

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.**



# 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

## WINTER EDITION

2019

JANUARY, FEBRUARY, MARCH

### Office Staff

Deanna "Dee" Park - *Director*

Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Keyboard 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.



### MENUS

Back in May, we asked for your comments, suggestions and feedback regarding our current menus. Based on your responses, and in collaboration with the dietician and meal site employees, we will be making some small changes to the menus starting in April.

Overall, there were no specific menu items that were disliked by everyone. While some of you hate liver, others want to see it on the menu more. The same goes for fish. Each day, the Warren and Hamilton County meal sites provide over 600 meals. This makes it difficult to please everyone, but we try our best.

Unfortunately, due to dietary regulations and high sodium levels, there are some foods that we need to avoid, such as ham, hot dogs and sausage. Some foods don't maintain the necessary temperatures, like French fries, pizza, burgers and grilled cheese. Some foods are too costly, like lobster, shrimp and steak. I'll give you an A+ for effort though!!! Some foods are complex to make and transport, like pies, soups, sundaes. Some foods have no nutritional value, so we don't like to put them on the menu that often, such as green and wax beans, corn and beets.

We also looked at how often we have pasta, chicken, fresh fruits, etc. on the menu to make sure it was an ample amount, or not too much depending on your comments. Lastly, we reached out to each meal site with the individual comments so the staff could address these. We value your opinions and always welcome feedback.

\*\*Programs made possible through funding from the US Dept of Health and Human Services—ACL, NYSOFA and both Warren and Hamilton Counties. \*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
60+ Suggested Contribution \$3 Under 60, \$5 required contribution				March 1 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches
March 4 Chicken Parmesan Penne Pasta/Marinara Sauce Japanese Veggies Mandarin Orange	March 5 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	March 6 Ash Wednesday Lemon Baked Fish Sweet Potatoes Mixed Veggies Tropical Fruit Cup	March 7 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Fresh Fruit	March 8 Brunch Cheese Omelet Sliced Ham Hash Brown Potato Yogurt Parfait with Strawberry & Granola
March 11 Soup of the Day (at congregate sites only) Liver & Onions/gravy Potato of the Day Scandinavian Veggies Rice Pudding/Topping	March 12 Shepherd Pie with Mashed Potatoes & Veggies Green Beans Chilled Pears	March 13 <b>CHEF'S CHOICE</b>	March 14 <b>St. Patrick's Day</b> Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 15 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad
March 18 Chicken Reuben Rice Veggie Casserole Peas Chilled Pineapple	March 19 Beef Stroganoff over Noodles Carrots <b>Birthday Cake</b> <b>Happy Birthday</b>	March 20 Turkey Divan Broccoli Roasted Red Potatoes Fresh Fruit	March 21 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Cookie of the Day	March 22 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange
March 25 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	March 26 Apple n' Onion Chicken Sweet Potatoes Spinach Pumpkin Bar	March 27 Beef Stew Boiled Potatoes/Carrots Biscuit Fresh Fruit	March 28 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Strawberry Shortcake	March 29 Breaded Haddock Roasted Potato Bites Peas & Onions Tropical Fruit Cup

### 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



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



February 2019

Warren/Hamilton Counties Office for the Aging

**Have you heard about our Long Term Care Council?**

**Every county has a NY Connects & every NY Connects has a Long Term Care Council.**

**Our Council is a group of over 200 people!  
Our Council wants to hear from community members like you.  
Our Council would like you to join us!**

**Our purpose is to plan and develop our long term care system so it will meet the needs in each county. We do this by having meetings in Warren, Hamilton, and Washington counties throughout the year. Everyone has ideas and we would like to know about yours.**

**Here are our meeting dates & locations for 2019:**

**Join us for our March NY Connects Long Term Care Council Meeting**

When: March 27, 2019 9:30-10am Refreshments and our meeting will begin at 10a.m.

Where: Warren County Human Services Building, 1340 State Route 9, Lake George, NY 12845

**Join us for our June NY Connects Long Term Care Council Meeting**

When: June 12, 2019 9:30-10am Refreshments and our meeting will begin at 10a.m.

Where: Hamilton County Public Health, White Birch Lane, Indian Lake, NY 12842

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

When: September 18, 2019 9:30-10am Refreshments and our meeting will begin at 10a.m.

