

# 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



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Catherine Keating - Stauch -  
Registered Dietician / Menu

Mary Ann McCarthy- Supervisor of  
Volunteers



**Newsletters are available  
online at-  
[www.warrencountyny.gov  
v/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.**

**JANUARY**

**2018**

# Happy New Year

## 2018



### WINTER REMINDER

### FOR HOME DELIVERED MEALS



**I**t is that time of year again when the North Winds arrive and mother nature is hard at work bringing the wonders of snow, ice, cold temperatures for the out door enthusiasts. We have a few reminders for the people who receive Home Delivered Meals and the Volunteers who deliver the meals.

- ⇒ Please be sure that your sidewalks, driveways and porch's are free from Ice and snow.
- ⇒ On the occasion that you need to cancel a meal please contact the Meal Site before as early as possible. The Phone numbers for each meal site are on the last page of the Newsletter at the bottom.
- ⇒ If the School in your area is closed due to bad weather the Meal Site is also closed. You may follow your local TV or radio to determine if the Meal Site is closed.
- ⇒ We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers, granola or protein bars, individual oatmeal packets.





## **NOMINATIONS FOR SENIOR OF THE YEAR**

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.  
FROM: Deanna Park, Director, Office for the Aging  
RE: **NOMINATIONS FOR SENIOR OF THE YEAR**  
DATE: December 5, 2017



It's that time of the year again, and the Office for the Aging asks your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is **not** required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration. The state will no longer accept the nomination of a couple for a single award. If you wish to nominate a couple they will need to be nominated separately.

On the next page is a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office [riversj@warrencountyny.gov](mailto:riversj@warrencountyny.gov). Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination to me or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by **Friday, February 9<sup>th</sup>**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. **Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Friday, February 9th.**

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me.

*Thank you,  
Dee*

## 2018 Senior Day

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging.

### NOMINEE'S INFORMATION\

First & Last Name:		County:	
Nickname (If Any):		Telephone #:	
Address:		Email Address:	
City:		Pronunciation of Name:	
Zip Code:			
Years of Volunteer Service:		# of Children:	
Previous or Current Profession:		# of Grandchildren:	
Military Branch of Service:		# of Great Grandchildren:	

**Organizations for which the nominee volunteers/has volunteered:**

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**Brief Biography of the nominee (i.e., are they a native New Yorker, how long have they lived in New York, where they currently reside, past/present career, family details: (Approximately 100 words)**

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Details about how the nominee has made a difference in your community through civic engagement: (Approximately 125 words)

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What advice does the nominee have about volunteering for other New Yorkers?: (Approximately 50 words)

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## **Have Lunch and Learn about NY Connects**



PLEASE SAVE THE DATE!

**11AM-1PM Wednesday February 7**

NY Connects will be at the Congregate Meal site at Solomon Heights.

We will have information on many resources!

Plan to stop in with your questions, concerns, and ideas.

Coming for lunch? RSVP to Pam Youker at 518 832 1705 by February 6



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

**Do you wonder what you may qualify for?**

Medicaid? Is your monthly income \$845 or less each month?

Medicare Savings Program? Is your monthly income \$1377 or less?

EISEP? Is your monthly income \$1512 or less?

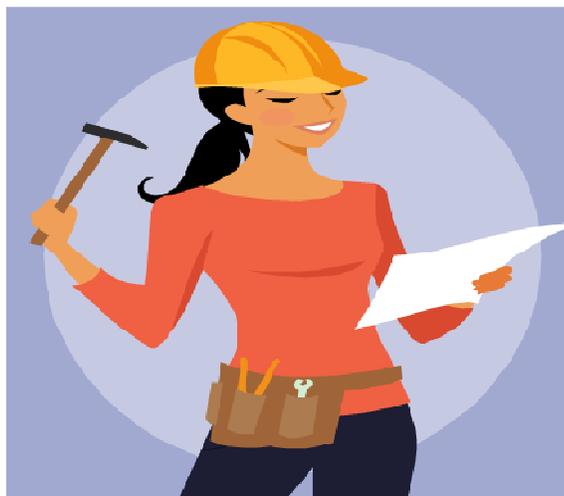
SNAP? Is your monthly income \$2010 or less?

