

DECEMBER 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pineapple	December 3 Pork Chop Roasted Red Potatoes California Medley Dump Cake	December 4 Hungarian Goulash Noodles Japanese Medley Beets Mandarin Orange	December 5 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes* Peas & Onions Chilled Pears	December 6 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup
December 9 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	December 10 Eggplant Parmesan w/ Spaghetti Marinara Sauce Peas & Onions Mandarin Oranges	December 11 Turkey Divan Sauce Broccoli Rice Veggie Casserole Chilled Peaches	December 12 Beef Stew/ Biscuit Boiled Potatoes/ Carrots Brussel Sprouts Pumpkin Bar	December 13 Sour Cream Chicken Sweet Potatoes Corn Chilled Pears
December 16 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Rice Pudding	December 17 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Yogurt w/Berries	December 18 CHEF'S CHOICE	December 19 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 20 Breaded Fish Scalloped Potatoes Japanese Medley Tropical Fruit Mix
December 23 BBQ Pulled Chicken Potato of the Day Winter Squash Carrots Tropical Fruit	December 24 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	December 25  Meal Site Closed	December 26 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday	December 27 Roast Pork Loin/ Gravy Mashed Potatoes Green Beans Applesauce
December 30 Beef Stroganoff over Noodles Broccoli Fruited Gelatin	December 31 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Tropical Fruit		Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5	

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



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

FALL EDITION

2019

OCTOBER, NOVEMBER & DECEMBER

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

Or contact Mary Ann at 761-6347 to be added to our email list.

NOTICE OF PUBLIC HEARINGS

We would love to see you there.

It is time for our annual **Public Hearings**. At the hearings we will be discussing the office's service plan for seniors for 2020. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice, as well as interpretation services. All sites are handicap accessible. If you need special accommodations, please call Deanna Park, PH#(518)761-6347 or email: parkd@warrencountyny.gov, at least one week in advance.

Hearings will be conducted at the following sites:

OCTOBER 23rd CHESTERTOWN MEAL SITE

11:30AM PH#(518)494-3119

6307 State Route 9, Chestertown, NY 12817

NOVEMBER 12th WELLS NUTRITION SITE

11:30AM PH#(518)924-4066

501 Buttermilk Hill Road, Wells, NY 12190

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Deanna Park, Director

Warren/Hamilton Counties Office for the Aging

The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants



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

Dear OFA,

My Uncle is 59 and recently relocated to our area. He has a reliable car to drive, enjoys attending concerts and sporting events. He served in the military and is interested in making new friends in our community through volunteering. What are some options I could tell him about? Thank you, Glad to be in Glens Falls

Dear Glad,
Your Uncle has many options available. **VetTix provides free tickets to Veterans and service members with the aim of reducing stress, strengthening family bonds, building life-long memories and encouraging connections with local communities. How it works: First, VetTix secures tickets to sporting events, concerts, performing arts, educational and family activities. Then, Veterans sign up online, where their service is verified. Finally, members, or 'VetTixers,' request tickets to events that interest them, pay a small delivery fee and receive their free tickets. Visit them at www.vettix.org for more information.**

RSVP (Retired and Senior Volunteer Program) matches people 55 and older with opportunities to volunteer. Contact RSVP by email at rsvp@tricityunitedway.org or phone: [518.743.9158](tel:518.743.9158).
Sincerely,
Office for the Aging

Have a question for us?

Email it to our newsletter editor, Mary Ann @

McCarthyM@warrencountyny.gov

We will answer your question in an upcoming issue or follow up with you directly if you prefer.

Did you know?

NY Connects is here to assist you with your long term care related questions on the phone or in person. Call 1-866-805-3931 to schedule a face-to-face appointment at our office, your workplace, or your home.

DECEMBER SAVE THE DATE

NY CONNECTS LONG TERM CARE COUNCIL INVITES YOU TO JOIN US THURSDAY, DECEMBER 5, 2019 AT 9:30A.M. TO NOON FOR OUR MEETING AT WASHINGTON COUNTY MUNICIPAL CENTER