Where: The Glen at Hiland Meadows, 39 Longview Drive, Queensbury, NY 12801



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
60+ Suggested Contribution is \$3  Under 60, \$5 required contribution				<b>February 1</b> Shepherd Pie with Mashed Potatoes & Veggies Green Beans Pumpkin Bar
<b>February 4</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	<b>February 5</b> Macaroni & Cheese Stewed Tomatoes Mixed Veggies Mandarin Orange	<b>February 6</b> Turkey Divan Broccoli Rice Veggie Casserole Dump Cake	<b>February 7</b> Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	<b>February 8</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Garlic Bread Tossed Salad Pears
<b>February 11</b> Breaded Haddock Scalloped Potatoes Peas & Onions Tropical Fruit Cup	<b>February 12</b> Apple n' Onion Chicken Sweet Potatoes Spinach Gingerbread/Topping	<b>February 13</b> Swedish Meatballs Over Noodles Green Beans Mandarin Orange	<b>February 14</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash <b>Birthday Cake</b> <b>Happy Birthday</b> <b>Valentines Kisses</b>	<b>February 15</b> Spaghetti & Meatballs Marinara Sauce Japanese Veggies Tossed Salad Fresh Fruit
<b>February 18</b> <b>Meal Site Closed</b> <b>President's Day</b>	<b>February 19</b> Turkey Tetrazzini Beets Tropical Fruit Salad	<b>February 20</b> Pot Roast/Gravy Mashed Potatoes Carrots Strawberry Shortcake	<b>February 21</b> Sour Cream Chicken Sweet Potatoes Scandinavian Veggies Chilled Peaches	<b>February 22</b>  <b>Chef's Choice</b>
<b>February 25</b> Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Mandarin Oranges	<b>February 26</b> Cheeseburger Pie Broccoli Coleslaw Fresh Fruit	<b>February 27</b> Pork Chop Sweet Potato Mixed Veggies Pudding of the Day	<b>February 28</b> Lasagna Tossed Salad Green Beans Apple Crisp	

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
	January 1  Meal site Closed	January 2 Apple n' Onion Chicken Sweet Potatoes Spinach Brownie	January 3 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	January 4 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash <b>Birthday Cake</b> <b>Happy Birthday</b>
January 7 Sour Cream Chicken Sweet Potatoes Green Beans Chilled Peaches	January 8 Beef Pot Pie with Potatoes and Veggies Zucchini & Tomatoes Tropical Fruit Salad	January 9 Pot Roast/Gravy Mashed Potatoes Carrots Strawberry Shortcake	January 10 Tortellini Alfredo with Chicken California Medley Pears	January 11 Spaghetti & Meatballs Marinara Sauce Peas & Onions Tossed Salad Cake/Frosting
January 14 Lemon Baked Fish Potato of the Day Mixed Veggies Pudding of the Day	January 15 Pepper Steak Sweet Potatoes Brussels Sprout Chilled Pineapple	January 16 Eggplant Parmesan Spaghetti/Marinara Sauce Green Beans Apple Crisp	January 17 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches	January 18 Chili/ Shredded Cheese Brown Rice Corn Corn Bread Mandarin Oranges
January 21  Meal site Closed	January 22 Chicken Parmesan Penne Pasta/Marinara Sauce Oriental Veggies Mandarin Orange	January 23 Meatloaf/Gravy Mashed Potato Winter Squash Peach Cobbler	January 24 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Fresh Fruit	January 25 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Cake/Frosting
January 28 CHEF'S CHOICE	January 29 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	January 30 Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake	January 31 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	<b>60+ Suggested contribution is \$3</b>  <b>Under 60, \$5 required Contribution</b>

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) **Micro-wave:** 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.

## Let's Talk About Your Part B Medicare Benefit

Part B covers Preventive services: Health care to prevent illness (like the flu) or detect it at an early stage, when treatment is most likely to work best.

### Wondering about your risk for Diabetes?

**Get screened once or twice a year based on your risk factors. Ask your doctor!**

### Medicare pays 100 %

**Diabetes can affect: eyes, heart, kidneys, nerve damage to blood vessels, and feet.**

Part B covers these screenings if your doctor determines you're at risk for diabetes or you're diagnosed with pre-diabetes. These lab tests are covered if you have any of these risk factors:

- High blood pressure (hypertension)
- History of abnormal cholesterol and triglyceride levels (dyslipidemia)
- Obesity
- History of high blood sugar (glucose)

Part B also covers these tests if 2 or more of these apply to you:

- Age 65 or older
- Overweight
- Family history of diabetes (parents, brothers, sisters)
- History of gestational diabetes (diabetes during pregnancy) or delivery of a baby weighing more than 9 pounds

Call your local NY Connects at Warren/Hamilton Counties Office for the Aging toll-free at 1-866-805-3931 or 711 NY Relay Service





NY Connects provides free information and assistance on long term care services.

Contact us at 1-866-805-3931 to find out how we can assist you.

Dear OFA,

*I will be having surgery at Glens Falls Hospital in February. My doctor expects I'll be there for at least ten days. I'd like to know about options available to support us during my hospital stay as well as during my recovery. I drive however my husband does not. We live in Blue Mountain without family nearby to help us. Any information you can provide is appreciated.*