HEAP? Is your monthly income \$2318 or less?

NY Connects is here to provide information & assistance for you on long term care services & supports. Give us a call at 1-866-805-3931 so we can assist you in exploring your options.

**Happy New Year 2018!**

**Time to make a "to-do" list for 2018**



**Easy Ways to Clear Clutter & Put  
Your Home in Order**

**Tackle one drawer at a time**

**Donate old clothing you don't love to  
wear**

**Give away 10 books**

**Recycle magazines older than 1 year**

**With WINTER here, this is a perfect time to tackle all those inside tasks!**

**Here are some things to think about doing:**

**Telephone your doctor/primary care provider to schedule annual Medicare covered checkup.**

**If you don't drive anymore, try out the Conkling Center's "On the Go" Transportation Program at 518 793 RIDE (7433) to arrange for a ride to do something fun; attend a hockey game? A movie? Barbershop? Swimming at the YMCA? An afternoon lunch watching the skiers at West Mountain?**

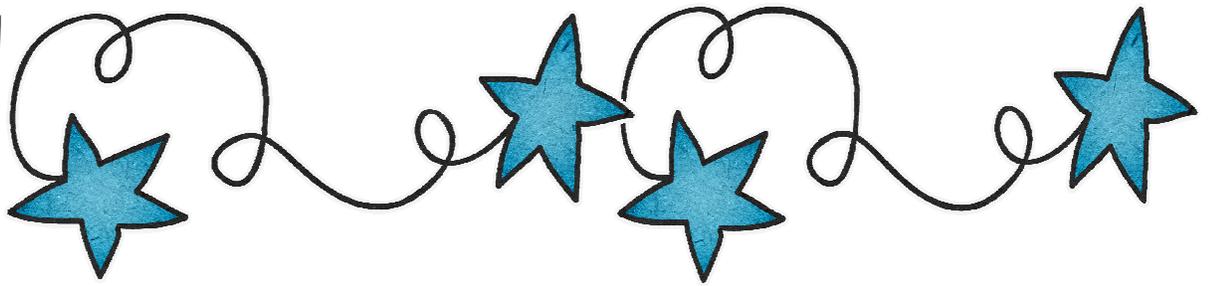
**Go through winter clothes and get rid of the items you haven't worn in over a year.**

**Wash the inside windows, clean out the freezer and discard outdated food items. Having trouble doing housekeeping due to a disability? Need assistance? You may qualify for financial assistance through Medicaid or EISEP (Expanded In-Home Assistance for Elderly Persons). Please give us a call at NY Connects at 1-866-805-3931 to explore your options. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.**



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

**Visit our website: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)**



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## New Year's Resolutions: Ring in Wellness for the New Year!



If you did not make a New Year's resolution, it is still not too late. Some people make resolutions on their birthday, but any day will do. Here are some suggested resolutions that will benefit your health.

### **Try the 80/20 approach**

Trying to eat too healthy can set you up for failure. So instead, strive for healthy food choices 80% of the time, which gives you some leeway for the remaining 20% of the time. You can enjoy all foods on a healthy eating plan, but pay attention to how much and how often you select higher-calorie, higher-fat items.

### **Follow the low-calorie snack rule**

There are many wholesome, nutritious snacks that are low in calories. Make sure your snack includes at least two food groups. Here are some suggestions:

- 1 cup (C) baby carrots and one sliced bell pepper, served with 2 tablespoons (Tbsp) of hummus
- ½ C of low-fat cottage cheese with ½ C canned peaches in lite syrup
- ½ ounce (oz) of nuts with 1 medium apple, sliced
- 4 - 6 oz of low-fat yogurt with ½ banana
- 1 slice 100% whole wheat bread with 1 Tbsp. peanut butter

### **Set small goals to stay on track**

Setting large goals (for example, lose 20 pounds) can be overwhelming. Make your life easier by setting small goals; for example, lose 1 pound this week.

### **Manage time efficiently**

Organize your time by ranking items as high, medium and low priority. Focus first on the high-priority items and then remove any low-priority items from your list, if possible.

