



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

SUMMER EDITION

2018

JULY, AUGUST, SEPTEMBER

Office Staff

Deanna "Dee" Park - *Director*

Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects
Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Keyboard Specialist*

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*

Mary Ann McCarthy -
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 Mary Ann at
761-6347 to be added to our
email list.**

FARMERS MARKET

Outreach Schedule

Farmers Market Coupons offer \$20 toward local fruits and vegetables and will be available anytime at the Warren/Hamilton Counties Office for the Aging from July 1st through mid August

The coupons may be redeemed at participating farmers markets through November 30th, 2018

Friday July 6th: Chestertown Meal Site 11:00-11:30
Warrensburg Town Hall 12:15-1:00

Tuesday, July 10th: Cronin Hi-Rise 9:30-10:30
Stichman Towers 11:00-12:00

Wednesday, July 11th: White Water Manor 11:30-12:00
Johnsburg Meal Site 12:00-1:00

Friday, July 13th: Hague Community Center 10:30-11:00
Bolton Meal Site 12:00-12:30

Tuesday, July 17th: Cedars Meal Site 11:30-12:30

Wednesday, July 18th: Village Green Apartments 1:15-2:00
First Presbyterian Church (GF) 12:30-1:00

Thursday, July 19th: Montcalm Apartments 10:00-10:30
Solomon Heights 11:00-12:00

Friday, July 20th: Lake Pleasant Meal Site 11:30-12:00
Wells Meal Site 12:30-1:00

Tuesday, July 24th: Long Lake Meal Site 12:00-12:30

Wednesday, July 25th: Indian Lake Meal Site 12:00-1:00

Friday, July 27th: Lake Luzerne Meal Site 11:30-12:00

Eligibility Guidelines:
60 years of age or older
Income 1 person household: \$1872/mo; 2 person: \$2538/mo



Let's Talk About Your Part B Medicare Benefit

Thinking about Drinking?? Alcohol Misuse Screening & Counseling
Medicare Part B (Medical Insurance) covers this screening once per year.

Adults with Part B (including pregnant women) can get the screening if:
You use alcohol & you don't meet the medical criteria for alcohol dependency.

You can get 4 brief face-to-face counseling sessions per year if:
Your primary care doctor determines you're misusing alcohol & if you're competent and alert during counseling.

The counseling must be provided by a qualified primary care doctor or other primary care practitioner in a primary care setting (like a doctor's office).

You pay nothing if the qualified primary care doctor or other primary care practitioner accepts assignment.



NY Connects
Your Link to Long Term
Services and Supports

Depression Screenings

Medicare Part B covers ONE screening per year.

All people with Part B are covered

The screening must occur in a primary care setting (like your doctor's office) that can provide follow-up treatment and/or referrals.

Call your local NY Connects at Warren/Hamilton Counties Office for the
Aging.

Toll-free 1-866-805-3931

711 NY Relay Service



NY Connects
Your Link to Long Term
Services and Supports

WIC

Assist your family with nutrition! WIC is for grand-parents, foster parents, Moms & Dads and other legal guardians of children under age 5 who meet income requirements.

**A family of 4 with annual gross income of
\$45,510
Or**

**A family of 3 with annual gross income of
\$37,777**

Or

**A family of 2 with annual gross income of
\$30,044**

can receive:

**Milk, cheese, eggs, juice, peanut butter,
cereal, fruits and veggies.**

Warren County WIC 518-761-6425

Hamilton County WIC 518-648-6142

QUESTIONS: CALL NY CONNECTS at

1-866-805-3931



SAVE THE DATE!

**YOU CAN...Be a
VOLUNTEER!**

**NY Connects
Warren-Hamilton Counties
Office for the Aging**

TUESDAY, OCTOBER 23, 2018

10 A.M. - 2 P.M.

**WARREN COUNTY HUMAN SERVICES
BUILDING**

**1340 STATE ROUTE 9, LAKE GEORGE NY
12845**

NO RESERVATIONS NECESSARY.

QUESTIONS:

CALL 1-866-805-3931

**Help your neighbors in our
Community by Volunteering!**

Join us for our September NY Connects Long Term Care Council Meeting

When: Thursday, September 13, 2018 9:30-10 Brunch *Meeting begins at 10:00

Where: The Glen at Hiland Meadows, 39 Longview Drive, Queensbury

Why: Hear from local agency members about what is happening in long term care

Who: RSVP **required** by Sept. 6 to NY Connects at 1-866-805-3931 (ask for Kathy)



NY Connects
Your Link to Long Term
Services and Supports

*Dear Office for the Aging,
My parents are in their 60's and they could really use some help!
Mom & Dad take care of my brother's 3 children full-time because their Mom has
substance abuse problems and is unable to care for her children. They have their
hands full between the court appointments, school activities, and just taking care
of them financially has been difficult to say the least! Do you have any suggestions
on how I can get them some help?*

Sincerely,

"Sally in Sabael"

Hello Sally,

Yes, we do have suggestions that may be helpful. The New York State Kinship Navigator can tell your parents about special financial assistance, legal rights, respite and support. They may be reached toll-free at 1-877-454-6464 or emailed at navigator@nysnavigator.org. Their website is www.nysnavigator.org.

Also, they may want to speak with a NY Connects staff person here at Warren/Hamilton Counties Office for the Aging about other long term care options available. Call NY Connects at 1-866-805-3931 for information or to set up an appointment if they prefer to meet with someone in person.

Plan now for your long term care needs.