383 BROADWAY, FORT EDWARD



PLEASE RSVP BY NOV 22

CALL SUSAN @ 1-866-805-3931 OR EMAIL TO DORNANS@WARRENCOUNTYNY.GOV

NOVEMBER 2019

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine. (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. *Menus subject to change. Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. Caution contents will be hot.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Age 60+ Suggested contribution is \$3</p> <p>Under age 60, required contribution is \$5</p>				<p>November 1</p> <p>Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup</p>
<p>November 4</p> <p>Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple</p>	<p>November 5</p> <p>Eggplant Parmesan w/ Spaghetti Marinara Sauce Peas & Onions Mandarin Oranges</p>	<p>November 6</p> <p>Meal Site Closed</p>  <p>Staff Training Day</p>	<p>November 7</p> <p>Beef Stew/ Biscuit Boiled Potatoes/ Carrots Brussel Sprouts Pumpkin Bar</p>	<p>November 8</p> <p>Sour Cream Chicken Sweet Potatoes Corn Chilled Pears</p>
<p>November 11</p>  <p>Meal Site Closed</p>	<p>November 12</p> <p>Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Yogurt w/Berries</p>	<p>November 13</p> <p>Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Diet</p>	<p>November 14</p> <p>Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges</p>	<p>November 15</p> <p>Breaded Fish Scalloped Potatoes Japanese Medley Birthday Cake Happy Birthday</p>
<p>November 18</p> <p>BBQ Pulled Chicken Potato of the Day Winter Squash Carrots Tropical Fruit</p>	<p>November 19</p> <p>Quiche of the Day California Medley Muffin of the Day Fresh Fruit</p>	<p>November 20</p> <p>CHEF'S CHOICE</p>	<p>November 21</p> <p>Thanksgiving Meal</p> <p>Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies</p>	<p>November 22</p> <p>Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Tropical Fruit Mix</p>
<p>November 25</p> <p>Beef Stroganoff over Noodles Broccoli Fruited Gelatin</p>	<p>November 26</p> <p>Macaroni & Cheese Stewed Tomatoes Marinated Carrots Tropical Fruit</p>	<p>November 27</p> <p>Chicken & Rice Bake Brown Rice Italian Veggies Apple Crisp</p>	<p>November 28</p> <p>Happy Thanksgiving</p>  <p>Meal site Closed</p>	<p>November 29</p> <p>Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Short-cake</p>

OCTOBER 2019

Warren/Hamilton Counties Office for the Aging

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1 Eggplant Parmesan w/ Spaghetti Marinara Sauce Peas & Onions Mandarin Oranges	October 2 Turkey Divan Sauce Broccoli Rice Veggie Casserole Chilled Peaches	October 3 Beef Stew Boiled Potatoes Brussel Sprouts Pumpkin Bar 1 Biscuit	October 4 Sour Cream Chicken Sweet Potatoes Corn Chilled Pears
October 7 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Rice Pudding	October 8 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Yogurt w/Berries	October 9 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Diet	October 10 CHEF's CHOICE	October 11 Breaded Fish Scalloped Potatoes Japanese Medley Tropical Fruit Mix
October 14  Meal Site Closed	October 15 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 16 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	October 17 Roast Pork Loin/Gravy Mashed Potatoes Green Beans Applesauce	October 18 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday
October 21 Beef Stroganoff over Noodles Broccoli Fruited Gelatin	October 22 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Tropical Fruit	October 23 Chicken & Rice Bake Brown Rice Italian Veggies Apple Crisp	October 24 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	October 25 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake 1 slice Whole Wheat Bread
October 28 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pineapple	October 29 Pork Chop Roasted Red Potatoes California Medley Dump Cake	October 30 Hungarian Goulash Noodles Japanese Medley Beets Mandarin Orange	October 31 Happy Halloween Soup of the Day (at congregated sites only) Liver & Onions Mashed Potatoes Peas & Onions Halloween Dessert	Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5



1-800-MEDICARE (1-800-633-4227)
NAME OF BENEFICIARY: JOHN DOE
MEDICARE NUMBER: 000-00-0000-A
SEX: MALE
HOSPITAL (PART A): 01-01-2007
MEDICAL (PART B): 01-01-2007

HIICAP Corner

Medicare Information and Updates



Fall 2019

Medicare Open Enrollment

(October 15 - December 7)

During the Medicare Annual Enrollment Period (AEP) you can change to a different type of Medicare Plan, switch Medicare Advantage Plans, or change your prescription drug coverage.

Reasons to consider changing Medicare coverage:

- *Your premiums are increasing
- *The Medicare Advantage Plan you have no longer has your providers in network
- *Formulary changes resulting in medications not covered or increases in copays
- *Changes in your health that suggest increase or decrease in coverage

Do you have to make a change?

No. If you are already enrolled in a Medicare Part D Plan or a Medicare Advantage Plan and *do not want to make any changes* to your coverage for the coming year, you don't need to do anything provided your plan is still available.

Ways to review current coverage and future options

* **1-800-Medicare** (1-800-633-4227) connects you to a Medicare representative that can discuss current coverage and future options for plans in your service area.

* **Medicare.gov** has a new Plan Finder that will allow you to create login to view your current coverage alongside options for 2020. You can enter your medications to check compatibility with plans, review plan costs, search for providers, and enroll online if you wish to make a change for 2020.

* **Plan presentations:** Throughout the region Medicare plan representatives and brokers offer informational meetings regarding their products. You can contact the plans to find dates, times and locations or check local advertising.

* **Marketing:** This time of year there is no shortage of Medicare information on television and through the mail. Keep in mind that important notices from your plan, Medicare (CMS), and Social Security are mailed out among the advertising. Notices will include: Annual Notice of Change (ANOC) from your current plan which provides snapshot of plan coverage this year compared to 2020; updates from CMS regarding subsidy and premium changes for 2020; and Social Security Cost of Living Increase (COLA).