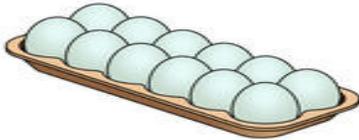
### **Resolution ideas**

- Make it a point to wash your hands frequently to help you stay healthy; washing your hands is the best way to prevent the spread of bacteria and viruses.
- Aim for 30 minutes of exercise per day; exercising improves your mood.
- If you smoke, resolve to quit today! Quitting smoking is the single most important thing smokers can do to improve their health. Smoking is the leading cause of preventable death.

# **NEW YEAR NEW YOU JUMPSTART A HEALTH LIFESTYLE!**

## **Greek Omelet with Feta**

Start your day off right with this delicious omelet that's high in vitamin A, thanks to the spinach. The feta cheese, baby spinach leaves and chopped red onions say Greek omelet—and the 20-minute prep time says this is the ideal dish for two on a busy day. The secret to successfully scrambling eggs is to cook them slowly over medium heat. Resist the temptation to rush the cooking process by using high heat as this results in overcooked, rubbery eggs.



shutterstock - 210562816



### **Ingredients**

- 1 cup tightly packed baby spinach leaves
- 2 tablespoons chopped red onions
- 1/2 teaspoons minced garlic
- 2 tablespoons chopped seeded tomatoes
- 2 eggs
- 2 tablespoons fat-free milk

### **Directions**

Cook spinach, onions and garlic in small nonstick skillet sprayed with cooking spray on medium heat 4 min. or until onions are crisp-tender, stirring frequently. Stir in tomatoes.

Whisk eggs and milk until blended. Add to skillet; tilt skillet to evenly coat spinach mixture. Cook 2 to 3 min. or until eggs are almost set, occasionally lifting edge with spatula and tilting skillet to allow uncooked portion to flow underneath. Top with 3 tablespoons cheese; cook 1 to 2 min. or until eggs are set but top is still slightly moist.

Slip spatula underneath omelet, tip skillet to loosen and gently fold omelet in half. Remove from heat. Sprinkle with remaining cheese; cut in half.

### **Notes**

**Serving Suggestion:** Serve with fresh fruit or vegetables.

Recipes Adopted By: *The Daily Meal*





# GLENS FALLS SENIOR CENTER

Located at: 380 Glen Street, Glens Falls, NY 12801  
 Phone 793-2189 E-Mail: [kbrenfnseniors@gmail.com](mailto:kbrenfnseniors@gmail.com)

New Members Are Welcome Come Join our Family

## HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Mon-1/1	Center closed! Happy New!	9am-4pm
Tues-1/2	Patty's Quilting Class- <i>"Heat N Bond Flower program"</i> -Cost: \$15	12-3pm
Wed-1/3	Beginning Bridge and Mexican Train Dominos Game	1-3 pm
Thurs-1/4	Healthy Eating program with Mary Beth-Cornell Cooperative Extension	1:00 PM
Fri-1/5	Undecorating Christmas-Pot Luck lunch	12:00 PM
Mon-1/8	Walmart Shopping Trip	10:00 AM
Mon-1/8	Karen's Art Class-Cost: \$15-all material supplied	12:30 PM
Mon-1/8	Book Club meets	1:00 PM
Tues-1/9	RSVP presentation/Medical Alert with Harold McKinney & Kelly Crotty	1:00 PM
Wed-1/10	Beginners Bridge and Mexican Train Dominos Game	1-3 pm
Thurs-1/11	Saratoga Racino Trip- Van transportation cost \$6	10:00 AM
Fri-1/12	Lunch Bunch-Olive Garden-Order off the menu-separate checks	12:00 PM
Mon-1/15	Center Closed-Martin Luther King Jr. Day	9 am-4pm
Wed-1/17	Beginners Bridge and Mexican Train Dominos Game	1-3 pm
Thurs-1/18	Up Yonda Farm- <i>"Animal Adaption &amp; How They Survive"</i>	1:00 PM
Fri-1/19	Movie and Popcorn-call to reserve you seat	1:00 PM
Mon-1/22	Senior Stitchers	10:00 AM
Mon-1/22	Home Exercise Program with Melissa Davis Parker-Warren Center	1:00 PM
Tues-1/23	Patty's Quilting Class- <i>"Heat N Bond Flower Program"</i> - Cost: \$15	12-3 pm
Wed-1/24	<i>"Let It Show Lunch"</i> Cost: \$7-Speaker: Kim Harvish, Chapman Museum	12:00 PM
Thurs-1/25	Newsletter Mailing-Volunteers needed!	1:00 PM
Fri-1/25	Special Bingo-Prizes, refreshments, large cards available	1:00 PM
Fri-1/25	Writers Group meets	1:00 PM
Mon-1/29	Senior Stitchers	10:00 AM
Mon-1/29	Karen's Paint On glass Class-Cost: \$10-You can paint one Vase or 2 Wine	12:30 PM
Tues-1/30	Arm Chair Traveler/Hawaii-Refreshments available	1:00 PM
Wed-1/31	Beginners Bridge and Mexican Train Dominos Game	1-3 pm
Wed-1/31	Domino's Pizza-Hudson Falls	12:00 PM
Wed-1/31	The Strand Theater, Hudson Falls- <i>"Grumpy Old Men"</i>	1:00 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	10:00 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.