**Blue Mountain Lakers**

Dear Blue,

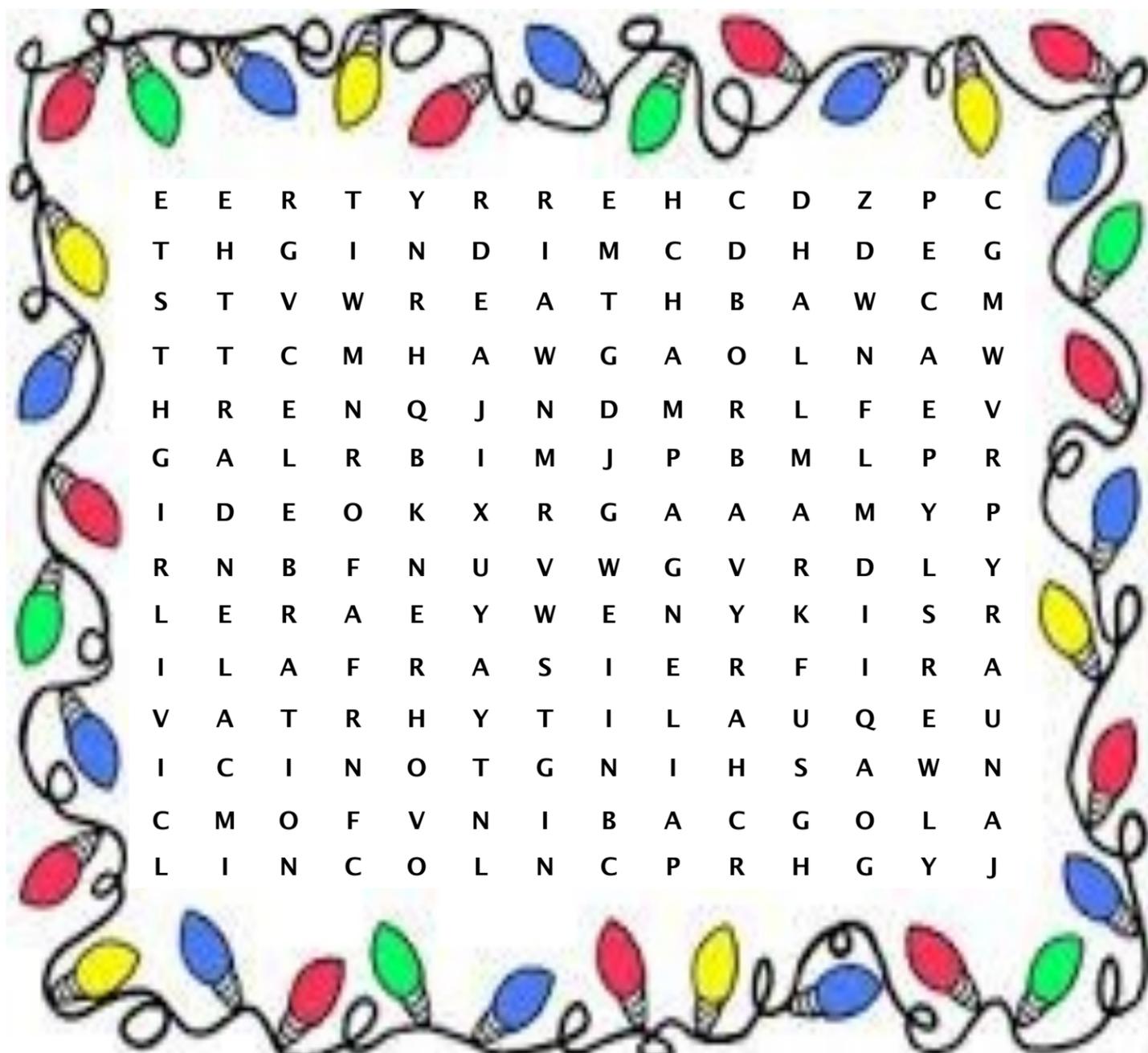
Thank you for reaching out to plan ahead. Your husband may want to arrange to stay at "Amanda's House" so he can visit you at the hospital. Amanda's House doesn't charge for you to stay there. It is a temporary home for patients and their families who have traveled a distance to be treated at Glens Falls Hospital. It is handicap accessible, provides bed linens and towels as well as a clothes washer and dryer. There is telephone service and computer with internet access. Amanda's House is located just a few blocks from Glens Falls Hospital at 22 Henry Street, Glens Falls. For more information, contact them at 518-792-7212.

After your surgery, if physical therapy is ordered by your physician, you may want to ask if that can be done in your home. Typically, Medicare will cover the cost of in-home physical therapy as well as in-patient rehabilitation. Community Transportation Services also provides transportation in your area; please call 518-648-5911. It's best to request a ride 1-2 weeks in advance to arrange transportation. The Warren/Hamilton County Office for the Aging may be able to assist with intermittent Medical Transportation. We have a small staff of Volunteer Drivers and unfortunately we are unable to take Clients to appointments that occur on a regular basis. If you need transportation to medical providers, Office for the Aging has volunteers who may be able to assist or if you are interested in volunteering, please call MaryAnn at Office for the Aging toll-free at 1-888-553-4994 or 518-761-6347.

Once home, if you need want to hire a home care aide, Home-Health Care Partners provides both companion and medical care services. Call them at 1-800-342-1426. Email [info@newyorkhomehealthcare.org](mailto:info@newyorkhomehealthcare.org). Another provider is Hamilton County Public Health at 518-648-6497. You could also apply for financial assistance for home care through the EISEP Program (Expanded In-Home Services for Elderly Persons). Contact Abby at 518-648-6131 if you would like more information about this. If your combined income is over two-thousand fifty-eight dollars per month there may be a cost-share for you. Need more information? Call NY Connects at 1-866-805-3931 and we will do our best to assist you.

Sincerely,

OFA NY Connects (Send your questions to [McCarthy@warrencountyny.gov](mailto:McCarthy@warrencountyny.gov))



WREATH

HALLMARK

LINCOLN

EQUALITY

HOLLY

CELEBRATION

LOG CABIN

CIVIL RIGHTS

CHAMPAGNE

MIDNIGHT

WASHINGTON

PEACE

NEW YEAR

JANUARY

CHERRY TREE

FRASIER FIR

CALENDAR

KING



Happy  
Holidays!