* **Office for the Aging:** Contact your County Office for the Aging to speak with a HIICAP counselor who can assist you with questions about Medicare and available options.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

HEAP Outreach Schedule 2019

Assistance with eligibility/applying for HEAP program

(Program Opens November 12th)

Warren County

Friday, November 15th	<u>Thurman Town Hall</u> (311 Athol Rd. Athol)	10:00-10:30
	<u>Lake Luzerne Mealsite</u> (Luzerne Senior Center)	11:30 - 12:00
Monday, November 18th	<u>Cronin High Rise</u> (43 Ridge St. Glens Falls)	10:30 - 11:30
	<u>Montcalm Apartments</u> (Community Room)	12:00 - 12:30
	<u>Glens Falls Sr. Center</u> (380 Glen St. Glens Falls)	1:00 - 2:00
Thursday, November 21st	<u>White Water Manor</u> (10 Manor Rd. North Creek)	10:30 -11:30
Tuesday, November 26th	<u>Chestertown Mealsite</u> (Chester Municipal Center)	11:00 - 11:30
Tuesday, December 3rd	<u>Countryside Adult Home</u> (353 Schroon River Rd. Warrensburg)	9:00 - 10:00
	<u>Warrensburg Town Hall</u> (3797 Main St. Warrensburg)	11:00 - 11:30
Wednesday, December 4th	<u>Village Green Apartments</u> (1 So. Delaware Ave. Glens Falls)	12:00 - 1:00

Hamilton County

Monday, November 25th	<u>Wells Mealsite</u> (Buttermilk Hill Rd. Wells)	11:30 - 12:00
Tuesday, December 3rd	<u>Indian Lake Mealsite</u> (6358 State Route 30 Indian Lake)	11:30 - 12:00

Income eligibility (Gross): 1 Person \$2494; 2 Person \$3262; 3 Person \$4030; 4 Person \$4797

If unable to attend an outreach event

Please call 518-761-6347 to request an application or schedule an appointment

HOLIDAY WORD SEARCH



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

COLUMBUS

EXPLORER

VOYAGE

PINTA

SHIPS

THANKSGIVING

FEAST

FALL

PILGRIMS

PUMPKIN

CHRISTMAS

SANTA

GIVING

KWANZAA

HANUKKAH



FALL WORD SEARCH



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

- | | | | |
|---------|-------------|----------|---------------|
| PUMPKIN | SCARECROW | FALL | APPRECIATE |
| AUTUMN | FOOTBALL | KINTSUGI | PEACEFUL |
| LEAVES | RAKE | TRUFFLE | CONTEMPLATION |
| HARVEST | ACORN | SWEATER | HOME |
| APPLES | HOSPITALITY | CINNAMON | COMMUNITY |



GET YOUR FLU SHOT



WARREN COUNTY PUBLIC HEALTH
 2019 SEASONAL FLU &
 PNEUMONIA VACCINE CLINICS
 Tel #: 518-761-6580



10/2	Wednesday	Bolton Town Hall Lake Shore Drive	1:00pm – 2:00pm
10/7	Monday	Chestertown Municipal Center	11:00am – Noon
10/7	Monday	Hague Town Hall	1:00pm – 2:00pm
10/10	Thursday	Lake Luzerne Senior Meal Site	10:30am – 11:30am
10/15	Tuesday	Glens Falls Senior Center	10:00am-12:00pm
10/16	Wednesday	North Creek/Johnsburg Senior Center	12:30pm – 1:30pm
10/17	Thursday	Warren County Municipal Center Public Health Office	4:30pm – 5:30pm
10/18	Friday	Queensbury Community Center	11:00am - 1:00pm
10/21	Monday	Lake George Town Hall	11:00am – 12:00pm
10/24	Thursday	Cronin High Rise	9:30am – 10:30am
10/24	Thursday	Stichman Towers	11:00 – 12:00pm
10/24	Thursday	Warren County Municipal Center Public Health Office	4:30pm – 5:30pm
10/28	Monday	Warrensburg Town Hall	10:00am – 11:00am
11/7	Thursday	Warren County Municipal Center Public Health Office	4:30pm – 5:30pm
11/14	Thursday	Warren County Municipal Center Public Health Office	4:30pm – 5:30pm



It is strongly recommended that ALL persons of any age receive Flu Vaccine each year!
 We are offering Flu Shots. We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC. Cost of High-Dose flu is \$70.00. We are giving Quadrivalent Flu vaccine and Flumist for all others. Cost of Flu is \$40.00. Pneumonia vaccines will also be available. Prevnar 13 will cost of \$240.00 and Pneumovax will cost \$150.00. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.



2019-2020 Health Insurance Information



Learn about the latest changes to New York State of Health (NYSOH) Marketplace health insurance plans and discover what health insurance coverage options are available in your area. There will be representatives from numerous health insurance companies on hand to answer your questions regarding their plan options.

There will also be half-hour informational sessions:

4:00—4:30 p.m. – New York State of Health (NYSOH) Marketplace

4:30—5:00 p.m. - Medicare

This event is **FREE** and open to the public.

Contact Linda Townsend at 518-792-3537 for more information or to register.

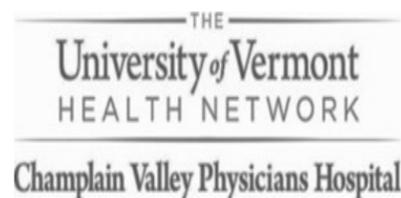
Walk-ins are welcome! We hope to see you there!