**\*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.**

# Lake Luzerne News

## An Idea Grows into a Celebration to Honor Veterans

Lake Luzerne Town Clerk Cindy Sherwood came up with an Idea for a town organized display of military items for Veterans day. Town Supervisor Gene Merlino, a U.S. Marine Corp veteran whose memorabilia collection included Civil War-era items, quickly got on board. The idea for the display in the Town Hall included a lunch at the Senior Meal site for local veterans to say thanks for their service. "We thought it would be nice to do something for Veterans Day," Sherwood said.

Those plans came together two days before Veterans Day as 130 veterans and their relatives gathered at Town Hall for a meal and to thank them for their service, an event that town officials hope to become an annual one.

Veterans from around the region, the American Legion posts from Corinth, Lake Luzerne and Glens Falls detachment of the Marine Corps League came to enjoy a meal server by volunteers at the Office for the Aging meal site.

The guest speaker was Hadley-Luzerne Central School math teacher Karen Love, a U.S. Air Force Academy graduate who rose to the level of colonel in the Air Force.

The idea turned in to a wonderful celebration to honor and acknowledge the service of the Veterans in our area.



# Wells Seniors



Indoor pickle ball is back in the community hall, on Monday, Wednesday, Friday, 12:30 – 2:30 PM, equipment and lessons provided, come and see this popular activity. You'll be surprised how easy it is! Call Holly @ 518-924-2216 for info

"Osteobusters", a 45 minute session of healthful and "easy" exercise is held in the community hall

on Mondays and Thursdays from 10 – 10:45 AM. Great for keeping limber.

Please give dues to Holly Hite or mail to Box 411, Wells, 12190

**Wells Seniors is open to all 55 and over, annual dues \$10, meetings on the second Wednesday of each month (Jan-Nov) at 12:45 PM at the meal site on Buttermilk Hill Road. Lunch is available at Noon, call 518-924-4066 for lunch reservations.**

## **HAPPY BIRTHDAY**

*to our Volunteers  
celebrating in JANUARY*



- James O'Hara.....3
- Ann Blanchard.....8
- Frank O'Keefe .....14
- JoAnn Holmes.....23
- Bob Dalaba ... .....27
- Bruce Imrie .. .....27

## **Meal Site Closed**

**Monday, January 1**

**New Year's Day**

**Monday, January 15**

**Martin Luther King  
Jr. Day**





518 761-8224 • 742 Bay Road • Queensbury, NY 12804

# Join QSC now!

Endless Opportunities



- \* *Social*
- \* *Community*
- \* *Recreation*
- \* *Education*
- \* *Group Travel*
- \* *Member Benefits*



*Become a Member of QSC.*

*Stop by the Queensbury Center*

*Located at north end of Queensbury Town Buildings  
742 Bay Rd (Corner of Bay & Haviland)*

Fill out form below and submit along with membership fee.  
Monthly newsletter keeps you informed!  
Call the Queensbury Center or stop by and we will introduce  
you to our programs & facility.