# WINTER WORD SEARCH



E N I T U O P R X A B K S K T Y B  
 T B R Y V P S D C Y E K C O H W C  
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- |              |               |             |             |
|--------------|---------------|-------------|-------------|
| SNOWBOARDING | GLOVES        | ICE SKATING | AEBLESKIVER |
| SKIING       | HAT           | HOCKEY      | HAPPY LIGHT |
| HOLIDAYS     | ALPINESKIING  | LONG JOHNS  | BRISK       |
| SNOW FLAKE   | HOT CHOCOLATE | ANTARCTICA  | POUTINE     |
| COZY         | FLURRIES      | MUKLUKS     | BLIZZARD    |

## HIICAP Corner Medicare Information and Updates



*Happy New Year*

**Now that you have your new (or continuing) Medicare coverage for 2019, here are a few things to remember:**

- \* Keep in touch with your plan through Customer Service or your Agent of Record. They can help you navigate available services or assist with billing questions and issues.
- \* Many Advantage Plans offer incentives for clients to get preventative services, such as annual wellness visits and mammograms. Check with your plan for details.
- \* You may change your Advantage Plan to Original Medicare with a stand-alone prescription plan or to another Advantage Plan during the Medicare Advantage Open Enrollment Period which goes from January 1st through March 31st. This can be useful if you find the plan you are enrolled in does not cover your medical or prescription needs.
- \* Enrollment into subsidy programs such as EPIC (NYS Prescription Assistance Program) or MSP (Medicare Savings Program) is allowed any time of year for income eligible clients and may help with the costs of Medicare premiums and prescriptions.

**IMPORTANT for 2018 Fidelis Advantage Plan members**

If you were enrolled in Fidelis Medicare Advantage Flex HMO or Fidelis Medicare \$0 Premium HMO, these plans are no longer being offered in our area\*. You should have received a letter from Fidelis letting you know that you need to change your plan for 2019. If you did not do so during the Annual Election Period of 10/15/18 to 12/7/18 you still have time to make a choice for coverage. Effected clients are given a Special Enrollment Period that extends from December 8th, 2018 through February 28th, 2019. To review your options please contact 1-800-Medicare (633-4227) or call your local Office for the Aging to request insurance options counseling.

(\* This does NOT include Fidelis Dual Advantage Flex Plan for clients with Medicare and Medicaid.)

**Need Part B Medicare Coverage?**

Medicare clients who did not enroll when first eligible (7 months surrounding 65th birthday or within 8 months of leaving active large group employment with insurance coverage) can use the General Enrollment Period that extends from January 1st through March 31st. During this time clients can apply through Social Security for Part B Medicare coverage. The start date for coverage will begin July 1st.

*Have a safe and healthy New Year!*



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



# Glens Falls Hospital

CENTER OF EXCELLENCE FOR ALZHEIMER'S DISEASE

Glens Falls Hospital has been operating an outpatient program for Alzheimer's and other types of dementias since 2016 when it received the designation as a *Center of Excellence for Alzheimer's Disease* by the New York State Department of Health. The hospital was awarded \$2.1 million in state funding to serve the people of Northeastern New York both diagnostically and with education initiatives. It is one of ten Center of Excellence in the entire state.

Dementia is characterized by memory loss and cognitive changes that interfere with daily life. It is a brain condition and not part of normal aging. Alzheimer's accounts for the most common type of dementia but there are many other types of dementia that are screened for at the Center, some include: Vascular Dementia, Frontotemporal Dementia, Lewy Body Dementia, and Parkinson's dementia.

It is said that 10% of New Yorkers age 45 and up report that they are experiencing worsening confusion or memory loss. There is a subtype of Alzheimer's known as "Early Onset" which afflicts nearly 200,000 Americans under the age of 65. It is important to discuss changes with your health care professional so that the relevant tests and assessments can be performed to root- out the cause for cognitive changes. Know the early signs of disease and seek answers from your health care professionals.

There are many benefits of being diagnosed early. Time allows the patient to plan more for the future and can help lessen anxieties about the unknown. It also gives patients the opportunity to link with support services in the community, find clinical trials and formalize financial and legal plans. The Glens Falls Hospital Center of Excellence assesses patients and if a diagnosis is identified, develops care plans for the patients and their families.