Thursday, October 3, 2019, 4pm—6pm

UVMHN – CVPH
75 Beekman Street
Plattsburgh, NY

Thursday, October 10, 2019, 4pm—6pm

Six Flags Great Escape Lodge
86 Six Flags Drive
Queensbury, NY



Office Bulletin Board



OCTOBER

Val Bucci.....1
Andy Houtman.....8
Priscilla Sanderspre.....8
Linda Sue Monroe.....8
Ellen O'Hara.....10
Maureen Shaughnessy.....12
Clara Fiore.....21
John Hayes.....22
Bonnie Nadig.....29

NOVEMBER

Courtney Holmes1
Pat Minucci.....4
Morland Keyes.....8
Scott Rager14
Marie Godsil25
Cathy Hodgkins25
Sally Behan.....25



DECEMBER

Gene Casella.....6
Lynn Schuette.....9
Brock Layden.....9
Gail Connor12
Joe Maglione12
Bob Diamond13
Louisette Bureau17
Pete Cartier19
Robin Dutcher.....19
Joan Bovee.....25
Deborah Coburn26

Attention Meal Recipients:

The Meal Sites will be closed on the following dates:

Columbus Day, Monday, October 14

Staff Training, Wednesday, November 6

Veteran's Day, Monday, November 11

Thanksgiving, Thursday, November 28

Christmas Day, Wednesday, December 25

FALL HARVEST SOUP

Prep Time: 10 minutes Cook Time: 30 minutes Total Time: 40 minutes Yield: 6 servings

INGREDIENTS

- 2 tablespoons of olive oil
- 3 medium carrots, chopped
- 1 medium yellow onion, chopped
- 4 cloves of garlic, minced
- 2 heaping cups of butternut squash, chopped
- 2 medium red potatoes, chopped
- 1 large zucchini, chopped
- 1 1/2 cups of cabbage, chopped
- 1 teaspoon of salt
- 1/2 teaspoon of ground sage
- 1/8 teaspoon of cayenne pepper
- 1/2 teaspoon of all-spice
- 1 quart + 2 cups of vegetable stock
- 6 springs of thyme
- 1 14.5 ounce can of diced tomatoes, juice included
- 2 cups of kale, chopped

1. In a large pot over medium heat, heat the oil and then add in the onion and carrot. Sauté, stirring occasionally, for 5 minutes or until the veggies begin to soften.
2. Add in the garlic and sauté for another couple minutes.
3. Add in the butternut squash, potatoes, zucchini, and cabbage as well as the salt and spices. Stir to mix it all up.
4. Add in the broth, tomatoes (juice and all), and the thyme. Stir and bring to a boil. Reduce heat to medium and simmer for 10 minutes.
5. Add in the kale, stir, and simmer for an additional 10 minutes. Once the kale is fully wilted, the soup is ready.
6. Discard the thyme sprigs before serving and add in a bit more salt and pepper if needed. Let cool slightly and then ENJOY!!

176 calories per serving

Adopted By: Bbritnell.com



Christmas Meatballs

Cranberry sauce and brown sugar create a tangy glaze for moist meatballs that are good as an appetizer or as a main dish over

- 2 large eggs, lightly beaten
- 1 envelope onion soup
- 1/2 cup seasoned bread crumbs
- 1/4 cup chopped dried cranberries
- 2 tablespoons minced fresh parsley
- 1-1/2 pounds lean ground beef (90% lean)

SAUCE:

- 1 can (14 ounces) whole-berry cranberry sauce
- 3/4 cup ketchup
- 1/2 cup beef broth
- 3 tablespoons brown sugar
- 3 tablespoons finely chopped onion

1. In a large bowl, combine first five ingredients. Add beef; mix lightly but thoroughly. Shape into 1-in. balls.
2. Place a third of the meatballs on a microwave-safe plate. Cover with waxed paper; microwave on high until cooked through, 2-3 minutes. Drain on paper towels. Repeat twice with remaining meatballs.
3. In a 2-qt. microwave-safe dish, mix sauce ingredients. Microwave, covered, on high until heated through, 3-4 minutes, stirring halfway. Gently stir in meatballs. Microwave, covered, on high until heated through, 1-2 minutes.

Nutrition Facts: 1 meatball: 71 calories, 2g fat (1g saturated fat), 22mg cholesterol, 190mg sodium, 9g carbohydrate (6g sugars, 0 fiber), 4g protein.

Adopted by: Eatingwell.com



alzheimer's association

Northeastern New York Chapter

presents

Early
Alzheimer's
Support &
Education

Partnered learning to **EASE** the journey.

EASE is an 8 week interactive learning program for people with early stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's disease and other forms of dementia as well as current research and treatment plans. Other topics covered during the 8 weeks include legal and financial preparation, communication and compensatory strategies, home safety and community resources. A support group is also offered at the end of each session.

Appropriate audience:

Persons with Early Stage Alzheimer's and their care partners.

When:

Each Tuesday beginning September 24th through
November 12th from 9am-11am

Where:

The Conkling Center
79 Warren St., Glens Falls

Sponsored by:



THE
CONKLING CENTER

This program is **FREE**, but pre-registration is required. Individuals must be pre-screened to participate. If interested please call Lindsay Stanislawsky, (518)888-5368 email: lstanislawsky@alz.org

The EASE meeting topics are described below:

Week 1: Meeting Other Travelers- Getting to know each other and an overview of Alzheimer's disease.

