connects!**



**Please call NY Connects at 1-866-805-3931 to schedule a presentation about the many  
long term care services and supports available for people of all ages for your  
community group ...there is no charge for this service we provide for you.**

# Glens Falls MEMORY CAFÉ



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

Phone (518)793-2189 E-Mail: [kbrenfsejors@gmail.com](mailto:kbrenfsejors@gmail.com)

**New Members Are Welcome Come Join our Family**



### HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Fri-9/1	Warren Center –speaker, Melissa Parker Davis- <i>Exercise at home</i>	1 pm
Mon-9/4	Center Closed-Labor Day	9 am-4pm
Tues-9/5	Game Day-Bring your favorite game or use ours and join in on the fun	1 pm
Tues-9/5	Dog Therapy with Sondra-Therapy Dogs International	2:15 pm
Wed-9/6	Defensive Driving Class-AARP members \$20/nonmembers \$25-Call to register	9-4
Wed-9/6	Operation Christmas Child project/Shoebbox Workshop	1 pm
Wed-9/6	Short Stories with Bea-All are welcome to listen to Bea's readings	1pm
Thurs-9/7	Effective Communication with Kim Hance/Alzheimer's Association	1 pm
Fri-9/8	Lunch Bunch/Docksider-Glen Lake, Choose from the menu/separate checks	12 pm
Fri-9/8	Writers Group-Organizational meeting, followed by freelance writing group	1 pm
Mon-9/11	Walmart shopping	1 pm
Wed-9/13	Warren County Picnic-Fish Hatchery, Warrensburg-Coffee & Donuts 10 am-Lunch	12 pm
Tues-9/19	Cruise on Caldwell Belle w/Captain Mara along the Champlain Canal-bag lunch	11-2 pm
Wed-9/20	Holiday Inn- <i>"The Great Kooshog Lake Hollis McCaully Fishing Derby"</i>	11:30 am
Thurs-9/21	All Center Boat Ride-Lake George-St. Du Lac Sacrement-Call Center to sign up	11:00 am
Fri-9/22	Reverse Mortgage with Tom Clements	1 pm
Fri-9/22	Writers Group meets	1 pm
Mon-9/25	Newsletter Mailing-Volunteers needed!	1 pm
Tues-9/26	Lake Luzerne Senior Center lunch and show-Laura Roth performs	12 pm
Wed-9/27	Blood Pressue/Blood Sugar Clinic-with volunteer Nurse Barbara	9 am
Wed-9/27	Welcome Back Lunch- must pay when signing up-Cost: \$7	12 pm
Thurs-9/28	Saratoga Racino-van transportation-Limit to first 11 people-Van donation \$6	10 am
Fri-9/29	Wild Flower presentation with Diane Collins	1 pm
<b>Ongoing Activities at a Glance:</b>		
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.	

## Join Us

The 3rd Wednesday of Every Month

10:30-12PM

September 20th

October 18th

**Relax, Socialize & Have  
Fun**

**Refreshments &  
Conversation**

**For more info contact  
Kym Hance**

**a (518) 888-5368 or  
khance@alz.org**

### WHERE WE MEET:

The Queensbury Senior  
Center



*This program is supported by The Queensbury Senior Center and grants from the Goldberg Foundation and the New York State Department of Health*

\*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.



# Queensbury Senior Citizens Inc

742 Bay Rd Queensbury NY  
(518) 761-8224



## QSC Book Sale

Sept. 6th 9am - 3pm

Sept 7th 12pm - 3pm

Sept. 8th 9am - 12pm \$1 a bag

At The Queensbury Center 742 Bay Rd

## Canadian Rockies

with overnight train experience

Sept 16th - 24th 2018

### Itinerary at a Glance

Day 1 Westin Calgary, Calgary, Alberta

Day 2 – 3 The Fairmont Banff Springs, Banff, Alberta

Day 4 The Fairmont Chateau Lake Louise, Lake Louise

Day 5 Sawridge Inn and Conference Centre, Jasper, Alberta

Day 6 VIA Rail Canada, Toronto, Ontario



**Don't miss  
Information Meeting  
Sept. 27th 2017 1pm**

Please sign up if you plan to attend

## Flavor of Vermont

Friday Sept. 29th

Guided tour of Dorset & Manchester area  
Lunch At The Wilburton Inn

### Manchester's 29th Annual Art & Craft Festival

Become acquainted with the history of Dorset and Manchester Vermont with step on guide and local author Dick Smith from "Backroad Discovery Tours". Hear his fascinating narration along with opportunities to get off the bus to experience the beauty of Vermont first hand.

Dine on the terrace of the Historic Wilburton Inn (weather permitting) and take in the beautiful vistas from this hilltop mansion dating back to 1902. The Inn has an intriguing history from a gentleman's farm which was once the largest private property in Manchester to the Windsor School, educating the children of diplomats during World War II. In 1945 The Wilburton Hall transformed once again to the Wilburton Inn operating as an exclusive summer resort.

