

2019 NEEDS ASSESSMENT CONT

HEALTH INSURANCE

- What Insurance Do I Need Which Plan is Best For Me Help with Medical Expenses Help with Medication Expenses Understanding Medicare Understanding Long Term Care Insurance
 Other: _____

SOCIAL/RECREATIONAL PROGRAMS

- Trips Educational Programs Crafts /Hobbies Exercise Programs Adult Day Care Programs
 Support Groups For: _____
When Would You Like to Have: Weekday Weekends Mornings Afternoons Evenings
 Other: _____

EMERGENCY PREPAREDNESS

- What Do I Need To Do To Be Prepared Where Do I Go In An Emergency What Do I Do If I Need Help How Do I Get There What About My Pet What Do I Need To Bring
 Inclusion on Registry for People With Access and Functional Needs Other: _____

LONG TERM CARE NEEDS

- Respite for Caregivers Support Groups Educational Materials Wandering/Behavioral Concerns
 Options for Nursing Homes/Assisted Living Other: _____

ACCESS TO MEDICAL EQUIPMENT/SUPPLIES

- Hospital Beds Wheelchairs Walkers/Canes Commodes Oxygen Depends
 Diabetic Testing Supplies Blood Pressure Machines Other: _____

HOUSING

- Senior Apartments/Communities Adult Homes Assisted Living Facilities Nursing Homes
 Affordable Housing Housing Close to Transportation Housing Close to Providers
 Help with Moving Other: _____

Comments: (Please include name & phone number if you wish to have someone follow up with you.)

Please return completed forms to by April 30, 2019: Warren/Hamilton Counties Office for the Aging

Forms May be Mailed: 1340 State Route 9, Lake George, NY 12845

Faxed: (518)761-6344

Emailed: parkd@warrencountyny.gov

Turned In To Your: Meal Site, Meals Driver

THANK YOU!!!!



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

SPRING EDITION

2019

APRIL, MAY & JUNE

Office Staff

Deanna "Dee" Park - Director
Catherine Bearor -
Services Specialist

Susan Dornan -
NY Connects Coordinator
Hanna Hall - Services Special-
ist

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.



2019

SENIORS OF THE YEAR

HAMILTON COUNTY

AVIS WARNER

LEON "LEE" SMITH

WARREN COUNTY

JOHN PLANTIER

PATRICE "PAT" CIANCI

Thank you for your nominations for "Senior of the Year" and "Contributing Senior of the Year." Volunteers are an essential part of our community and we thank you for your dedication.

The New York State Office for the Aging and the Association on Aging in New York will be inviting these seniors to an awards ceremony on Tuesday, May 21ST in Albany.

SAVE THE DATE:

The Warren/Hamilton Counties Office for the Aging will hold our annual luncheon on Friday, June 7TH at the Holiday Inn in Lake George.



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

2019 NEEDS ASSESSMENT FOR WARREN/HAMILTON

COUNTIES OFFICE FOR THE AGING

*******SAVE THESE DATES*******

NY Connects Long Term Care Council Meeting & Elections

Tuesday, June 4
9:30a.m. Networking 10 a.m.-noon Meeting

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

Light refreshments available.

How: Required RSVP by Friday May 31 to
LTCC Secretary Susan Dornan at 1-866-805-3931 or 711 Relay Service



NY Connects Outreach: April 17, 2019 2-4p.m.

Holden Room in Crandall Public Library

251 Glen Street, Glens Falls

What are long term care services and supports? Come in to find out about what is available for you. We assist people of any age, insurance, and income level. Hanna Hall, HIICAP Counselor and Susan Dornan, NY Connects Coordinator of Warren-Hamilton Counties Office for the Aging will have information on Medicare Wellness & Prevention and assist with application for enrollment in a Medicare Savings Plan. This is not a presentation; we will meet with you individually to answer your questions so RSVP is not required.

Not able to stop in? Call 1-866-805-3931 and ask for Susan or Hanna.

We are looking for your assistance in determining what the needs are for our seniors in Warren and Hamilton Counties. Please place a "V" or "X" in each box that is an area that is important. We also encourage you to write in any items that are not covered, but that are of concern. While we may not be able to address all areas of need, it is our aim to provide as much assistance as we can. As well as find out where the most needs are.

Thank you for taking the time to complete this form.

LEGAL ASSISTANCE

- Advanced Directives (Health Care Proxy & Living Will) Power of Attorney Foreclosures
 Estate Planning/Last Will & Testament Landlord/Tenant Issues Eviction Notices
 Telephone Scams Other: _____

TRANSPORTATION

- Grocery Store Medical Appointments Social Events Church Shopping
 Transportation to Meal Site Transportation to Town/City Offices/Bank
 Day Time (8-4PM) Evening (4PM-9PM)
 Weekdays (Monday – Friday) Weekends (Saturday & Sunday)

Distance From Home: 15-20miles 30-45miles 60+ miles

Other: _____

RESIDENTIAL REPAIRS/MAINTENANCE

- Ramps Lawn Care Snow Removal Handicap Accessibility (grab bars) Roof Repair
 Other: _____