Week 2: Partnering with your Physician- Current information on the disease, research and treatment.

Week 3: Check Points- Insight into legal issues and preparing for the future.

Week 4: Traveling Together- Enhancing communication to meet the challenges of present and future change brought on by a memory disorder.

Week 5: A Day At A Time- Dealing with everyday events; tips for dealing with memory loss.

Week 6: Managing Change- Maintaining a healthy attitude; dealing with feelings about recent changes.

Week 7: For Safety's Sake- Tips on how to stay safe within and outside of your home.

Week 8: The Road Ahead- Learning about relevant community resources.

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



Great Volunteer Opportunity!

Resident Advocate
Long Term Care Ombudsman Program



Volunteers are needed in Albany, Fulton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington Counties

A Long Term Care Certified Volunteer Ombudsman is dedicated, trained, and committed to improving the quality of care of residents in New York State long term care facilities. Ombudsmen make a difference in the lives of a vulnerable population by listening to residents and their families and helping them to understand and exercise their rights to quality care and quality of life.

Training for new Volunteer Ombudsmen will begin soon
For more information, contact:

Erin Plonka at 372-5667 or volunteer@cathcharschdy.org
www.ccseniorservices.org



Legal Aid is Here to Serve
Warren and Hamilton Counties

When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County).



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

Hamilton County

Hamilton County

The Hamilton County Public Health Nursing Service is working with Hamilton County communities and the OFA to establish a Vulnerable Population Registry to ensure the safety and well-being of residents that may need additional assistance during an emergency due to short-term or chronic medical, access, mobility, and/or special needs. Registration forms will be available at the Hamilton County Nutrition Sites and included with meals that are delivered. If you would like assistance in completing the form, please call Cindy at 518-648-6497.



Main-Dish Turkey Stuffing with Herbed Gravy



Main-Dish Turkey Stuffing
8 ounces skinless, boneless turkey breast tenderloin, cut into bite-size pieces
1/3 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped carrot
1 clove garlic, minced
1 tablespoon light butter with canola oil
1 1/2 teaspoons chopped fresh parsley
1 teaspoon chopped fresh oregano or 1/4 teaspoon dried oregano, crushed
1/2 teaspoon chopped fresh thyme or 1/8 teaspoon dried oregano, crushed

1/4 teaspoon poultry seasoning
1/8 teaspoon ground pepper
1 1/2 cups dried reduced-calorie whole-wheat bread cubes
1/3 to 1/2 cup unsalted chicken stock
Herbed Gravy
2 teaspoons light butter with canola oil
1 tablespoon flour
1/2 cup unsalted chicken stock
1/2 teaspoon chopped fresh oregano or 1/8 teaspoon dried oregano, crushed
1/4 teaspoon chopped fresh thyme or dash dried thyme, crushed

- 1 Preheat oven to 350 degrees F.
- 2 Prepare turkey stuffing: Cook turkey, celery, onion, carrot and garlic in a medium skillet in 1 tablespoon hot butter over medium heat for 7 to 10 minutes or until turkey is cooked through and vegetables are tender, stirring occasionally. Remove from heat; stir in parsley, oregano, thyme, poultry seasoning and pepper.
- 3 Combine turkey mixture and bread cubes in a medium bowl. Drizzle with enough chicken stock to moisten, tossing lightly to combine. Divide mixture between two 12-ounce individual casserole dishes.
- 4 Bake, covered with foil, about 20 minutes or until heated through.
- 5 Meanwhile, prepare gravy: Melt 2 teaspoons butter in a small saucepan over medium heat. Stir in flour; cook and stir about 3 minutes or until flour begins to brown. Slowly whisk in chicken stock. Cook and stir until thickened and bubbly. Reduce heat; cook and stir for 1 minute more. Stir in oregano and thyme. Serve with turkey stuffing.

Recipe By: Diabetic Living Magazine "Why wait for the holidays to enjoy turkey and stuffing? Here, the dynamite duo becomes a hearty main-dish casserole you can enjoy—without a fat-and-calorie splurge—any time of year."
Adopted by: Eatingwell.com

Wells Senior Citizen Club



October

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

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

New Members Are Welcome Come Join our Family

SENIOR CENTER SHENANIGANS

“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

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

TRIPS

December 1-6 (Sunday –Friday) “ Christmas Time in the Smokies” Pigeon Forge Area

- **October business meeting Wed, 10/9 @ 12:45– Speaker will be the Hamilton County DA discussing fraud on the elderly, jury duty, experiences with law en-**

“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 info.