Call NY Connects @ 1-866-805-3931

SENIOR PICNIC



WHEN: Wednesday, September 12th

TIME: 10AM, Coffee & Donuts, 12PM Lunch

LOCATION: Warren County Fish Hatchery 145 Echo Lake Road, Warrensburg, NY 12885

MENU: Coffee, Tea & Donuts, Cold Refreshments, Hot Dogs & Hamburgers, Coleslaw, Macaroni Salad, Watermelon, and Strawberry Short Cake

COST: \$5, Tickets may be purchased at the Office for the Aging or one of the meal sites. Please keep your tickets for entry and the door prize. PH#761-6347. We will be having entertainment, games and prizes.



Volunteering is good for your health! Are you aware that . . .

- It keeps one's mind actively engaged.
- It increases social interaction, allowing us to meet new people.
- It gives a feeling of satisfaction to help others no matter the frequency of the task.
- It fulfills vital needs in the community.
- It makes one feel needed and gives purpose as it builds relationships.
- It allows for continued value as we all age.
- It guards against isolation.
- It helps with time management and it boosts our self-esteem.
- It gives us a chance to do something we desire, that we may never have had time for before retirement.
- It brings needed skills to the opportunities afforded us.
- It gets us physically moving and motivated.

Do these reasons all sound good to you? Then give us a .

RSVP of Warren & Washington Counties has many opportunities to discuss with you.

- Perhaps you want a variety of things to be involved in? These could include working occasionally for registrations, staffing a booth at a function, or preparing a mailing, just to name a few.
- Maybe you'd like to work in the health field, perhaps volunteering at the hospital? Our volunteers receive requests for a variety of tasks, throughout the year; you could get to work *a little or a lot*, your choice.
- Perhaps you'd like to be a Friendly Visitor to alleviate someone's loneliness, providing good conversation to a homebound person?
- Maybe you are great at budgeting or doing Income Taxes? There is a need for help in these fields also; and we provide free training!
- With the increasing need to help seniors get to their medical appointments, our Medical Transportation Program can always use drivers.

We hope to hear from you soon.

Drop us an email:

rsvp@tricountyunitedway.org or call: 518-743-9158.



HAMILTON COUNTY FAMILY FUN DAY

Family Fun Day

Table Rules and General Information

LOCATION, TIME, AND DATE:

Monday, August 6, 2018 from 2pm-6pm at the Speculator Pavilion and Ball Field, 2834 State Route 30, Speculator, New York

WHO MAY PARTICIPATE?

Family Fun Day is designed to connect families of Hamilton County to community resources and healthy activities. To participate as a tabler, an individual, agency, or business you must provide community resources that benefits children and/or families.

APPLICATIONS:

Please complete the table application and submit as directed below. **Applications must be received on or before July 21st**

email: daryl.parslow.hcphns@frontier.com

Fax: 518-648-6143

Mail: HCPHNS (Daryl Parslow), 139 White Birch Lane, PO Box 250, Indian Lake, New York 12842

THEME:

This year's theme is "Family Game Night!"

TABLES:

Each table must have a child-centered activity. *We are encouraging tables to provide an activity that is related to the theme!* A child centered activity is a game, task, or project for

a child/family that is participatory in nature. Pinterest has MANY ideas.

To increase participation at each table and in lieu of a table fee we are requiring every table to have a prize. It is the responsibility of each agency to determine how and when to distribute the prize. Suggestions for prizes are: family games, school supplies, fishing pole, bike, etc.

Tablers are to provide your own table, chairs, etc. We have a limited supply of picnic tables for special requests. Not all requests will be granted! Please consider bringing a tent for shade/rain as MOST spaces are outdoors. This is a RAIN OR SHINE EVENT – NO ALTERNATE DATE.

Tables MUST BE STAFFED for the ENTIRETY of the event (2pm- 6pm).

EVENT CHECK- IN / SET UP/BREAK DOWN REQUIREMENTS:

At least one person must check in on Monday, August 6th by 1:00 pm at the registration table. Set up can be done any time after 11:30 am but must be completed by 1:30 pm. Break-down may begin at 5:30 pm. **NO EARLIER!!!**



Hamilton County

Hamilton County Retired Senior Volunteer Program hosted by Catholic Charities of the Diocese of Ogdensburg



***Serves senior citizens over 55**

***Share your skills to make a positive difference in others' lives.**

***.40 cents per mile reimbursement to get to your volunteer station**

If you know anyone that would benefit from our program or would like to join, please contact: Christine Snyder at (518)624-6788

Burlington VT

Wed. July 25th Day Trip

Birds of Vermont Museum
1 1/2 hour Buffet Luncheon Cruise
aboard Spirit of Ethan Allen
Champlain Chocolates Factory
Shelburne Vineyard Tour & Tasting



Member Cost \$79 Not-Yet-Member \$89
Deadline: Fri. June 22nd.

TGIF Picnic Parties

with live music

Save the dates:

Fri. July 27th

Fri. August 24th

5:00pm to 8:00pm

'In the Grove' at QSC

**Plans include special
barbeque foods, live music,
dancing and lawn games to
name just a few! This 'summer-
fun' event will be open to eve-
ryone in the community so
bring your families, grandkids
and good friends!**

*Orchestra music lovers...don't miss out on this great deal for seniors!
Matinee tickets deeply discounted on the following dates
at Saratoga Performing Arts Center.*

Philadelphia Orchestra Senior Special at SPAC

August 2nd - "Symphonic Shakespeare"

Walton - As You Like It, Berlioz-Beatrice and Benedict (a Romantic Cornerstone),
Tchaikovsky - Romeo & Juliet (as part of our R & J summer),
Mendelssohn - Mid Summer Night's Dream

Deadline: 7/18 Member cost \$20, Not-Yet-Member \$25

Aug. 9th - "Young Virtuosi : Carnival of the Animals"

featuring Lucas and Arthur Jussen, piano Elgar - Selections from
the Wand of Youth, Saint-Saens - Carnival of the Animals, Britten -
Young Person's Guide to the Orchestra