The Center of Excellence for Alzheimer's Disease is located at:

Pruyn Pavilion

102 Park Street

Glens Falls, NY 12801

Tel: (518) 926-2940

Fax: (518) 926-2941

<https://www.glensfallshospital.org/AlzheimersCenter>



# Office Board Bulletin

## HAPPY BIRTHDAY!

### JANUARY

James O'Hara.....3  
Ann Blanchard.....8  
Frank O'Keefe.....14  
JoAnn Holmes.....23  
Mollie Milkiewicz.....24  
Bruce Imrie.....27

### FEBRUARY

Gary Willett .....1  
Chris Kenney.....3  
Leon Steves.....11  
Jim Goodspeed.....12  
Pat Sennett .....13  
Sandy George.....19  
Philip Nadig.....18  
Heather Hamell .....22

### MARCH

Eve Parke.....1  
Angela Braggs.....8  
Lisa Truax .....8  
Paul Edwards.....8  
Mike Goodwin.....15  
Sarah Husa .....20  
Jody Meyer.....24



## Attention Meal Recipients:

**The Meal Sites will be closed on the following dates:**

**Tuesday, December 25, 2018—Christmas Day**

**Tuesday, January 1, 2019—New Year's Day**

**Monday, January 21, 2019— Martin Luther King Jr. Day**

**Monday, February 18, 2019— Presidents' Day**





## Easy Lemon Garlic Chicken

1 Tbsp. extra virgin olive oil  
2 lb. boneless, skinless chicken thighs  
(or whatever cut of chicken you  
have on hand)  
salt and pepper to taste  
1/2 medium yellow onion, diced  
3 cloves garlic, diced

3-5 sprigs fresh thyme (3 large  
sprigs or 5 small sprigs)  
1 large lemon  
1.5 cups chicken stock  
1 cup fresh spinach, roughly  
chopped

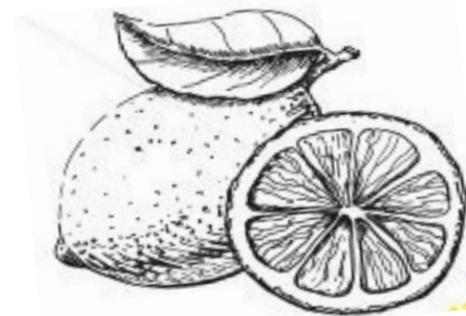
1. Heat oven to 400 degrees F.
2. Heat olive oil in a large, oven-safe pan (I like to use a wide, deep skillet) over medium heat.
3. Season both sides of chicken with salt and pepper to taste.
4. Place chicken thighs in the hot pan and sear for 4-5 minutes on each side until golden brown.
5. Remove chicken to a plate and set aside, then return pan to stove over medium-high heat.
6. Add onion and garlic to pan and sauté until onion is translucent and has started to caramelize, about 4 minutes. If pan is looking a little dry, add another drizzle of olive oil to help the onion cook.
7. Pull leaves off of thyme sprigs and add leaves to the onions, then season with salt and pepper.
8. Juice the lemon, removing any seeds, and add to the onion mixture. Stir to combine.
9. Add chicken stock and spinach to onions and stir to combine. Bring mixture to a simmer, then return seared chicken thighs to pan and spoon some of the broth over the top of them to help them stay moist.
10. Place pan in 400 degree oven, uncovered, and cook 15-20 minutes more until chicken is cooked through. Serve immediately.

## Creamy Cilantro Lime Dip

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

Juice of 1 fresh lime  
1/2 tsp salt

Wash and finely chop cilantro, then add all contents together and stir.  
Enjoy as a dip with the above quesadilla recipe!



### New Members are Welcome, Come Join Our Family

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

Wed-1/2	Reading with Bea-Come relax and listen to Bea read an interesting story	1 pm
Thurs-1/3	Lunch Bunch-meet at Talk Of The Town for an enjoyable lunch with great friends	12 pm
Fri-1/4	Take down Christmas decorations-Pot luck lunch	12 pm
Mon-1/7	Book Club meets	1 pm
Tues-1/8	Cruise the Mediterranean, explore Florence, Italy-chair side adventure	1 pm
Wed-1/9	Game Day-Mahjonn, Scrabble, Mexican Train-Lots of fun!	1 pm
Thurs-1/10	Author Joseph Cutshall- King with discuss his book <b>"Over My Shoulder"</b>	1 pm
Fri-1/11	Let's Chat-bring your ideas, thoughts, what you would like to do at the Center	1 pm
Mon-1/14	Stitchers-Come enjoy working on your craft	1 pm
Mon-1/14	Karen's Art Class-Cost: \$15 all material provided	12:30 pm
Tues-1/15	Winter Blues	1 pm
Wed-1/16	Game Day-Mahjonn, Scrabble, Mexican Train-Lots of fun with friendly people	1 pm
Thurs-1/17	Saratoga Casino-Plan a day of fun at the Casino, lunch on your own	10 am
Fri-1/18	Staff Appreciation Day Lunch	12 pm
Mon-1/21	Center Closed-Martin Luther King Day	9am-4 pm
Tues-1/22	Newsletter Mailing-Center Volunteers needed for this mass mailing	1 pm
Wed-1/23	Game Day-Mahjonn, Scrabble, Mexican Train	1 pm
Thurs-1/24	<b>"Let It Snow Lunch"</b> -Cost: \$8 call the Center to reserve your seat	12pm
Fri-1/25	Adirondack Ramblin Scribblers-Bring your writings and ideas to this group	1pm
Mon-1/28	Pizza & Paint with Karen	12:30 pm
Tues-1/29	Eddy Senior Living-Speaker Katherine Sullivan	1pm
Wed-1/30	Game Day-Mahjonn, Scrabble, Mexican Train-join in on the fun!	1pm
Thurs-1/31	Movie & Popcorn- <b>"Ocean's 8"</b> starring Sandra Bullock and Ann Hathaway	1pm
<b>Ongoing Activities at a Glance:</b>		
Mon-Fri.	Thrift Shop-new items all the time	10-2pm
Every Tues.	Bingo	10 am
Every Wed.	Scrabble Group/Bridge Game	10 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



## Senior Citizens Movie Day Emerald Cinemas

Weather permitting only!