Tues-10/1	Cards for Troops-help us sign and mail out cards for our troops	1:00 PM
Wed-10/2	Reading with Bea-Listen and relax to a short story with Bea Roman	1:00 PM
Thurs-10/3	Shelburne Museum	
Fri-10/4	Shoobox Packing-Volunteers needed/ help pack boxes for children all over the world	10:00 AM
Mon-10/7	Vase Pouring Cost: \$25 Limit 15 first sign up	1:00 PM
Mon-10/7	Book Club- “A Man From St. Petersburg”	1:00 PM
Tues-10/8	Baker Funeral Home-Pre Planning Funeral	1:00 PM
Wed-10/9	Health Fair-Insurance Reps here with information on your health insurance	1:00 PM
Thurs-10/10	Cornell Cooperative Extension	1:00 PM
Thurs-10/10	60 th Anniversary Open House-Enjoy a tour of our Victorian Home built in 1844	4:00 PM
Fri-10/11	Adirondack Ramblin Scribblers-come join our writers group, bring ideas, poems etc.	1:00 PM
Fri-10/11	Special bingo- large cards, prizes, refreshments, beverage	1:00 PM
Tues-10/15	CDPHP representative will be here to answer your questions	1:00 PM
Wed-10/16	AARP Defensive Driving Class-members \$20/nonmembers \$25/Lunch \$6 optional	8:45-4 pm
Thurs-10/17	Humana Representative Jim Williams will be here to answer questions	1:00 PM
Mon-10/21	Lunch Bunch-Rene’s Restaurant, 63 Elm Street-choose from menu-separate checks	12:00 PM
Tues-10/22	Cathy from Today’s Options will be here to assist you in your insurance	1:00 PM
Wed-10/23	Fidelis Care representative Ed Reilly will help you in your health care questions	1:30 PM
Thurs-10/24	MVP representative Candy Whitehead Rivera will be here	2:00 PM
Fri-10/25	United Health Care Representative Danielle Smith can help you with any question	1:00 PM
Mon-10/28	Saratoga Casino	9:30 AM
	Ongoing Activities at a Glance:	
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 Friday	Chair Yoga	8:00 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	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

New Members Are Welcome Come Join our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Fri-11/1	Let's Chat-Bring your ideas, thoughts for new trips, programs, etc.	1:00 PM
Mon-11/4	Book Club- <i>"Women Of No Importance"</i> by Oscar Wilde	1:00 PM
Tues-11/5	Bingo every Tuesday-Large cards available	10:00 AM
Wed-11/6	Game Day-Mahjonn, Mexican Train, Scrabble or bring your own to play	1:00 PM
Wed-11/6	Reading with Bea-Relax and listen to an interesting short story by Bea	1:00 PM
Thurs-11/7	Defensive Driving Class-AARP members \$20/nonmembers \$25-Lunch \$6 optional	8:45-4 pm
Fri-11/8	Music by Henry Ray	1:00 PM
Mon-11/8	Walmart Shopping Day	9:30
Fri-11/15	Adirondack Ramblin Scribblers-bring your writings, ideas, thoughts	1:00 PM
Wed-11/20	Turkey Dinner-Family style	12:00 PM
Fri-11/22	Center closed for Christmas Bazaar	9-4 pm
Sat-11/23	Christmas Bazaar-Jewelry, Crafts, Baked goods, much, much, more	9-2 pm
Tues-11/26	Pot luck decorating party-decorate the Sherman House for Christmas	11:00 AM
Wed-11/27	Game Day-Mahjonn, Scrabble, Mexican Train or bring your own game to play	1:00 PM
Thurs-11/28-11/29	Center Closed-Happy Thanksgiving!	9-4
<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.
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Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	



Queensbury Senior Citizens

Please RSVP to all our upcoming programming to Sharon at (518) 761-8224

October:

- 4** 1:00-2:00 Armchair Travel: Prague, Vienna & Budapest- Each month we embark on a journey to a foreign country right from the comfort of our center. We will experience authentic food, marvel at iconic scenery, learn some history and practice some of the language.
- 11** Fall Foliage Train Ride with Lunch- All aboard the Rip Van Winkle Flyer Train! Enjoy an included 3 course meal while you sit back and take in the beautiful fall foliage along the Delaware River.
- 12** 12:00-6:00 CARnival Fundraiser- An afternoon of classic cars, music, games, activities and food. All proceeds go toward more amazing programs and services for our members and our community!
- 24** 10:00-11:00 Nature Series: Nocturnal Animals- Bats, skunks and opossums, oh my! Being active at night opens a whole new world for animals; new seeing, hearing and camouflage adaptations. We will explore these fascinating animals and even try out their cunning adaptations!
- 28** Basket Raffle Begins- One of our most popular events of the year! With over 90 baskets, the excitement and chances of winning one or many is very high! Stop by to purchase tickets and try your luck. Our drawing of the winners will be Saturday Nov 16th @1:00. Don't miss out.
- 31** 12:00-2:00 Halloween Murder Mystery Lunch
Murder Mystery show and lunch with ghoulish desserts. Prizes awarded for costumes!