Deadline: 7/25 Member cost \$20, Not-Yet-Member \$25

Aug 16th - "Captivating Classics" featuring David Kim, violin and CJ Chang, viola
Rossini - William Tell Overture, Mozart- Sinfonia Concertante, K.364, Modest
Musorgsky/Maurice Ravel - Pictures at an Exhibition (quintessential piece from
the infamous Russian Five composers)

Deadline: 8/1 Member cost \$20, Not-Yet-Member \$25

*Purchase your tickets through QSC by specified deadlines
Tickets available for pick-up at the Queensbury Center
Monday - Wed. the week of the performance.
Transportation is not provided.*



**Manchester
VT
Day Trip**

Wed. August 15th

Vermont Country Store
Lunch at Manchester Country Club
2pm Matinee of *Pride & Prejudice*
At Dorset Theater

Member Cost \$89 Not-Yet-Member \$99
Deadline: Fri. June 15th



New Members are Welcome, Come Join Our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

| | | |
|--|--|-----------|
| Mon-7/2 | Mexican Train game with Dominos | 1:00 PM |
| Tues-7/3 | Ice Cream Social | 1:00 PM |
| Wed-7/4 | Center Closed-Happy 4 th of July | 4-Sep |
| Thurs-7/5 | Movie & Popcorn | 1:00 PM |
| Fri-7/6 | Senior Chat | 1:00 PM |
| Mon-7/9 | Walmart Shopping | 10:00 AM |
| Mon-7/9 | Karen's Art class-Cost: \$15, all materials provided | 12:30 PM |
| Tues-7/10 | Dementia Conversation with Lindsey | 1:00 PM |
| Wed-7/11 | Defensive Driving Class-\$20 AARP members/\$25 non members-Lunch \$6 | 9am-4pm |
| Wed-7/11 | Dorset Theatre-"Cry Out Loud" | 2:00 PM |
| Thurs-7/12 | Saratoga Racino-Van donation \$6 | 9:00 AM |
| Fr-7/13 | Wiawaka tour and lunch | 9:00 AM |
| Mon-7/16 | UpYonda Farm-Butterfly Exhibit | 10:00 AM |
| Tues-7/17 | Walk Through The Past with Kim Harvish/Chapman | 1:00 PM |
| Wed-7/18 | Mexican Train game with Dominos | 1:00 PM |
| Wed-7/18 | Beginners Woodshop | 1-3 pm |
| Thurs-7/19 | Haviland Cove Picnic | 12:00 PM |
| Fri-7/20 | Lake George Youtheatre "Newsies"-Van leaves Center at 8:30 am | 9:30 AM |
| Fri-7/20 | Special Bingo-Large Cards, Refreshments, prizes | 12:30 PM |
| Mon-7/23 | Rogers Island, Fort Edward-Van leaves Center 9:30 am | 10:00 AM |
| Tues-7/24 | Newsletter mailing-Volunteers welcome! | 1:00 PM |
| Wed-7/25 | Mexican Train game with Dominos | 1:00 PM |
| Thurs-7/26 | Shoebox Project | 1:00 PM |
| Fri-7/27 | Lake George Youtheatre " Chicago " van leaves Center 8:30 am | 9:30 AM |
| Mon-7/30 | Blue Mountain Lake Museum-Cost: \$18 | 8:00 AM |
| Tues7/31 | Elite Choice with Wendy Golden | 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

New Members are Welcome, Come Join Our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

| | | |
|---|--|-----------|
| Wed-8/1 | Mexican Train Dominos game | 1:00 PM |
| Thurs-8/2 | Philadelphia Orchestra-SPAC | 2:00 PM |
| Fri-8/3 | Lake George Youtheatre " Evita "- Van leaves Center 8:30 am | 9:30 AM |
| Mon-8/6 | Mexican Train Dominos game | 1:00 PM |
| Tues-8/7 | Movie & Popcorn | 1:00 PM |
| Wed-8/8 | Wood Theatre-" Front Page Flo " | 2:00 PM |
| Thurs-8/9 | Clifton Country Mall Shopping | 9am |
| Fri-8/10 | Senior Chat | 1:00 PM |
| Mon-8/13 | Walmart Shopping | 10:00 AM |
| Tues-8/13 | Karen's Art Class-Cost: \$15, All materials provided | 12:30 PM |
| Tues-8/14 | Lunch Bunch | 12:00 PM |
| Wed-8/15 | Haviland's Cove Picnic | 12:00 PM |
| Thurs-8/16 | Saratoga Casino-Van donation \$6 | 9:00 AM |
| Fri-8/17 | Seagle Colony -"Mame" | 2:00 PM |
| Mon-8/20 | Cooperstown Trip-Cost: \$85, breakfast, Hall Of Fame, lunch on your own | 6:30 AM |
| Wed-8/22 | Mexican Train Dominos game | 1:00 PM |
| Thurs-8/23 | Newsletter Mailing-Volunteers needed! | 1:00 PM |
| Fri-8/24 | Writers Group | 1:00 PM |
| Mon-8/27 | Friendship Day-Strawberry Shortcake-Bring a friend who is not a member of Center | 1:00 PM |
| Tues-8/28 | Healthy Living For Brain & Body | 1:00 PM |
| Wed-8/29 | Mexican Train Dominos game | 1:00 PM |
| Thurs-8/30 | Shoebox Project | 1:00 PM |
| Fri-8/31 | Special Bingo-Large Cards, Prizes, Refreshments | 12:30 PM |
| <u>Ongoing Activities at a Glance:</u> | | |
| 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. | |

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- Transportation for Center activities available/medical transports by appointment