Snow, Sleet, Freezing rain will be cause for cancellation!

Movie Day will resume on the 2nd Thursday of the following month.

**January 10, 2019**

**February 14, 2019**

**March 14, 2019**

**April 11, 2019**

Movies available to watch on the Senior Movie Day will be the same as the regular lineup of movies that week. Please check the local paper for movie listings. The cost is \$5. per person. That includes the movie, popcorn and soda. The movies start at 1:00 pm SHARP! Cinema doors open at 12:30 pm.

After the movie the Hibachi House Buffet is offering an early bird special for \$9 per person including tip. Buffet time is 2:30—3:45 pm movie day only.

### Wells Senior Activities

**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)

**Cozy Crafters** every Thursday at the library 6 PM

**Pickle ball** on Mon, Wed, & Fri at the community hall – 11 AM

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.**



## Rosemary Balsamic Roasted Vegetables

- Cooking spray
- 1/2 lb. Brussels sprouts, brown ends trimmed off and cut in half
- 1/2 medium cauliflower (cut into florets)
- 4 medium carrots (peeled, sliced)
- turnips, peeled and chopped into 1/2 inch cubes
- beets, peeled and chopped into 1/2 inch cubes
- sweet potato (peeled, optional) cut into 3/4 inch cubes
- 3 Tbsp. balsamic vinegar
- 3 tsp. extra virgin olive oil
- 2 tsp. no-calorie sweetener (granulated)
- 2 Tbsp. fresh, chopped rosemary or 2 tsp. dried rosemary
- 2 clove fresh, minced garlic
- 1 tsp. onion powder
- 1/2 tsp. pepper
- 1/4 tsp. salt



### Directions: Preheat oven to 375.

1. Spray 9 x 13 baking dish with cooking spray.
2. Thoroughly wash all vegetables, cut and toss together in large bowl.
3. In small bowl, whisk together vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over vegetable mixture and toss well.
4. Pour vegetable mixture into prepared 9 x 13 baking dish. Bake in preheated oven for 30-35 minutes, stirring once, until all vegetables pierce easily with a fork

## Slow-Cooker Tangy Tomato Brisket

Servings: 4

- 15 oz. canned, no-salt-added tomato sauce
- 1/4 cup apple cider vinegar
- 1 Tbsp. no-calorie sweetener, granulated, 1 1/2 packets
- 1 tsp. paprika
- ka
- 1 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 1/2 tsp. cayenne pepper for spice, optional

### Directions:

In slow cooker, combine tomato sauce, vinegar, no-calorie sweetener, paprika, garlic powder, black pepper, salt, cayenne (if desired), and onion. Stir gently.

Add sirloin making sure it is submerged in the barbecue sauce mixture.

Cook on low setting for 8 hours. Slice and serve with a drizzle of the sauce.



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

**Celebrate National Nutrition Month by making small changes that will lead to big improvements.**

**Simple Health Tips to Try in March**

National Nutrition Month is a yearly occasion. But why stop at the end of March. Hopefully, once you try the following tips, you'll want to continue practicing them all year through.

- 1. **Cut portions.** If you think leaving just a little something on your plate won't matter, think again. It will. Small amounts of uneaten food add up to calories that stay on the plate – not on you.
- 2. **Make a move.** Take the stairs, park a few blocks away or otherwise become inefficient and take extra steps to get where you need to go.
- 3. **Have a vegetable at breakfast.** Most people save their veggies for dinner, but it's healthful to think outside the cereal bowl and veg out at breakfast. For example, add a sliced tomato to your cheese sandwich or some mushrooms to your eggs.

- 4. **Find fiber.** Whether it's a bran cereal, nuts, oatmeal or an array of other fiber-filled foods, added fiber can make you feel fuller longer and provide a, well, moving experience.
- 5. **Flip the package over.** Read nutrition labels to see what's really in your food. Don't be fooled by a flashy front-of-package claim.
- 6. **Pick plants.** Protein derived from plant sources such as seeds, nuts, tofu and tempeh, as well as from grains, can help lower cholesterol, improve your heart health and add a satiating blend of flavors to extend Meatless Monday to the rest of the week.
- 7. **Eat something fishy.** Enjoy fish as a dish at least three times a week. It's heart-healthy, low in fat and contains beneficial omega-3 fatty acids.
- 8. **Take time for tea.** Tea contains polyphenols, it's good for your bones and it provides a soothing cup of comfort in any season.
- 9. **Shake the salting habit.** Replace salt with lemon, herbs and spices.

- 10. **Eat when you eat.** Try not to do simultaneous activities such as typing, watching TV or driving when you eat. You'll appreciate each bite even more.
- 11. **Be good to your gut.** Include Greek yogurt, sauerkraut, kefir or foods high in fiber in your diet.
- 12. **Make healthy swaps.** For instance, try mashed avocado instead of butter or use whole-wheat pastry flour in place of white, refined types.
- 13. **Go nuts.** Nuts add crunch and decadent flavor to salads, veggie dishes, yogurt and even sandwiches via nut butters. Nuts can help reduce cholesterol levels and stabilize blood glucose levels.