November:

- 1** 1:30-2:30 ABC of XYZ- Understanding the behaviors, strengths and weaknesses of each generation is key to understanding the differences and challenges that interaction may bring. This session is designed to assist participants in understanding and appreciating the diversity of generations and developing the skills to better understand the strengths and challenges of each.
- 8** 1:00-2:00 Armchair Travel: Belize- Each month we embark on a journey to a foreign country right from the comfort of our center. We will experience authentic food, marvel at iconic scenery, learn some history and practice some of the language.
- 9** Magic Wings Butterfly Conservatory & Yankee Candle Trip
A perfect mix of holiday shopping and relaxation. Be amazed on a guided tour of the oasis that is The Butterfly Conservatory. Visit The Yankee Candle Co to make our own candle, enjoy a candle making demonstration and begin some holiday shopping. Lunch on your own at the Yankee Candle.
- 16** 1:00-2:00 Basket Raffle Dessert Reception- Its time for the climactic end of our basket raffle! Join us for desserts and beverages while we draw the winners for over 90 exquisite baskets. Good Luck!
- 21** 10:00-11:00 Nature Series: Insects & Butterflies
Learn all about these surprisingly helpful creatures as we explore their role in the food chain, pollination and ecosystems in our area. Without these fascinating little friends, we could not survive.

December:

- 10** 11:30-2:30 Christmas Party @ Fort William Henry
Our annual Christmas party is full of delicious food, festive music and loving friends and Family.
- 12** NYC Trip
A comfortable ride down to NYC to explore on your own. You could stroll the streets taking in the sights and sounds of the holidays, enjoy a meal at one of NYC famous restaurants or even book a matinee Broadway show. The choice is yours! Day is about 8am-9:30pm (12:30-5:00pm in NYC)
- 13** 1:00-2:00 Armchair Travel: Mexico- Each month we embark on a journey to a foreign country right from the comfort of our center. We will experience authentic food, marvel at iconic scenery, learn some history and practice some of the language.
- 19** 10:00-11:00 Nature Series: Trees- Over a century of natural history can be learned just by looking at the rings of a cut tree. Is it a windy location? Was there a storm, fire, drought or insect infestation? Scientists have begun using trees to further understand cyclic weather patterns of an area as well as use the information from trees to evaluate building sites. Let's learn new science together!

How to Eat Healthy during the Christmas Season

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Christmas is a time of celebration, but it also tends to be a time of high-fat, high-calorie food. Being part of the Christmas celebration without sabotaging your health goals may be difficult, but it is definitely doable. The key to eating healthy at Christmas is to plan ahead, bringing your own snacks and dishes if necessary, so that you don't get caught unaware and end up filling up on unhealthy options.

1. Eat a healthy breakfast on Christmas morning. Include at least one fruit or vegetable and some protein such as eggs or nuts. This will help stave off hunger and prevent overeating high-calorie snacks while waiting for the big lunch or dinner to be served.
2. Bring a nutritious dish to the festivities. Offer beforehand to provide a salad or vegetable side dish so you can be assured that there will be at least one healthy item at the meal.
3. Pack a snack to bring with you in case you can't find anything healthy to nibble on between meals. An apple or orange and a small bag of nuts make a good portable snack.
4. Consume a healthy snack or small meal every three to four hours throughout the day. This helps keep blood sugar levels stable and is much healthier than consuming a single large meal.
5. Hydrate your plate: Water-rich foods, like fruits and vegetables, help to keep you hydrated and feeling fuller, longer. High-water foods also tend to be loaded with dietary fiber, vitamins, and minerals like potassium, which helps counter the bloating sodium in salty or processed foods which holiday parties are rife with. And don't forget to drink lots of water, too.
6. Drink a glass of red wine with your Christmas dinner. Red wine is high in resveratrol, a phytochemical that helps fight heart disease and cancer. If you don't drink alcohol, try a glass of grape juice or just have plain water instead.

7. Practice portion control. Instead of completely depriving yourself of the high-calorie options, try a single piece or just one bite, enough to get a taste, but not enough to leave you feeling stuffed.

8. Keep Moving. Finally after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Warnings

Don't eat food that has been sitting out for more than an hour or two. Bacteria and other organisms can grow rapidly at room temperature and lead to food poisoning.

Adopted By: by [LIVESTRONG](#) by [LIVESTRONG](#) Livestrong: Bridget Coila



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

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

New Members Are Welcome Come Join our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Mon-12/2	Holiday Lights in Albany-Van transportation to first 11 people to sign up	TBD
Mon-12/2	Stitchers- bring in your project to stitch	10:00am
Tues-12/3	Bingo-large cards available, refreshments	10:00am
Wed-12/4	Annual Christmas Banquet-Queensbury Hotel-call Center for reservations	12:00pm
Mon-12/9	Walmart shopping	9:30 AM
Thurs-12/12	Gifts For Golden-Froggy 101 will be here!	TBD
Fri-12/14	Movie & Popcorn- "It's A Wonderful Life" starring James Stewart & Donna Reed	1:00 PM
Wed-12/18	Christmas Sing A Long	1:00 PM
Thurs-12/19	Christmas Bingo-Prizes, large cards, refreshment	1:00 PM
Fri-12/20	Christmas Victorian Tea-wear your Victorian Attire optional	1:30 PM
Wed-12/25	Center Closed – Merry Christmas!	9-4 pm
Thurs-12/26	Center Closed	9-4 pm
Fri-12/27	Adirondack Ramblin Scribblers Group-bring your writings, thoughts, ideas	1:00 PM
Mon-12/30	Year End Party with Bobby Dick	TBD
	<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 Friday	Chair Yoga	8:00 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.	



Processed Foods: What's OK and What to Avoid

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Processed food has a bad reputation as a diet saboteur. It's blamed for obesity rates, high blood pressure and the rise of Type 2 diabetes.