APPLICATION ASSISTANCE

- Medicaid SNAP(Food Stamps) HEAP STAR Exemption MSP(Medicare Savings Program)
 Veteran's Benefits Other: _____

IN-HOME CARE

- Personal Care (housekeeping, chore, meal preparation, ambulation, etc.) Medication Assistance
 Hospice Palliative Care Friendly Visitor Program Friendly Caller Program Personal
Emergency Response System Nursing Therapy Other: _____

MEALS

- Congregate Meals Home Delivered Meals Nutritional Education Nutritional Counseling (1:1 visit
from a registered Dietitian) Evening Meals Weekend Meals Food Pantries
 Meal Voucher/Restaurant Program Farmers Market Checks Program
 Other: _____

FINANCIAL

- Taxes Home Repairs Heat Electricity Rent/Mortgage Health Insurance
 Medications Help Writing Checks Making a Budget Other: _____

JUNE 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
June 3 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	June 4 CHEF's CHOICE	June 5 Meat Lasagna Green Beans California Medley Mandarin Oranges	June 6 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	June 7 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
June 10 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	June 11 Pork Chops Sweet Potatoes California Medley Chilled Pears	June 12 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	June 13 American Goulash Broccoli Corn Chilled Pineapple	June 14 Happy Father's Day Breaded Fish Au gratin Potatoes Mixed Veggies Father's Day Dessert
June 17 Cheeseburger Deluxe Lettuce/tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	June 18 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	June 19 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	June 20 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches	June 21 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit
June 24 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	June 25 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	June 26 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	June 27 Cold Plate Chef Salad -(Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/ Frosting Happy Birthday!!	June 28 Baked Fish Scandia Sweet Potatoes Spinach Chilled Pears

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

Dear OFA,

I don't know what to do anymore! I don't think my father is safe to be driving anymore and he will not listen to me! I'm so afraid he is going to have an accident and kill himself or hurt someone else! I would feel so guilty knowing I could have done something to maybe prevent this from happening.

Thank you, Scared in Stony Creek

Dear Scared,

New York State Department of Motor Vehicles has a form, DS-7, that any concerned citizen can use to inform the DMV of their concern and your name is held in confidence. The way it works is you complete the information about the driver you are concerned about (name, address, approximate age, make & color of vehicle normally drives) and provide your contact information. The DMV also asks you to explain why the driver ought to have their driving abilities reviewed. This form is available at www.dmv.ny.gov or at your local DMV.

In the meantime, contact us at Office for the Aging NY Connects at 1-866-805-3931 and we will do our best to assist in finding transportation resources.

Sincerely,

Office for the Aging



Have a question for us?
Email it to our newsletter editor,
Mary Ann @
McCarthyM@warrencountyny.gov
We will answer it in an upcoming
issue or follow up with you directly
if you prefer.

Adult Mental Health First Aid Training
When: April 22nd & 23rd
Time: 8:15am-12:30pm both days
Council for Prevention, 10 LaCrosse
St, Hudson Falls, NY 12839

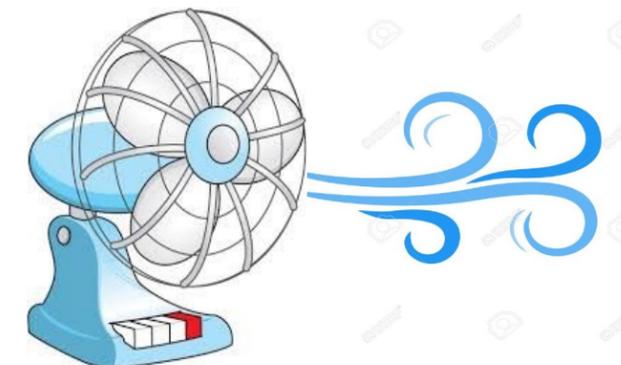
Call Allison at (518) 746-1527 to register

~Help your family
member or loved
one~

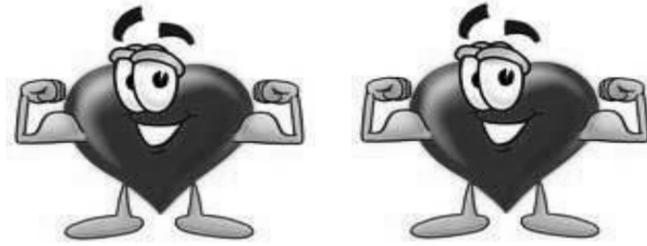


COOL IT! SUMMER ARRIVES JUNE 21

ELIGIBLE HOUSEHOLDS THAT INCLUDE AN INDIVIDUAL WITH A DOCUMENTED MEDICAL CONDITION THAT IS MADE WORSE BY EXTREME HEAT MAY RECEIVE COOLING ASSISTANCE THROUGH HEAP. APPLY BY CONTACTING WARREN COUNTY HEAP AT 518-761-6338 OR HAMILTON COUNTY DEPARTMENT OF SOCIAL SERVICES AT 518-648-6131.



“Listen to your heart. It knows everything.”



Medicare covers the TOTAL COST of your Cardiovascular Screening!