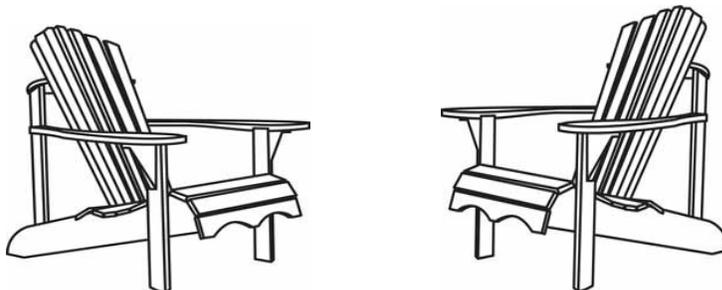
New Members are Welcome, Come Join Our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

| | | |
|---|---|-----------|
| Mon-9/3 | Center Closed-Labor Day | 4-Sep |
| Tues-9/4 | Living With Middle Stages Of Alzheimer's -Part 1 | 1:00 PM |
| Wed-9/5 | Mexican Train Dominos game | 1:00 PM |
| Thurs-9/6 | Saratoga Casino-Van donation \$6 | 9:00 AM |
| Fri-9/7 | Senior Chat | 1:00 PM |
| Mon-9/10 | Karen's Art Class-Cost:\$15, all materials supplied | 12:30 PM |
| Mon-9/10 | Book Club | 1:00 PM |
| Tues-9/11 | Living With Middle Stages Of Alzheimer's-Part 2 | 1:00 PM |
| Wed-9/19 | Mexican Train Dominos game | 1:00 PM |
| Thurs-9/20 | Vermont Trip | 6:30 AM |
| Mon-9/24 | Newsletter Mailing-Volunteers needed! | 1:00 PM |
| Tues-9/25 | Lake Luzerne Lunch | 12:00 PM |
| Wed-9/26 | Welcome Back Lunch | 12:00 PM |
| Thurs-9/27 | Spaghetti Dinner-West Glens Falls Fire House | |
| <u>Ongoing Activities at a Glance:</u> | | |
| Mon-Fri. | 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 Thurs. | 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



WELLS SENIORS



The Wells Senior Citizen's Club has three travel trips planned for the summer. Members and friends are welcome to sign up for the trips by calling Alice at 518-924-2220 or at the Wells Nutrition Center (Meal Site) at 518-924-4066.

1. June 12 – A day-trip to Lowville, NY to view the Maple Ridge Wind Farm and hear an hour presentation at the wind farm visitor's center. Lunch will be at Tug Hill Vineyards with a pasta buffet. The trip also includes a stop at Nolt's Country Store. Cost for the trip is \$45 due by May 9th. Travel will be by Brown's Tour bus.

2. July 31 – A day-trip to Lake George Dinner Theater at the Holiday Inn. The play is "Jerry Finnegan's Sister". Cost for the event is \$57 due by July 11th. Travel will be by school bus or car pool. Also Sacandaga Seniors will be going on September 19 to see "The Long Weekend" for the same price. Call Ron 518-863-6182 for the September 19 show.

3. August 17 – A day-trip to Schroon Lake, NY for a musical and lunch. Lunch will be at "Sticks and Stones Wood Fired Bistro and Bar" and the show "Mame" is at Seagle Music Colony. Cost for the show is \$41 with lunch on your own. Travel will be by school bus or car pool.

Upcoming Events –

6/27 June Social, 5 PM Covered dish at the pavilion, bring a dish to pass, beverage, plate & utensils

7/25, July Social, 5 PM Covered dish at the pavilion, bring a dish to pass, beverage, plate & utensils

7/31 Lake George Dinner Theater:

Date: Tuesday 7/31, **Title:** JERRY FINNIGAN'S SISTER, **Sponsor:** Wells Seniors **Contact:** Jean Briscoe 518-863-6960 or Alice Megargle 518-924-2220 **Travel:** School bus from Wells or Car Pool **Due Date:** Wednesday, July 11, 2018.

Date: Wednesday, 9/19, **Title:** The Long Weekend, **Sponsors:** Sacandaga Seniors **Contact:** Ron Hunter 518-863-6182 **Travel:** Car Pool **Due Date:** Saturday, September 1, 2018.

Day Trip Costs \$57 - Lunch is at 11:30am

8/17 Schroon Lake trip Wells Senior Citizen Club, **Title:** MAME, **Date:** Friday, August 17, 2018, **Depart:** school bus 10:00 am, **Lunch:** at 11:30 am (Sticks and Stones Wood Fired Bistro and Bar) **Return:** about 6:00pm **Cost:** \$41 (ticket price for musical) **Due Date:** May 9

8/22 August Social, 5 PM Annual Birthday Party, bring a dish to pass, all the rest is provided

- "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.
- Mah Jongg, every Tuesday at the Library 6 PM (new players welcome, instruction always available)
- "Pitch" card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)
- 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.**
- **Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon, and Christmas party**

Contact Brian Griffin at 518-924-2216 with any questions or for further information

Lake Luzerne

What's Happening

SENIOR CENTER SCHEMANNIGANS

Lake Luzerne Senior Center upcoming events for 2018

Tuesday, July 17th Outdoor Picnic and music by The Bluebillies, event begins at 12:00 cost p/p is \$10.00

Tuesday, July 24th Christmas in July, bring your Christmas shopping list and enjoy our local crafters, have lunch with us, cost p/p \$3.00 event begins at 10:30 lunch at 12:00

Tuesday, August 28th Murder Mystery Luncheon, with Adirondack Flat line player's "Sam Club Private Eye in the Case of the Motor Coach Murder" event begins at 12:00 cost p/p \$10.00

Tuesday, September 25th Luncheon and show with Betty Spinnelli, "The Girl in the Red Velvet Swing" event begins at 11:00-2:00 cost p/p is \$10.00

Thursday, October 25th Luncheon and show with Laura Roth, event begins at 12:00 cost p/p is \$10.00

Thursday, November 8th Veteran's Day Luncheon, event begins at 11:30 cost p/p is \$3.00, veterans are free

Thursday, December 6th Christmas Luncheon with Racing City Chorus, event begins at 12:00 cost p/p is \$10.00

The contributions for these events are non-refundable. Contact Barb at

518-696-6451

COMMUNITY CONNECTION

Caregiver Conversations

A supportive group for those taking care of someone with memory loss.