But processed food is more than boxed macaroni and cheese, potato chips and drive-thru hamburgers. It may be a surprise to learn that whole-wheat bread, home-made soup or a chopped apple also are processed foods.

While some processed foods should be consumed less often, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

What Is Processed Food? "Processed food" includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways

Processed food falls on a spectrum from minimally to heavily processed:

- Minimally processed foods — such as bagged spinach, cut vegetables and roasted nuts — often are simply pre-prepped for convenience. Or foods processed at their peak to lock in nutritional quality and freshness includes canned tomatoes, frozen fruit and vegetables, and canned tuna.
 - Ready-to-eat foods — such as crackers, granola and deli meat — are more heavily processed.
- The most heavily processed foods often are pre-made meals including frozen pizza and microwaveable dinners.

The Positives of Processed: Processed food can help you eat more nutrient-dense foods.

- * Milk and juices sometimes are fortified with calcium and vitamin D.
- * And breakfast cereals may have added fiber.
- * Canned fruit (packed in water or its own juice) is a good option when fresh fruit is not available.
- * Some minimally processed food such as pre-cut vege-

tables and pre-washed, bagged spinach are quality convenience foods for busy people.

If you want to minimize your intake of processed food, aim to do more food prep and cooking at home. Base meals on whole foods including vegetables, beans and whole grains.

Look for Hidden Sugar and Sodium: Eating processed food in moderation is fine, but many of these foods may contain high amounts of added sugar and sodium.

Added Sugars: are any sugars that are not naturally occurring in the food and have been added manually. Added sugars aren't just hidden in processed sweets. They're added to bread to give it an appealing browned hue, and there often is a surprising amount added to jarred pasta sauces and cereal. Added sugars often are used in low-fat foods to improve taste and consistency.

Review a product's ingredient list and look for added sugars among the first two or three ingredients including sugar, maltose, brown sugar, corn syrup, cane sugar, honey and fruit juice concentrate.

Sodium: Processed foods are major contributors of sodium in our diets because salt is commonly added to preserve foods and extend shelf life. Most canned vegetables, soups and sauces have added salt. Choose foods labeled no salt added, low-sodium or reduced-sodium to decrease the amount of salt you're consuming from processed foods.

Adopted by: eatright.or



November is National Diabetes Month The Prediabetes Diet Everyone Should Follow

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

A prediabetes diet can benefit everyone, regardless of whether you're at high risk for developing type 2 diabetes.

If current trends continue, according to the Centers for Disease Control and Prevention (CDC), as many as one in three adults could have the disease by 2050.

And about 79 million American adults now have prediabetes, a condition marked by above-normal blood sugar levels that aren't high enough to be diagnosed as type 2 diabetes.

If there's a silver lining to these alarming statistics, it's that there's plenty you can do to prevent the disease or slow the progression, including eating a balanced diet.

7 Golden Rules of Healthy Eating -

Here are seven sound diet principles that can keep your blood sugars from creeping upward, among other health benefits.

- **Skip the sugary drinks.** No sweet tea. No juice. No soda. No sweetened lemonade. No mocha latte coffee creations. Sugary drinks provide nothing more than empty calories, and they won't help you feel full. All the sugary drinks out there are a real risk factor for obesity.
- **Pull back on portions.** You still can eat many of the foods you like, just have smaller amounts of them. Cut out high-calorie, junky snacks, and save your decadent desserts for special occasions. Remember that even healthy foods can lead to weight gain if you eat too much of them, and being overweight is a primary risk factor for type 2 diabetes.
- **Fill up on fiber.** Eat plenty of high-fiber foods, including vegetables, fruits, beans, and whole grains. Fiber helps you feel fuller longer and can help you eat less to avoid weight gain. At least half your plate should be fruits and vegetables that have been steamed or sautéed in healthy fats. Those veggies can be fresh, frozen, or

canned. Just skip the canned vegetables with added salt.

Be choosy about fats. Your diet should have some fat, but opt for the healthiest sources: olive and vegetable oils, nuts, seeds, and avocado. Buy low-fat or fat-free dairy products such as reduced-fat cheeses, non-fat or low-fat yogurt, and skim milk.

- **Drink alcohol only in moderation.** Men should have no more than two drinks a day, women no more than one. A drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of distilled spirits of 80-proof.
- **Choose lean meats.** To easily identify lean red meats, look for cuts that have the word "round" or "loin" in their name, such as top round or pork loin. Even with these better-for-you picks, trim all visible fat. Opt for white-meat chicken or turkey without the skin. Adding fish to your diet two to three times a week is part of a diet that can help diabetes prevention. Bake, broil, roast, grill, or sauté rather than fry to keep it lean.
- **Stay hydrated.** Drink plenty of water. People often mistake thirst for hunger, which can lead to overeating and weight gain. Staying hydrated helps to lower your blood sugar, which you should do anyway.

Diet and Exercise Go Hand-in-Hand

A prediabetes regimen also includes regular exercise, both aerobics and strength training, to help you get to a healthy weight and maintain it once you're there. Plan for at least 30 minutes a day.

Adopted by: Everyday health.