Why do this? Your primary care provider can help you *prevent* stroke and heart attack by assessing your risk and making recommendations to improve heart health. This screening is available every 5 years-NO COST TO YOU!

How to do this: Call your doctor’s office and request an appointment for your annual wellness exam covered by Medicare. At your appointment ask your provider to order the following blood work for you:

total cholesterol test

triglycerides test

cholesterol test for high density lipoproteins

** (The tests should be ordered as a lipid panel)

Contact Warren-Hamilton Counties Office for the Aging NY Connects at 1-866-805-3931 for more information or questions you may have regarding Medicare Preventive Services.

For other counties in New York, contact NY Connects at 1-800-342-9871.



NY Connects: Your Link to Long Term Services and Supports
www.nyconnects.ny.gov

May 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
May is Older Americans Month	Age 60 + Suggested Contribution is \$3 Under the Age of 60, required contribution is \$5	May 1 Meat Lasagna Green Beans California Medley Mandarin Oranges	May 2 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	May 3 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
----- May 6 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	May 7 Pork Chops Sweet Potatoes California Medley Chilled Pears	May 8 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	May 9 American Goulash Broccoli Corn Chilled Pineapple	May 10 Happy Mother's Day Breaded Fish Au gratin Potatoes Mixed Veggies Mother's Day Dessert
May 13 CHEF'S CHOICE	May 14 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	May 15 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	May 16 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches	May 17 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit
May 20 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	May 21 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	May 22 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	May 23 Cold Plate Chef Salad – (Turkey/Ham/Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/ Frosting Happy Birthday!!	May 24 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Fresh Fruit
May 27 Meal site Closed 	May 28 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	May 29 Spanish Rice Italian Mix Corn Bread Fruited Gelatin	May 30 Cold Plate Chicken Salad on a bed of Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches	May 31 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges

April 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
April 1 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	April 2 Pork Chops Sweet Potatoes California Medley Chilled Pears	April 3 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	April 4 American Goulash Broccoli Corn Chilled Pineapple	April 5 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
April 8 Cheeseburger Deluxe Lettuce/tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	April 9 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	April 10 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	April 11 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches	April 12 CHEF'S CHOICE Birthday Cake w/ Frosting Happy Birthday!!
April 15 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	April 16 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	April 17 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	April 18 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert	April 19 Baked Fish Scandia Sweet Potatoes Spinach Pears
April 22 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	April 23 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	April 24 Spanish Rice Italian Mix Corn Bread Fruited Gelatin	April 25 Meal Site Closed  Staff Training Day	April 26 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges
April 29 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	April 30 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit			Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5

HIICAP Corner

Medicare Information and Updates



Medicare Prescription Costs

One of the most commonly asked questions we receive is, "How can I save money on my prescriptions?" There are several things to consider when answering this question and each Medicare recipient must consider their situation individually.

*** Review your Part D Prescription Drug Coverage:** Each plan has their own formulary of medications priced according to Tier classifications (Tier 1 and 2: Generic/Tier 3 and 4: Brand/Tier 5: Specialty). If your plan does not cover your medications you may be able to change to a more compatible plan if you qualify for a Special Enrollment Period (SEP).

- Check with your Part D plan to confirm your cost share is correct. Ask them about saving options such as preferred pharmacies or mail order options.

- Ask your doctor about alternative medications that may work as well as your current prescription for lower copays

*** Programs that may save you money:**

- **EPIC (Elderly Pharmaceutical Insurance Coverage):** New York State's Prescription Assistance Program, works with your Part D plan to provide co-payment assistance. Eligible clients are NYS residents age 65 or older with annual income below \$75,000 (single) or \$100,000 (married) who are enrolled in or eligible to be enrolled in a Medicare Part D plan. Benefits can include premium assistance for Part D, co-pays lowered to \$3-\$20 and a SEP to get or change Part D coverage.

- **Extra Help/Low Income Subsidy:** Entitles income eligible clients help with Part D Medicare expenses. Clients with income up to \$1538 single/\$2078 couple per month and assets up to \$14,000 single/\$28,450 couple can apply through the Social Security Administration. Benefits include reduction of Part D co-pays to no more than \$8.50 per prescription.

- **Medicare Savings Program:** Clients with income below 135% (\$1426 single/\$1923 married per month) of the Federal Poverty Level qualify for premium assistance for Medicare Part B and D, automatic enrollment into Extra Help, and removal of Late Enrollment Penalty for Part B and D. There is no resource test for this benefit, based on monthly income only.

Enrollment Event

To get applications and assistance with EPIC, Extra Help and Medicare Savings Program please join us

April 17th from 2-4pm
Holden Room in the Crandall Public Library



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

Legal Aid is Here to Serve Warren and Hamilton Counties

You may have heard by now that the Legal Aid Society of Northeastern New York has partnered with the Warren and Hamilton Counties Office for the Aging to provide free legal services for seniors in Warren and Hamilton County who are interested in estate planning or need advice on a civil legal matter. But did you know that for income-eligible residents of Warren and Hamilton Counties of all ages we offer a wide variety of other services?