2nd Tuesday of the Month

11:00 a.m.

The Glen at Hiland Meadows

39 Longview Drive, Queensbury

For Additional Information Call (518) 832-4991

All are welcome.



Volunteers!



Volunteer drivers needed to take people to their medical appointments. We have a large need for volunteers living in Warren County and Hamilton County willing to drive clients to Glens Falls and southern points.

- Mileage reimbursement is available.

We ask our clients to give us at least two week's notice before the appointment.

If you are interested please call Office for the Aging at 761-6347.

Ask for Mary Ann regarding volunteer opportunities.



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

20 Kitchen Hacks to Waste less Food

Whether you are on a budget or striving to reduce food waste in the environment, these 20 tips will help you trim your grocery bills and make for fewer trips to the trash can.

1. Apples will last 10 times as long if they are kept in the coldest part of the refrigerator (usually the bottom drawer).
2. Make a mixture of one-part vinegar to three-parts water to wash your berries in. They will stay fresh for several more days than they would otherwise.
3. Store onions in a hole-punched paper bag secured with a clip. They will keep for three months on the counter.
4. If your greens go limp, soak them in ice water for half an hour to revive them.
5. Garlic, onions, and tomatoes spoil faster when stored in the refrigerator.
6. If you buy more fruit than you are able to eat before spoilage occurs, store it in the freezer to make smoothies.
7. Break your bananas apart (instead of keeping them in a bunch) to greatly lengthen their lifespan.
8. Make one-ingredient ice cream! Slice bananas that are beginning to brown into evenly sized slices and put the pieces in an airtight container or freezer bag and freeze them for at least two hours. Process the frozen pieces in a food processor until the mixture is a creamy texture with a consistency similar to soft-serve ice cream. Transfer the mixture to an airtight container and freeze until solid.
9. Store peaches upside down so that they will not roll around and get squished and bruised.
10. Basil should not be refrigerated. Store in a cool, shady part of the kitchen with the stems submerged in a glass of water. Put a zip-top bag over the top to keep the leaves moist.
11. Check bags of apples, pears, potatoes, and onions for spoilage regularly. If one goes bad, it can jeopardize all of the produce.
12. Store your cucumbers at room temperature so that they do not develop pits and become watery. Keep them separate from fruits that give off ethylene gas, such as tomatoes, melons, and bananas.
13. If mold grows on hard cheeses such as Asiago, Jarlsberg, or smoked Gouda, you can cut it away and eat the rest.
14. Freeze your leftover wine and tomato paste in ice cube trays for up to three months.
15. Store bread in your freezer for up to six months. Use stale (not moldy) bread for croutons or bread crumbs.
16. Store your leftovers in a clear container so that you can see what is in them. Leftovers will keep in the refrigerator for four days.
17. Put a clean, fresh stalk of celery into a bag of bread to help keep it fresh longer.
18. Turn leftover steamed rice into fried rice or rice pudding.
19. For pantry items like cereal, crackers, or cookies, take them out of the box as soon as you get home and store them in airtight containers to extend their shelf life.
20. Look for recipes that use foods that would otherwise go to waste. Check out the recipes at Love Food Hate Waste (<http://www.lovefoodhatewaste.com/recipes>) for inspiration.

Adopted by: *Nutrition 411*

7 Things You Never Knew Lemons Could Do

Put this zesty citrus fruit to good use with these unexpected tricks that take some of the hassle out of your cooking session.

What fewer people know is that lemons also have some unexpected uses. Here are seven ways the handy fruit can solve your trickiest kitchen dilemmas and help enhance your meals.

- 1. Prevent Browning:** A few squeezes of juice can do wonders for avocado, apples, bananas, and peeled raw potatoes, since lemon juice is just acidic enough to prevent the oxidation that turns produce brown.
- 2. Stop Rice From Sticking:** Have a problem with clumpy rice? You're in luck – adding a few drops of lemon to your cooking water helps prevent the rice from sticking together. Added plus? The lemon juice will also whiten your rice and keep it looking great on the dinner plate!
- 3. Keep Brown Sugar Soft:** The juice isn't the only useful part of the lemon; its super moist and flavorful peel can work wonders in the kitchen too. Add a slice of the skin (with the pulp completely removed) to your box of brown sugar to keep it from clumping and hardening..
- 4. Crisp Your Lettuce:** No need to toss that limp lettuce! A little lemon juice and water can help bring your leaves back to life. To crisp up limp leaves, soak them in a bowl of cold water and ½ cup of lemon juice, then refrigerate for about an hour. The leaves will come out revived and ready for eating..
- 5. Cook Perfect Hard-Boiled Eggs:** Even if you've mastered perfectly hard-boiled eggs, try brushing the eggshells with lemon juice before adding them to the pot for a little added insurance. The lemon juice helps keep the shells from cracking while they cook, and it also makes them easier to peel once they're ready to eat.
- 6. Tenderize Meat:** Lemon juice is a great meat tenderizer; the acidity gently breaks down the fibers in meat, leaving it scrumptiously fork-tender.
- 7. Enhance Flavor:** Last, but certainly not least, lemon's yummy flavor can totally transform a meal. It brightens up creamier dishes, balances the flavor in seafood, and is a great sodium-free substitute for sprinkling on salt..