Spend the afternoon at Manchester's Fall Art & Craft Festival located in a beautiful setting at Hunter Park. Enjoy entertainment, specialty foods and spirits tent as well as fine wine, beer and great food to eat on site. You'll find a wide range of Vermont products for sale such as maple syrup, cheese and other gourmet items. See artists at work and browse through heated tents of handcrafted creations made by talented artists.

#### This is a Level 2 Trip

Which requires average physical activity. You should be in good health & be able to climb stairs and walk reasonable distances over uneven ground

### Backroads



### Discovery Tour



Deadline: Fri. Sept 1st

Member cost: \$77 Non-member cost \$87

"Should you ever weary of the modern world,  
take a turn to Vermont where the pavement ends."  
- Charles Kuralt

### CORNER

CATHERINE'S



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

September is Cholesterol Awareness Month  
KNOW THE FACTS ABOUT High Cholesterol

#### What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—leading causes of death in the United States.

#### What are the signs and symptoms?

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

#### Are you at risk?

About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise

Can it be prevented? You can take several steps to maintain a normal cholesterol level:

#### • Eat a healthy diet.

- ✓ Eat a diet low in saturated and trans fat. Choose lean meats, poultry, fish and low-fat dairy products. Include heart healthy fats, also known as omega-3 fats. Good choices for heart healthy fats include: salmon, tuna, flaxseed, walnuts and avocados. Liquid oils at room temperature such as olive, canola or soybean oils are heart healthy fat alternatives.
- ✓ Limit the amount of cholesterol in your diet. Egg yolks, fatty meats, whole milk, cheese and shrimp are all high in cholesterol.
- ✓ Get enough fiber in your diet. Foods high in fiber can help reduce the risk for heart disease. Fruits and vegetables are low in calories and have plenty of dietary fiber. Whole grains such as whole-grain bread, brown rice and oatmeal are also good sources of fiber.
- ✓ Plan more meatless meals. Eat meals with plant-based protein such as beans, lentils and soy based foods.

- **Maintain a healthy weight.** Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level. CDC's Healthy Weight Web site includes information and tools to help you lose weight. <http://www.cdc.gov/healthyweight/>

- **Exercise regularly.** Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week. Visit CDC's Physical Activity Web site for more information on being active.

- **Don't smoke.** CDC's Office on Smoking and Health Web site has information on quitting smoking. <http://www.cdc.gov/tobacco>

Adopted By: CDC Center for Disease Control and Prevention

## Marinated Vegetable Salad



The vibrant colors and flavors of this salad add pizzazz to any meal.

Serves: 4; 1/2 cup per serving

### Ingredients

#### Salad

- 1 cup grape tomatoes, halved
- 1/2 cup chopped unpeeled cucumber (English, or hot house, preferred)
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh basil
- 1/4 cup shredded reduced-fat four-cheese Italian blend

#### Dressing

- 2 tablespoons plain rice vinegar
- 1 1/2 teaspoons sugar
- 1/2 teaspoon olive oil (extra-virgin preferred)
- 1 small garlic clove, minced

### Cooking Instructions

In a medium bowl, stir together the salad ingredients.

In a small bowl, whisk together the dressing ingredients. Pour over the salad. Toss lightly to coat. For peak flavor, cover and refrigerate for 30 minutes to 1 hour before serving.

**Cook's Tip - If the Italian cheese blend isn't available, you can use low-fat mozzarella cheese. You'll miss out on a pleasant smoky flavor, however. Recipe adopted By: American Heart Association**



www.shutterstock.com · 334500551

## Japanese Beef Stir-Fry

"Tender beef strips are quickly stir-fried with crisp and colorful vegetables to make this delicious restaurant-style dinner in your own kitchen."

Prep 30 m Cook 15 m Ready In 45 m

### Ingredients

- 2 pounds boneless beef sirloin or beef top round steaks (3/4" thick)
- 3 tablespoons cornstarch
- 1 (10.5 ounce) can Campbell's(R) Condensed Beef Broth
- 1/2 cup soy sauce
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 4 cups sliced shiitake mushrooms
- 1 head Chinese cabbage (bok choy), thinly sliced
- 2 medium red peppers, cut into 2"-long strips
- 3 stalks celery, sliced
- 2 medium green onions, cut into 2" pieces
- Hot cooked regular long-grain white rice

### Directions

Slice beef into very thin strips.  
Mix cornstarch, broth, soy and sugar until smooth. Set aside.  
Heat 1 tablespoon oil in saucepot or wok over high heat. Add beef in 2 batches and stir-fry until browned. Set beef aside.  
Add 1 tablespoon oil. Add the mushrooms, cabbage, peppers, celery and green onions in 2 batches and stir-fry over medium heat until tender-crisp. Set vegetables aside.  
Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly.  
Return beef and vegetables to saucepot and heat through. Serve over rice.

Recipe adopted By: Allrecipes