Tenants' rights If you rent your house or apartment and risk being evicted, we may be able to help. In certain circumstances, our attorneys represent clients in housing court. We also have a housing paralegal who assists clients with finding affordable housing if they want or have to move.

Family law Our attorneys advise, assist, and in certain circumstances represent clients on family court matters including divorce, spousal and child support, and child custody and visitation. Extra resources are allocated specifically for survivors of domestic violence.

Unemployment benefits If you recently lost your job and were denied unemployment benefits, you are entitled to a fair hearing in front of an administrative law judge. We have attorneys who may be able to prepare you for the hearing or in certain circumstances represent you.

Social Security disability benefits If you are disabled and were wrongly denied SSI or SSD benefits, or if you are already receiving disability benefits and the Social Security administration is threatening to discontinue them, you are entitled to a hearing in front of an administrative law judge. Our attorneys may be able to prepare you for and represent you at your hearing. We also represent disabled children who were denied or risk losing SSI benefits. We are most likely to be able to represent you if you call immediately after requesting your hearing.

SNAP benefits Not only do SNAP benefits (formerly called food stamps) help low and moderate income community members meet their nutritional needs, but the program also benefits farmers and the local economy. We have paralegals whose mission it is to get you every dollar in SNAP benefits that you are entitled to. You might be surprised at who qualifies for SNAP and at how far even \$15/month in benefits goes in stretching a household budget.

Consumer law Our attorneys may be able to advise or represent you if you are in over your head with consumer debt. We might have solutions for you, including bankruptcy, if your wages are being garnished, your property is being repossessed, or collection agencies won't stop calling.

DSS denials If you applied for benefits with the Department of Social Services and they denied you, or if they discontinued the benefits you were receiving, you are entitled to a fair hearing. We have an attorney who may be able to represent you at that fair hearing.

Community outreach Our attorneys and paralegals are always looking for new opportunities to meet with community members and educate them about their legal rights. If you are associated with a senior center, library, school, or any other similar organization and would like someone from Legal Aid to speak with your members about any of the topics listed above, give us a call!

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) and the best time to call is at 9:00 A.M. Monday through Thursday.



SPRING THINGS

word search



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

- | | | | |
|----------|----------|----------|---------|
| ROBINS | GOLF | MAY | EMERALD |
| BEES | SNOWMELT | JUNE | DIAMOND |
| BASEBALL | LILIES | PUDDLES | |
| RAIN | LACROSSE | WARMER | |
| RAKE | TULIPS | PLANTING | |



SPRING WORD SEARCH



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

- | | | | |
|---------------|-----------|---------------|--------------|
| APRIL SHOWERS | GROWTH | CINCO DE MAYO | EQUINOX |
| RAINCOAT | SUN | LAWNMOWER | ALLERGIES |
| SUNSHINE | GARDENING | PRUNER | RENEWAL |
| SPRING | SEEDS | WHEELBARROW | FLOWERS |
| MOTHERS DAY | BLOOMING | GLOVES | MEMORIAL DAY |

Be Alert for Frauds, Scams and Identity Theft

Unsuspecting innocent people are targeted and should remain alert to fraud and scams. Protect your personal information and financial well-being. Listed are some examples of scams that have compromised personal information and caused financial loss. Con artists usually appear to be trustworthy and sincere.

Warning from NYS Department of Motor Vehicles (DMV): A fake ticket email hoax is being used to collect personal information. The fake emails pretend to be from DMV and say that the State Police has advised DMV that you have several outstanding traffic violations. The email message provides two links, but if you click on one of those links you may expose your computer to a virus. If you receive one of these emails, delete it immediately! Do not click on any links in the email and do not forward the email to anyone.

The Fake Accident/Arrest Ploy: The con artist gets the older adult to withdraw money on the pretext that the older adult's child, grandchild or another relative is in the hospital or jail and needs money immediately.

A variation on this theme that has been used for a number of years is often referred to as the **Grandparent Scam**. An FBI warning notice explained how this scam can be so believable for a loving grandparent. A grandparent receives a call or an e-mail from someone who identifies himself as your grandson by name. "I've been arrested in another country," he says, "and need money wired quickly to pay my bail. And oh by the way, please don't tell my mom or dad because they'll only get upset!"

A criminal can sometimes uncover personal information about their targets from the Internet and social networking sites, which makes the impersonations more believable. For example, the actual grandson may mention on his social networking site that he's a photographer who often travels to Mexico. When contacting the

grandparents, the phony grandson will say he's calling from Mexico, where someone stole his camera equipment and passport.

Sweepstakes/Lottery: "Congratulations, you've won!" You receive a call saying you have won a free or cheap vacation, other prize, lottery or sweepstakes. You can redeem the winnings by merely paying some taxes and other costs. You also must provide bank account information, send a check or wire the money to receive the winnings or prize. Legitimate contests do not require taxes or fees to be paid up front. You never have to pay money to win money. Also – beware of checks sent to you by alleged lotteries. The checks are fake!

Mail Fraud: The con artist attempts to sell fraudulent or misrepresented investments, solicit funds for phony charities, promote participation in fraudulent work at home schemes or sell chances in phony sweepstakes or contests.