- 14. **Chill out.** Frozen foods, particularly fruits and veggies, can be just as nutritious as fresh produce and, in some cases, they may be even better.
- 15. **Have a superfood.** Most superfoods can be found in the produce aisle – they're not fancy and they don't even wear food labels. Add a fruit or veggie to each meal.
- 16. **Share a meal.** Try ordering your own appetizer but split the main dish with a friend.
- 17. **Get big on beans.** Beans are the most undervalued food in the supermarket. They are inexpensive, easy to store, rich in protein and fiber, and taste so good. Add some to your soup tonight.
- 18. **Do something.** Don't call it exercise – call it fun. Dance, ride a bike, take the dog for a long walk or just climb the steps in your home or apartment.
- 19. **Make snacks count.** Be sure your snack consists of protein, whole grains and healthy fat for the trifecta that will keep you feeling fuller longer.

**And Finally: Be kind to yourself.**

Adopted By: Bonnie Taub-Dix, MA, RDN, CDN, BTM Nutrition Consultants



# COMMUNITY CONNECTION



## LEGAL EASE *Legal Aid Services*



**Warren/Hamilton Counties Office For the Aging now has an attorney from Legal Aid who will meet with senior clients who are at least 60 years of age or older. Legal Aid offers services including Estate Planning, Wills, Advanced Directives and Power of Attorney. Appointments may be scheduled through the Warren/ Hamilton Counties Office For the Aging by calling 518-761-6347. You may also contact Legal Aid directly by calling 518-587-5188.**

### RSVP



The RSVP and Tri-County United Way Financial Coaching program is looking for volunteers to go to an organization such as a senior center or an agency working directly with people on a regularly scheduled basis. While there they will be available to answer questions and give quick help to individuals and/or explain how the coaching program works.

Some of the topics that might be covered include:

- Income/spending tracking,
- Short-term strategies,
- Goal setting, or
- Identifying changes that may help with household finances.

- People who may have questions include someone who
- Is suddenly responsible for dealing with bills, etc. for the first time,
- Has an unexpected expense and needs help figuring out how to deal with it, or
- Is ready to set up a simple budget.

We are also looking for possible locations to set up, so that we are visible to a cross section of the community.

Training is available for interested volunteers and your ideas and suggestions are welcome. Please contact JoAnna Sheridan at 518-743-9158 ext. 208 or [jsheridan@tricountyunitedway.com](mailto:jsheridan@tricountyunitedway.com).



**Attention Veterans and Surviving Spouses**

ARE YOU ELIGIBLE...

For medical, disability, pension, property tax exemptions, and other discounts?

Let us complete a Veteran or Surviving Spouse 360° review of your eligibility to local, state and federal benefits.

**WARREN COUNTY VETERANS' SERVICES**

Call 518/761-6342 for an appointment



# MEMORY cafe

Open to the public...

**January 18th** from 1pm-3pm  
**Caregiver Support Initiative**  
 357 Bay Road, Queensbury

**February 15th** from 1pm-3pm  
**Glen at Hiland Meadows**  
 39 Longview Drive, Queensbury

**March 15th** 1pm-3pm  
**Gospel Lighthouse Church**  
 30 LaCross Street, Hudson Falls

Walk-ins are welcome,  
 but RSVP is appreciated  
 for the FREE Memory Café

For more information or to RSVP,  
 call Stacey Barcomb (518) 832-4992

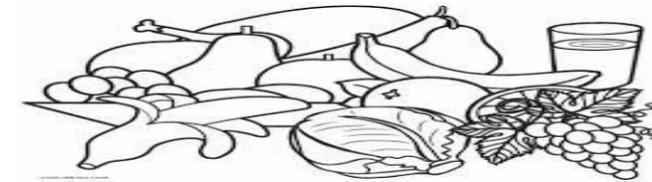
### What is a Memory Café?

A Memory Café provides a gathering place for friends with Alzheimer's disease or other dementias and their caregivers and families to relax and enjoy social events, refreshments, and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)  
 The Caregiver Support Initiative  
 SUNY Plattsburgh

This program is supported by a grant from  
 the New York State Department of Health.



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

### FEBRUARY is American Heart Month

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent

### Healthy Substitutions for Everyday Foods

When it comes to cooking and baking there are easy (and tasty) heart-healthy substitutions you can incorporate in your daily meal preparation. Substituting new foods for your tried and true staples might feel foreign at first. But if you stick with it you will start to notice positive reactions from your body and even learn to love the taste.

1. Whole-wheat flour - Instead of white, processed flour try to incorporate whole-wheat flour into your baking. Because whole grains, like whole-wheat products, contain the entire grain, they are more fibrous than their white counterparts—and more likely to keep you full throughout the day. Not sure your family will embrace whole-wheat pasta or flour? Mix it in with white to get them acclimated. Your family won't even notice.
2. Unsweetened applesauce - In many baking recipes, you can reduce the amount of saturated fat by substituting butter for fiber-filled, unsweetened applesauce—or any fruit puree—and canola oil. (Butter can be replaced with half canola oil and half puree.) Still looking to cut back? Try ground flax seeds in place of oil.
3. Greek yogurt - Delicious on its own, Greek yogurt can wear many hats. An easy, heart-healthy swap? Serve this naturally sour yogurt instead sour cream. You'll need one small container of nonfat yogurt and a lemon. Squeeze the lemon into the yogurt, stir and serve. This is an easy way to sneak digestion-

aiding probiotics into your meals. Just be sure the yogurt you choose is all-natural, plain Greek—flavored and fruit-filled yogurts are full of extra sugars your body doesn't need.