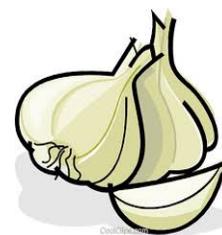
By: EverydayHealth



Smoky Paprika Garlic Chicken

This grilled chicken recipe has a hint of mint flavor thanks to the mint leaves in the marinade, but it's the dash of smoked paprika that gives the dish its reddish hue.

- | | |
|---|----------------------------------|
| 4 6 ounces skinless, boneless chicken breast halves | 6 cloves garlic, minced |
| 1/2 cup loosely packed fresh mint leaves, finely chopped | 1 teaspoon smoked paprika |
| 3 tablespoons lemon juice | 1/2 teaspoon kosher salt |
| 2 tablespoons olive oil | 1/4 teaspoon black pepper |



Place chicken in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl combine remaining ingredients. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in refrigerator 30 to 60 minutes, turning bag once. Drain chicken, reserving marinade.

Grill chicken, covered, over medium heat 15 to 18 minutes or until done (165 degrees F), turning and brushing with reserved marinade halfway through. If desired, top with additional mint.

Nutrition Facts - Per serving: 264 kcal , 11 g fat , 109 mg chol., 408 mg sodium, 3 g carb., 1 g fiber, 37 g pro. By: BHG

Salmon Kabobs with Cucumber-Feta Salsa

MAKES: 6 SERVINGS PREP: 30 MINS



- | | | |
|--|--|---|
| 1 1/2 pounds fresh or frozen skinless salmon fillet | 8 ounces feta cheese, cut into 1/4-inch cubes | 1 tablespoon snipped fresh mint |
| 1/2 cup bottled white balsamic vinaigrette dressing | 1/2 cup chopped red onion (1 medium) | 1 tablespoon snipped fresh parsley |
| 3 lemons | 1/3 cup coarsely chopped pitted Kalamata olives | 1 tablespoon snipped fresh dillweed |
| 1 large seedless cucumber, diced | 1/4 cup olive oil | 1/2 teaspoon salt |
| | | 1/4 teaspoon freshly ground black pepper |

Thaw salmon, if frozen. Rinse salmon; pat dry with paper towels. Cut salmon into twelve 1/2-inch-wide strips. In a medium bowl stir together salmon strips and salad dressing. Cover bowl with plastic wrap; marinate salmon in the refrigerator for 45 minutes (do not marinate any longer). Thinly slice two of the lemons, cutting six slices from each lemon (12 slices total). Juice the remaining lemon to get 3 tablespoons lemon juice; set slices and juice aside.

For cucumber salad, in a large bowl combine cucumber, feta cheese, red onion, and olives. Add the lemon juice, olive oil, mint, parsley, 1 tablespoon snipped dill weed, the salt, and pepper; stir gently to combine. Cover and chill until ready to serve.

Remove salmon strips from marinade, reserving marinade. Thread two salmon strips, accordion-style, onto each of six 12-inch skewers (see tip, page xx), alternating salmon strips with folded lemon slices.

For a charcoal or gas grill, place kabobs on a grill rack directly over medium heat for 6 to 9 minutes or until fish flakes easily when tested with a fork, turning and brushing once with reserved marinade. Discard any remaining marinade. Serve with cucumber salad. If desired, garnish with dill weed sprigs. **Nutrition Facts: Per serving:** 490 kcal, 36 g fat, 96 mg chol. , 844 mg sodium , 16 g carb., 3 g fiber, 30 g pro.



HIICAP Corner

Medicare Information and Updates



I am new to Medicare, what do I need to know?

When do I sign up? If you are turning 65 and are already collecting Social Security you will be automatically enrolled in Medicare Parts A and B (also known as Original Medicare). If not collecting SS you will sign up through Social Security during the 7 months surrounding your 65th birthday (3 months before your birthday month, through 3 months after). For those collecting Social Security Disability, enrollment into Original Medicare will be automatic on the 25th month of eligibility.

Do I need Medicare? Medicare becomes the primary payer for eligible clients except when:

- * You have insurance through your own or your spouse's current/active employment at a company with 20+ employees.
- * You are under 65, on disability and have insurance through your, a spouse's, or a family member's current/active employment at a company with 100+ employees.
- * You have End Stage Renal Disease and are on a group health plan. It will continue to be primary for the first 30 months after becoming Medicare eligible.

If you do not qualify for one of these exceptions then Medicare is primary and delaying enrollment could lead to a loss of coverage and/or Late Enrollment Penalties. It is always suggested to contact your current plan to confirm how Medicare coordinates with your coverage .

What are the costs? Part A premium (Hospital Insurance): Free if you paid Medicare taxes for ten years or more of employment. Part B premium (Medical Insurance): \$134.00/month, higher if annual income exceeds \$85,000. Part C (Medicare Advantage Plan) and Medigap Supplemental Plans: Cost and coverage vary by company/type of plan. Part D premium (prescription insurance): Varies by company.

How can I save on Medicare Costs?

- *Income eligible clients can apply for Medicare Savings Program, Extra Help, and/or EPIC.
- *Compare available Medicare Advantage, Medigap, and Prescription plans that will provide the most cost friendly coverage for your individual needs.
- * Medicare offers many preventative health screenings at little or no cost.