Internet Fraud: Victim receives an e-mail from either a familiar organization (IRS, their bank, cell phone provider, etc.) or a notification that they are the beneficiaries of a bequest. The e-mail requires immediate response and the sharing of some personal information. An e-mail address may appear to be very legitimate. Sometimes there is only one very small difference in the address that is not easy to notice.

Home Improvement & Repairs: Legitimate contractors, roofers, tree-trimmers, gutter cleaners, driveway sealers, and painters **do not go door-to-door looking for work**. Do not sign any contracts or make a down payment until you know the facts. Never pay the total amount for a job until you are satisfied with it. Have someone you trust read a contract before you sign it.

Excerpt from: New York State Elder Abuse Training Manual

Shining Light on the Hidden Problem of Elder Abuse

Below are some alerts, reminders, and other information compiled from various sources that may be helpful for you to use as a reference for developing public awareness sharing with older adults, family members and caregivers in your community – in flyers, agency newsletters, during community presentations or senior programs, radio or TV programs, newspaper articles, etc.

New Social Security Scam:

- ☒ Constant and harassing phone calls similar to fake Internal Revenue Service calls from criminals impersonating SSA officials.
- ☒ Ability to spoof caller IDs makes it look like a legitimate call from Social Security.
- ☒ Sample of demands and threats from scammers: (1) pay for new Medicare card by putting hundreds of dollars on gift cards – there is no charge for the new replacement cards that don't include Social Security numbers anymore; (2) you will lose Social Security benefits unless you provide personal information; (3) scammers impersonating Medicare representatives asking to verify Social Security numbers; (4) your Social Security number has been suspended for suspicious activity; (5) asking for information so you can get a bigger Social Security check; (6) threaten that your benefits will be stopped; (7) Social Security computers are down and they need your help in providing some information; (8) asking to see person's old Medicare card, which shows the Social Security number; (9) pretending to return a call from you regarding Social Security benefits.
- ☒ Any suspicious calls that appear to be from the Social Security Administration should be reported immediately to the Office of the Inspector General for Social Security at 800-269-0271 (fraud hotline), or submit a report online at <https://oig.ssa.gov/report>.

Gift Card Scams:

- ☒ Gift card scams are increasing.
- ☒ Warning about new and increasingly common scam with callers pretending to represent a federal or state agency. They contact consumers about a fictitious debt and demand payment in the form of a prepaid gift card or risk punishment. Always remember that a government agency

- will never ask for payment in the form of a prepaid gift card.
- ☒ Although many older adults may be reluctant to do so because they don't want to seem impolite, they should be encouraged to simply hang up the phone immediately and report the call to local law enforcement.
 - ☒ Never read or text someone the PIN number on the back of a gift card. The number is as good as cash in the scammers' pocket.
 - ☒ Reputable businesses don't ask for gift cards as payment.
 - ☒ If you're buying gift cards as gifts, make sure to buy them from a reputable and known source.
 - ☒ Always treat gift cards like cash and protect them as you would your wallet.

Charitable Giving Scams:

- ☒ Don't assume that charity recommendations on social media platforms or blogs have already been vetted. Research the charity yourself.
- ☒ Find out what percentage of your donation will go to the charity and whether you will be charged any fees for making a donation through a fundraising platform website.
- ☒ Check to see if the charity is registered with the NY Attorney General's Charities Bureau.
- ☒ Websites posing as charities can sometimes look identical to the real organization. These fraudulent websites will often ask for personal or financial information over an unsecure connection or may download harmful malware into your computer. Look for a padlock symbol or "https" before the web address indicating that it is secure.
- ☒ Avoid being pressured to make an immediate donation. Don't hesitate to ask questions to get more information.
- ☒ If you didn't initiate contact, avoid giving personal or financial information over the phone. This is an important rule for all phone contacts people receive.
- ☒ Never write out a check or give cash to an individual solicitor. Make checks payable to the charity

Information adapted from articles from USA Today, Tennessee Department of Commerce & Insurance. NYS Attorney General, Better Business Bureau of New England



Office Bulletin Board



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Attention Meal Recipients:

The Meal Sites will be closed on the following dates:

THURSDAY, APRIL 25 FOR STAFF TRAINING



MONDAY, MAY 27 MEMORIAL DAY



COMMUNITY CONNECTION

Salmon Chowder

- | | |
|---|--|
| 3 tablespoons tub margarine | 1 6-ounce can skinless, boneless, salmon, drained; or 6 ounces cooked salmon |
| 1 medium yellow onion, peeled and chopped | 1 tablespoon dried parsley |
| 2 cloves garlic, peeled and minced | Salt and fresh ground black pepper, to taste |
| 3 red bliss potatoes, skin on, diced | |
| 2 cups 2% reduced-fat milk | |



Directions

- Heat margarine in medium saucepan over medium heat.
- Add onion and sauté until nearly translucent; add garlic, stirring constantly and cooking until softened.
Add potato and milk to the pan.
- Cover and simmer on low heat, stirring every few minutes or so, until potatoes are cooked, about 15-20 minutes.
- Add salmon and parsley and stir. Serve warm. Refrigerate unused portion.