4. Avocado - This green fruit gets a bad rap from time to time, but is actually very good for you. Yes, it has a high fat content and yes, you should eat it in moderation (as you should most things), but avocados are full of the fats your heart needs to stay healthy. Try subbing the cheese or mayonnaise on your sandwich for a serving of avocado. You'll get the creamy goodness you're craving while your heart gets a healthy boost. Don't love avocado? Another great alternative is hummus.

5. Ground turkey - For chili, pasta sauce and burgers take a break from beef and try lean, ground turkey. Reducing your consumption of red meat is a serious step in reducing your chances of heart diseases (or a recurrence). If you're worried your family will fret, try the whole-wheat pasta trick and work on mixing it in over time.

6. Extra-virgin olive oil - This should be your main go-to fat for heart health. Used for sautéing and cooking, extra-virgin olive oil is a tasty, heart-healthy substitution for butter. It must be extra-virgin or it won't contain the antioxidants that come with the cold pressing.

7. Dark leafy greens - Heart-healthy greens like spinach, arugula, watercress and kale can be used in place of watery greens like iceberg lettuce and romaine, which lack in important nutrients. As always, acclimation is key to long-term success, so if you or your family isn't ready to commit to the dark stuff try mixing different greens in with lettuces you are comfortable with.

Adopted By: AmericanHeartAssociation.org



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

### 8 New Year's Resolutions for a Happy – and Healthy – 2019

The New Year can be an exciting time, brimming with the promise of fresh starts and new beginnings.

It's also an opportunity to recommit to your health and well-being:

**Eat better. Exercise three times each week. Drink more water.**

Creating these resolutions is easy enough. Sticking to them beyond the month of January, however, is another story.

**1. Practice mindful eating** - These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites. When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat.

**2. Commit to one less dessert per week.** The people who resolve to cut sugar entirely out of their diet or give up desserts altogether usually don't last very long. Instead, try taking baby steps. If your routine includes a sweet treat after lunch or dinner, skip one day a week. You may start to notice that you are more alert and have more energy that day, and you will likely feel encouraged to go for 2 days or more!

**3. Chill out and rest up** - when it's time to sleep, it's time to chill – literally. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to really get those quality Zs.

**4. Adopt an attitude of gratitude** – Take some time at the beginning or end of the day to reflect on what you're grateful for. "A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being," says Johns Hopkins psychiatrist Susan Lehmann, M.D.

**5. Find 30 minutes a day to walk** - Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout your day. Then have a friend or family member meet you for an evening stroll.

**6. Take the stairs** - Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run. "Individuals who are physically active are much less likely to develop cardiovascular disease."

**7. Devote some time weekly (or monthly) to volunteering.** Volunteerism can have positive effects on physical and mental health. Volunteering has been shown to lower blood pressure and improves heart health and can also lower your risk of mental illness, including depression and anxiety.

**8. Choose a brain-training exercise each week.** Put your brain to work each week to help maintain your cognitive abilities and improve memory. Make it fun – choose a crossword puzzle one week and Sudoku the next. Organize a game night with friends to play Scrabble or a board game full of strategy for multiple players.

**As always, talk with your doctor before beginning your journey to a healthier you.**

Adopted By: [hopkinsmedicine.org](http://hopkinsmedicine.org) and [healthcompare.com](http://healthcompare.com)

## Dementia Caregiver Conversations

January 8th ~ February 12th ~ March 12th



### Free Support Group

For caregivers of people with Alzheimer's disease and other dementias.

For more information, contact Stacey Barcomb at (518)832-4992.

### Second Tuesday of Each Month

11:00 a.m. - 12:00 p.m.

The Glen at Hiland Meadows  
39 Longview Drive  
Queensbury, NY

[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from the New York State Department of Health

# Hamilton County Support Group

January 14th ~ February 11th ~ March 11th



## DEMENTIA CAREGIVER SUPPORT GROUP

Call Stacey Barcomb for more information. (518) 832-4992.

### Second Monday of Each Month

10:00 a.m. - 11:00 a.m.

Lake Pleasant Senior Center  
2881 Route 8  
Speculator, NY 12164

[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from the New York State Department of Health

# Hamilton County Support Group



January 10th, 2019  
February 14th, 2019  
March 14th, 2019

from 1:00 pm to 3:00 pm

Indian Lake Senior Citizen Center  
6358 State Route 30  
Indian Lake, NY

Walk-ins are welcome,  
but RSVP is appreciated  
for the FREE Memory Café

For more information or to RSVP,  
call Stacey Barcomb at  
(518) 832-4992

### What is a Memory Café?

A Memory Café provides a gathering place for friends with Alzheimer's disease or other Dementia and their caregivers and families to relax and enjoy social events, refreshments, and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)

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