For more information on these topics and answers to other Medicare questions call 1-800-Medicare (1-800-633-4227), go online to Medicare.gov, or call your County Office for the Aging and ask to speak with a HIICAP counselor



**Health Insurance
Information, Counseling
and Assistance Program**

Tips to Prevent Falls Among Seniors

HOME CARE

by Chris Chimenti, MSPT, ACHH
HCR Home Care

If you think falls are a normal part of aging, you're wrong. This is a myth. The fact is that most falls are preventable. Everyone needs to be careful to avoid falls, but falls are much more common among the older adult population. One-third of adults over age 65 suffer a fall each year, according to the Centers for Disease Control.

Because of the prevalence of falls and the fact that falls are a universal problem not specific to any one region, they need to garner as much – or more – attention as other medical issues affecting the aging population. Consider the following:

- According to the National Council on Aging, an older adult is treated in a hospital emergency room for a fall-related injury every 14 seconds.
- Falls are the leading cause of both fatal and non-fatal injuries among seniors, as they can result in serious health issues, including fractures, head trauma and other injuries.
- Falls on icy surfaces are a major cause of fractures and ankle sprains, reports the American College of Foot and Ankle Surgeons.
- The repercussions of health issues resulting from falls also mean higher health care costs. Treatment for a fractured hip, for example, can result in exorbitant costs for surgery and rehabilitation.
- The cost of fall-related injuries for older Americans is estimated to be \$36 billion/year.

While falls are more common among seniors, they are not a normal part of aging. The chances of falling and being seriously injured from a fall increase with age, however, due to normal changes in the body. Eyesight becomes less sharp and more limited. Physical reaction times and strength diminish. In addition, medications can cause dizziness, sleepiness, and other side effects.

Because of the higher risk, seniors need to take extra precautions to prevent a fall or to reduce the likelihood of experiencing one. Tips to help prevent a fall include getting regular screenings for risk factors, such as routinely seeing medical professionals for eye exams, blood pressure monitoring, medication review, foot assessments, and balance testing.

Beginning a regular exercise program approved by your doctor that includes strength and balance training also can help prevent a fall. Other tips involve making the home as safe as possible. You can help prevent falls through “fall-proofing” your home, by storing objects within easy reach, keeping electrical cords out of the way, adding handrails and lights to stairways, and using non-skid bath mats.

NCTW Senior Focus – Fall Prevention

Seniors need to be aware of the risks associated with falls and of the ways they can help prevent them. Following the tips above will help prevent falls and the serious injuries that can result from them.

The interdisciplinary team of therapists and registered nurses at HCR Home Care will identify risks for falling. The team will then develop a personalized plan to optimize the safety of the home environment and strengthen the senior's mobility associated with the functions of everyday living. Interested in a falls assessment or have questions if you qualify? Give us a call, at 800-270-4904.





Office

Board

Bulletin



JULY

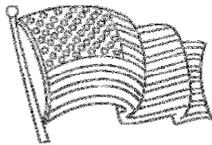
Jane Ross.....6
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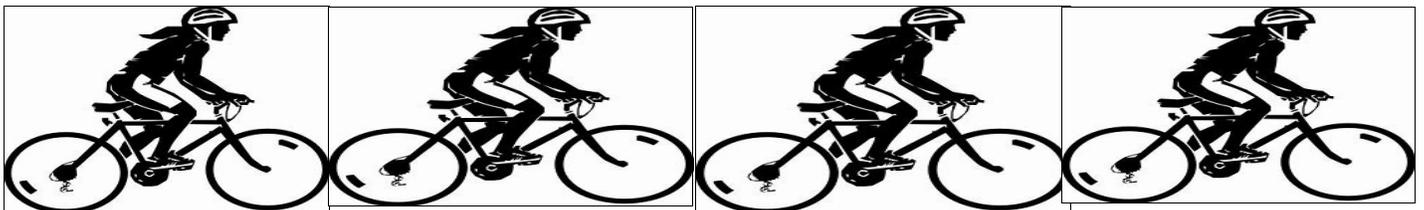
**Meal Sites will be closed for the
 Following Holidays:**
 Independence Day, Wednesday July
 4, 2018
 and
 Labor Day, Monday September 3,
 2018



**JOANIE FIORE FLANAGAN'S
 2018 BIKE RIDE FOR MULTIPLE SCLEROSIS**

Joanie's goal is to raise \$10,000 for MS by August 25, 2018, the date of her ride.

To make a donation, you can go online to the MS website www.nationalmssociety.org/chapters/NYR click on "Donate," scroll down to "Find a Participant," type in "Joan" and "Flanagan" and "NY" state. Click again on "Find a Participant" Scroll down to "Donate Now" next to Joan's name and follow the instructions. You may also send checks to Joan at 22 Nottingham Dr, Queensbury, NY 12804-8612, made out to the "National MS Society".



FUN IN THE SUN SUMMER WORD SEARCH



K D O T F L A L D I Q F N C B Q L
J K E N A L P R I A G N L Z I G S
H S G N P I C N I C G M E O R N O
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POOL

SUNSHINE

TRAVEL

SUNSCREEN

WINDSURFING

OCEAN

AIRPLANE

TENT

FISHING

BEACHES

CAMPING

COOKOUT

VACATION

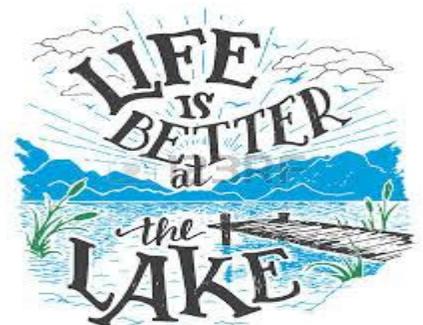
COTTAGE

VOLLEYBALL SAND CASTLE

CONCERTS

READING

CULTIVATING PICNIC



FUN AT THE OCEAN WORD SEARCH



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| Y | H | C | M | L | S | A | L | T | W | A | T | E | R | V |
| T | Y | P | A | G | U | R | N | T | C | Y | X | F | T | O |
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| G | I | F | I | E | T | S | Y | X | M | H | B | I | O | F |
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| E | E | P | H | E | T | E | K | N | A | L | B | A | G | L |
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| | | | | |
|----------|----------|------------|---------------|------------|
| SEASHORE | SUNBLOCK | SALT WATER | TREASURE HUNT | SURF BOARD |
| LOBSTER | TOWEL | SEAGULL | FRISBEE | SEAHORSE |
| SHARK | BLANKET | JELLYFISH | BONFIRE | CUAN MOR |
| UMBRELLA | STARFISH | KAYAK | BEACH CHAIR | REEF |