Per serving: 348 calories; 18 grams protein; 35 grams carbohydrate; 3 grams fiber; 15 grams fat; 3 grams saturated fat; 0 trans fat; 40 milligrams cholesterol; 213 milligrams sodium; 169 International Units Vitamin D; 155 milligrams calcium.

Broccoli, Ham and Cheddar Quiche

- | | |
|--|---|
| 2 tablespoons tub margarine | 1/4 teaspoon fresh ground black pepper |
| 1 medium yellow onion, peeled and chopped | 1 cup (4 ounces) 50% reduced fat Cheddar cheese, shredded and divided |
| 1 can (12 fluid ounces) 2% reduced-fat evaporated milk | 1 cup finely chopped cooked ham (about 3 large deli ham slices) |
| 2 large whole eggs | 1 10-ounce box chopped frozen broccoli, thawed or 2 cups cooked |
| 2 large egg whites | |
| 1/4 cup all-purpose flour | |



Directions

- Heat oven to 350 degrees. Lightly coat a 10" pie pan with vegetable cooking spray.
- Heat margarine over medium heat in a medium skillet. Sauté onions until translucent.
- In a medium bowl, whisk together the evaporated milk, eggs, egg whites, flour and ground black pepper. Reserve.
- Sprinkle half the cheese (1/2 cup) and the ham in the pan. Top with onions and broccoli.
- Pour milk and egg mixture into pie pan. Sprinkle with remaining cheese.
- Bake for 35 to 40 minutes, or until knife inserted in center comes out clean. Cool on wire rack for 10 minutes before serving.

Continue Reading Below

Per serving: 217 calories; 16 grams protein; 16 grams carbohydrate; 2 grams fiber; 10 grams fat; 4 grams saturat-

Friendly Caller/Visitor Program RSVP



RSVP is currently looking for individuals who would welcome a kind and friendly relationship with one of our caring volunteers. RSVP's Friendly Caller Program arranges a weekly telephone chat for those seniors who are lonely or house bound and would benefit from some easy social interaction. It's safe, non-threatening and there's no pressure for more than a phone call. For more information, or to make arrangements for a Friendly Caller, please call RSVP at 518 743-9158. We're available Monday through Friday, from 9:00AM to 3:00PM

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



April 7- 13, 2019 is National Volunteer Week

I would like to Thank all of the volunteers in our Community who help to deliver meals and provide medical transportation in Warren/Hamilton Counties. Your help and assistance is greatly appreciated. The volunteers foster a giving and supportive feeling of connection in our community.

Thank You for all of your help,

Mary Ann McCarthy

June is Alzheimer's and Brain Awareness Month

Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits:

1. staying physically active
2. getting enough sleep
3. not smoking
4. having good social connections
5. limiting alcohol to one drink a day

Eating a balanced diet low in saturated and trans fats.

Memory changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to protect and improve memory. Here are several you might try.

1. Keep learning - Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.

2. Use all your senses - The more senses you use in learning something, the more of your brain that will be involved in retaining the memory.

3. Believe in yourself - If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. Prioritize your brain use - If you don't

need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

5. Repeat what you want to know - When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down.

6. Space it out - Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information.

To learn more about staying mentally sharp and fit, read *Cognitive Fitness*, a Special Health Report from Harvard Medical School.

Adopted by: Harvard Medical School



Mon-4/1	Stitchers Group-If you enjoy crocheting, knitting or needlepoint. All are welcome!	10:00 AM
Mon-4/1	Book Club-"The Marriage Of Opposites" by Alice Hoffman	1:00 PM
Tues-4/2	Red Cross presents program on being prepared for natural disasters. All are welcome	1:00 PM
Wed-4/3	Game Day-Mexican Train, Mahjongg	1:00 PM
Wed-4/3	Reading with Bea	1:00 PM
Thurs-4/4	Arts & Crafts on the Park in Hudson Falls. Seating limited to 10 members. Cost:\$15	10:00 AM
Thurs-4/4	Chicken & Biscuit Fundraiser-West Glens Falls Fire House-Cost: \$10	4-7 pm
Fri-4/5	Let's Talk	1:00 PM
Mon-4/8	Karen's Art Class	12:30 PM
Tues-4/9	Up Yonda Farms-program on Natural Heritage, formation of our mtns. lakes, rivers	1:00 PM
Wed-4/10	Mahjongg. Meets downstairs. All are welcome to attend.	1:00 PM
Thurs-4/11	Crazy Hat Welcome To Spring-gifts cards to the top 3 crazy hats. Dessert/coffee	1:00 PM
Fri-4/12	Volunteer Recognition Reception. Celebrate our great volunteers. Refreshments	1:30 PM
Mon-4/15	Glens Falls EMS will speak about the services they offer to the community	1:00 PM
Tues-4/16	What to do with that leftover ham? Cornell Cooperative Ext. with creative ideas	1:00 PM
Wed-4/17	Basket Raffle Party-we will draw winning tickets for baskets-refreshments served	1:30 PM
Thurs-4/18	Wild Birds Unlimited-presents feeding the backyard birds	1:00 PM
Tues-4/23	Newsletter mailing	1:00 PM
Wed-4/24	Victorian Tea and Hat contest. Fancy sandwiches/desserts- Cost: \$8	1:30 PM
Thurs-4/25	Popcorn & Movie-" Ben Is Back"	1:00 PM
Fri-4/26	Adirondack Ramblin' Scribblers writers group. How to write a memoir	1:00 PM
Mon-4/29	Members-4-Members Support Group	1:00 PM
Tues-4/30	Brain Games	1:00 PM
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 Thurs.	Chair Yoga- with Tobey	11:30-12:15
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!