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Name(s).....Phone.....  
Address.....

Payments (by Household):

- Membership Dues through the end of 2018: \_\_\_\_\_ \$20 \_\_\_\_\_
- Additional people in the household (\$5 per person) \_\_\_\_\_
- Donation- QSC appreciates anything that you can give! \_\_\_\_\_

Total Included:

Please make your check for membership fee and tax deductible contribution to "QSC"

and return or mail to:

742 Bay Road, Queensbury, NY 12804

Please call Sharon at 518-761-8224 for more information.



# JANUARY



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

TRADITIONS

SNOWDRIFT

ABUNDANCE

WONDER

GRANDCHILD

WINTER

ICE

THRILL

CREATIVE

CELEBRATING

MEMORIES

NEWYEAR

FIRE PLACE

GARNET

RESOLUTION

SKI

HEALTH

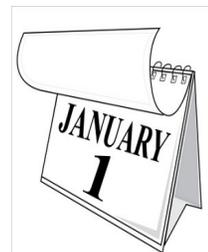
CELESTIAL

CAPRICORN

HAPPY

ENERGETIC

MINDFULNESS



**January 2018**

Warren/Hamilton Counties Office for the Aging

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.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="center"><b>January 1</b></p>  <p align="center"><b>Meal site Closed</b></p>	<p align="center"><b>January 2</b></p> <p>Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup</p>	<p align="center"><b>January 3</b></p> <p>Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin</p>	<p align="center"><b>January 4</b></p> <p>Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange</p>	<p align="center"><b>January 5</b></p> <p>Roast Pork Loin/Gravy Mashed Potatoes Winter Squash <b>Birthday Cake</b> <b>Happy Birthday</b></p>
<p align="center"><b>January 8</b></p> <p>Sour Cream Chicken Sweet Potatoes Brussel Sprouts Tropical Fruit Salad</p>	<p align="center"><b>January 9</b></p> <p>Beef Pot Pie with Potatoes and Veggies California Medley Chilled Peaches</p>	<p align="center"><b>January 10</b></p> <p>Eggplant Parmesan Spaghetti/Marinara Sauce Peas &amp; Onions Apple Crisp</p>	<p align="center"><b>January 11</b></p> <p>Quiche of the Day Italian Veggies Muffin of the Day Chilled Pears</p>	<p align="center"><b>January 12</b></p> <p>Spaghetti &amp; Meatballs Marinara Sauce Green Beans Tossed Salad Gingerbread/Topping</p>
<p align="center"><b>January 15</b></p>  <p align="center"><b>Meal site Closed</b></p>	<p align="center"><b>January 16</b></p> <p>Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day</p>	<p align="center"><b>January 17</b></p> <p>Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day</p>	<p align="center"><b>January 18</b></p> <p>Chili/ Shredded Cheese Brown Rice Corn Corn Bread Mandarin Oranges</p>	<p align="center"><b>January 19</b></p> <p>Juice of the Day Chicken &amp; Biscuit Italian Veggies Chilled Pineapple</p>
<p align="center"><b>January 22</b></p> <p>Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Pears</p>	<p align="center"><b>January 23</b></p> <p align="center"><b>CHEF'S CHOICE</b></p>	<p align="center"><b>January 24</b></p> <p>Meatloaf/Gravy Mashed Potato Zucchini &amp; Tomatoes Strawberry Shortcake</p>	<p align="center"><b>January 25</b></p> <p>Chicken &amp; Stuffing Casserole Long Grain &amp; Wild Rice California Medley Tropical Fruit Cup</p>	<p align="center"><b>January 26</b></p> <p>Soup of the Day (at congregate sites only) Liver &amp; Onions Boiled Potatoes Peas &amp; Onions Brownie</p>
<p align="center"><b>January 29</b> Brunch</p> <p>Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry &amp; Granola</p>	<p align="center"><b>January 30</b></p> <p>Baked Fish Scandia Red Roasted Potatoes Spinach Tropical Fruit Salad</p>	<p align="center"><b>January 31</b></p> <p>Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake</p>		

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