July 2018

Warren/Hamilton Counties Office for the Aging

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| July 2 Turkey Tetrizzini Mixed Veggies Mandarin Oranges | July 3 4th of July Picnic Picnic Entrée Chef's Choice Hot German Potato Salad Baked Beans Independence Day | Happy 4th of July  Meal site Closed | July 5 Eggplant Parmesan Spaghetti/Marinara Sauce Tossed Salad Scandinavian Veggies Tropical Fruit Cup | July 6 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp |
| July 9 CHEF'S CHIOCE | July 10 Meat Lasagna Italian Veggies Strawberry Shortcake | July 11 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange | July 12 Cold Plate Chef Salad –(Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Brownie | July 13 Sloppy Joes on a Bun Roasted Potato Bites Corn Fresh Fruit |
| July 16 Juice of the Day Chicken & Biscuit Spinach Rice Pudding/ Topping | July 17 Meatloaf Mashed Potatoes Carrots Chilled Pears | July 18 Chicken & Stuffing Casserole Wild Rice Green Beans Tropical Fruit Cup | July 19 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit | July 20 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Birthday Cake Happy Birthday |
| July 23 Baked Chicken Tenders with Sauce Potato of the Day Beets Chilled Pears | July 24 Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread | July 25 Roast Pork/ Gravy Mashed Potato Peas & Onions Dump Cake | July 26 Cold Plate Egg Salad on Roll Fresh Tomato Salad On Lettuce Cookie of the Day | July 27 Creamy Parmesan Fish Sweet Potatoes California Veggies Fresh Fruit |
| July 30 Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple | July 31 Apple N' Onion Chicken Mashed Potatoes Mixed Veggies Frosted Cake | | 60(+) Suggested contribution is \$3 Under 60, \$5 required contribu- tion | |

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.**

AUGUST 2018

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 |
|---|--|--|---|---|
| 60(+) suggested contribution is \$3 Under 60, \$5 required contribution | | August 1 Spanish Rice Carrots Corn Bread Fresh Grapes | August 2 Quiche of the Day Muffin of the Day Japanese Veggies Strawberries & Banana | August 3 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Gingerbread/Topping |
| August 6 Breaded Haddock Mashed Potatoes Japanese Veggies Rice Pudding/Topping | August 7 Chef's Choice | August 8 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Mandarin Orange | August 9 American Goulash Tossed Salad Italian Veggies Fresh Fruit | August 10 Cold Plate Chicken Salad on Bed of Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Berry Crisp |
| August 13 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears | August 14 Meatloaf Mashed Potatoes Peas Peach Cobbler | August 15 Chicken & Stuffing Casserole Carrots Tropical Fruit Cup | August 16 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Chocolate Cake | August 17 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit |
| August 20 Salisbury Steak Sweet Potatoes Broccoli Sliced Peaches | August 21 Baked Fish Scandia Wild Rice Italian Veggies Strawberry Shortcake | August 22 Sloppy Joes on a Bun Potato of the Day Corn Mandarin Orange | August 23 Cold Plate Chef Salad –(Turkey/Ham/ Swiss Cheese/Lettuce) Marinated Veggies Birthday Cake Happy Birthday!! | August 24 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit |
| August 27 Chicken Alfredo over Pasta Brussel Sprouts Tropical Fruit Cup | August 28 Pot Roast/Gravy Mashed Potatoes Mixed Veggies Chilled Pineapple | August 29 Cold Plate Cottage Cheese & Fruit Plate Tomato & Chickpea Salad Muffin of the Day Carrot Cake | August 30 Veal Parmesan Penne/Marinara Sauce California Veggies Tossed Salad Fresh Fruit | August 31 Labor Day BBQ Hot Dog/Bun Hot dog Bar for meal sites Baked Beans Roasted Potato Bites Labor Day Dessert |

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

September 2018

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,

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| September 3 Meal Site Closed  | September 4 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears | September 5 Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup | September 6 Roast Pork/ Gravy Mashed Potato Peas & Onions Chocolate Birthday Cake Happy Birthday!! | September 7 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day |
| September 10 Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple | September 11 BBQ Pulled Pork Roasted Potato Bites Coleslaw Jell-O Poke Cake | September 12 Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes | September 13 Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana | September 14 Cold Plate Egg Salad on Roll Fresh Tomato Salad On Lettuce Marinated Veggies Brownie |
| September 17 Breaded Haddock Sweet Potatoes Japanese Veggies Pudding/Topping | September 18 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange | September 19 Roast Turkey/ Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches | September 20 American Goulash Tossed Salad Italian Veggies Fresh Fruit | September 21 Cold Plate Chicken Salad on Bed of Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Gingerbread/Topping |
| September 24 Chef's Choice <hr/> 60(+) suggested contribution is \$3 Under 60, \$5 required contribution | September 25 Meatloaf Mashed Potatoes Carrots Strawberry Shortcake | September 26 Chicken & Stuffing Casserole Sweet Potatoes Peas Tropical Fruit Cup | September 27 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp | September 28 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit |

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Lake Luzerne: 6(518)96-2200

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