***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.**

SENIOR CENTER SHENANIGANS

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

May is Osteoporosis Awareness and Prevention Month

Did You Know?

About 10 million Americans have osteoporosis, and about 34 million more are at risk. One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis-related fracture in their lifetime.

So the goal in treating osteoporosis is to maintain existing bone and to stop further loss. Here are some things you can do:

Get enough calcium. Some good sources of calcium are dairy products, dark leafy green vegetables, dried beans, canned sardines and salmon, sesame seeds, tofu, tortillas and soy flour. Some foods that are not rich in calcium may be fortified with calcium and vitamin D; check the label on breakfast cereals, breads and orange juice. Your health care provider may also recommend calcium and Vitamin D supplements.

Maintain a healthy weight. Being underweight raises the risk of osteoporosis. On the other hand, a recent study from Harvard Medical School shows that excess abdominal fat is also detrimental to bone health.

Get enough exercise—and the right kind.

Staying active encourages bone growth and strengthens muscles to protect the bones. Seniors who have osteoporosis should consult their healthcare provider before beginning an exercise program. Certain types of

exercises are most beneficial; others may actually be dangerous. A physical therapist can train the patient to use good "body mechanics" during daily activities—even during sleep.

Limit alcohol and quit smoking. Alcohol and tobacco can both contribute to weakened bone in a variety of ways. Drinking too much alcohol also increases the risk of falling and fracturing a bone.

Take medications correctly. Some osteoporosis patients take medication to slow the loss of bone. Other drugs help control pain or manage healthcare conditions that can make osteoporosis worse.

Make fall prevention a priority. Reduce the risk by having regular eye examinations, keeping the house free of clutter and other hazardous conditions, and talking to your healthcare provider about a balance training program. If you use a cane, walker or other assistive device, be sure it is properly fitted and you have been trained in its use.

While some of the risk factors for osteoporosis—such as body type, family history, and age—are beyond our control, others are lifestyle choices. People who follow the above suggestions lessen the likelihood of developing osteoporosis.

Adopted By: osteoprevention-CMS

Wed-5/1	Law Day	1 pm
Thurs-5/2	MVP presentation-Speaker Candy Rivera Whitehead	1:30 pm
Fri-5/3	Grandma Jo's Healthy Kitchen- <i>"Salad In A Jar"</i>	12 pm
Mon-5/6	Book Club meets- <i>"The Sun Does Shine"</i> by Anthony Ray Hinton	1 pm
Tues-5/7	Chat Group	1 pm
Wed-5/8	Game Day	1 pm
Thurs-5/9	Saratoga Casino	10 am
Thurs-5/9	Cards for Troops	1 pm
Fri-5/10	Day Of Beauty-Saratoga BOCES	9 am
Mon-5/13	Karen's Art Class	12:30 pm
Tues-5/14	Annual Spring Banquet-Ft. William Henry-Laura Roth Entertainment-Cost: \$20	12 pm
Wed-5/15	Game Day	1 pm
Thurs-5/16	Defensive Driving class-Cost: \$20 AARP members /\$25 nonmembers-Lunch \$6	8:45-4pm
Fri-5/17	Billiards	1 pm
Mon-5/20	Lunch Bunch-Lucky Star-Warrensburg-Chose from the menu, separate checks	12 pm
Tues-5/21	Stroke Presentation-Speaker	1 pm
Wed-5/22	Game Day	1 pm
Thurs-5/23	Newsletter Mailing-Volunteers welcome!	1 pm
Fri-5/24	Adirondack Ramblin' Scribblers writers group	1 pm
Fri-5/24	Birthday Celebration for March/April/May members birthdays	1 pm
Mon-5/27	Center closed -Memorial Day	9-4 pm
Tues-5/28	Bingo-large cards available-refreshments-All are welcome!	10 am
Wed-5/29	Lunch & Learn-The Conkling Center	12 pm
Thurs-5/30	NYS Military Museum/Lunch at Five Guys	12 pm
Fri-5/31	Special Bingo-prizes, refreshments	1 pm
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 am
Every Thurs.	Chair Yoga- with Tobey	11:30-12:15
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
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Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!

*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.



April 19th from 1pm-3pm
Music & Dance Instruction with ACE Entertainment
Glen at Hiland Meadows
 39 Longview Drive, Queensbury

May 17th from 1pm-3pm
Drums with Heather Bartos
Gospel Lighthouse Church
 30 LaCross Street, Hudson Falls

June 21st 1pm-3pm
Art Tour and Guided Activity
The Hyde Collection
 161 Warren Street, Glens Falls
 *Please RSVP by 6/14/2019

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

For more information or to RSVP
 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
 The Caregiver Support Initiative
 SUNY Plattsburgh

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

Caregiver Conversations



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
 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

10 Best and Worst Oils for Your Health

While certain oils provide a health boost, others should be used with caution.
 Here's what you need to know.

When it comes to your health, "fat" is not necessarily a dirty word. You need some fat in your diet, and it actually performs some pretty impressive tasks like boosting energy, supporting cell growth, protecting your organs, keeping your body warm, and aiding in nutrient absorption and the manufacturing of hormones, according to the American Heart Association (AHA).

Oils with Health Benefits

Olive oil. Made from ripe olives, olive oil is a basic ingredient of the heart-healthy Mediterranean diet and is best for drizzling on salads, pasta, and bread. It's okay to use the oil for a quick sauté or for baking, but it has a low smoke point (the temperature at which the oil begins to break down and starts to smoke), so it's not good for deep frying.

Canola oil. Canola oil is low in saturated fat. Canola oil has a higher smoke point than olive oil and can be used safely for cooking at high temperatures. It doesn't have as much flavor as some other vegetable and seed oils, though, so you may not want to use it in recipes like salad dressings where you want the oil to add some flavor.

Flaxseed oil. Flaxseed oil is a good source of alpha-linoleic acid (ALA), one of three omega-3 fatty acids (olive and canola oils also contain omega-3s). You need dietary omega-3s since your body cannot make them on its own. Omega-3 fatty acids reduce inflammation, and thus may help lower the risk of cancer. Flaxseed oil may also help reduce symptoms of arthritis, but avoid it if you're on a blood thinner since flaxseed oil may increase bleeding. Flaxseed oil should not be heated, so it's best to use in cold dishes like smoothies or salads.

Avocado oil. Avocado oil is high in monounsaturated fatty acids and can promote healthy cholesterol levels and enhance absorption of some nutrients, according to a review of avocado benefits. Avocado oil also has a high smoke point and is therefore one of the best oils for high-temperature cooking. It can be

used for stir-frying, sautéing, or searing.

Walnut oil. While expensive, walnut oil contains heart-healthy omega-3s in addition to other nutrients. Walnut oil is ideal for desserts and other recipes that benefit from a nutty flavor.

Sesame oil. A staple in Asian and Indian cooking, sesame oil makes the AHA's list of heart-healthy cooking oils. Use light sesame oil for stir-frying, and dark sesame oil when making dressings or sauces.

Grapeseed oil. Grapeseed oil is low in saturated fat and has a high smoke point, which makes it a healthy choice for all kinds of cooking and grilling. Its nutty but mild flavor also works well in salad dressings, or drizzled over roasted veggies.

Oils to Use with Caution

Coconut oil. This oil is a controversial one. A solid at room temperature, coconut oil is a saturated fat — but not all saturated fats are created equal. This isn't the same as the saturated fat found in red meat that clogs your arteries. Coconut oil has a high amount of medium-chain fatty acids, which are harder for the body to convert into stored fat. However, the AHA advises those with high cholesterol to avoid coconut oil.

Palm oil. Palm oil is also high in saturated fat. Because they're at risk for heart disease, people with diabetes should pay close attention to their saturated fat consumption and avoid sources of the fat like palm oil, according to the American Diabetes Association.

Oils labeled as "partially hydrogenated." Most partially hydrogenated oils are made from vegetable oils like soybean or cottonseed, according to the Center for Science in the Public Interest. Partially hydrogenated oils are trans fats — fats that the FDA claims have been shown to increase your risk for heart disease. Recently, the FDA ruled that manufacturers must remove all trans fats from their products by 2018. You should remove partially hydrogenated oils from your diet, too.

Adopted From: Everyday Health by Beth W. Orenstein



From the Wells Senior Citizen Club
A day-trip on Thursday, June 20th
New York State Museum at Albany
222 Madison Ave. Albany



Native Peoples of New York
South Hall



Fire Engine Hall
World Trade Center Gallery



Adirondack Wilderness
Adirondack Hall



Model of State House
State House



The Wall Fort, which our people call Fort Orange
Through May 20, 2019
Adirondack Hall



WATERS
Waterways
Through October 20, 2019
Exhibition Hall

Plus many more exhibits...

Date: Thursday, June 20
Times: Bus leaves at 9:00 am, returns about 6:00 pm
Contact: Yvonne Cirelli 518- 924-5421 or Alice Megargle 518-924-2220
Travel: School bus from Wells (cost TBD)
Payment Due Date: Wednesday, June 12, 2019
Lunch: Olive Gardens, 178 Wolf Rd, Colonie, on your own
Shopping: at Colonie Center if time allows

Caregiver Support Initiative

Upcoming Free Education Workshops

Caregiver Support Initiative: 357 Bay Road Suite 8, Queensbury, NY

*Please call Stacey Barcomb at (518) 832-4992 to register. Space is limited.

4/3/19	10am-11am	What is the Caregiver Support Initiative?
4/10/19	10am-11am	Dementia: What Does It Mean?
4/17/19	10am-11am	Stages of Dementia
5/1/19	10am-11am	Just Diagnosed: What's Next?
5/8/19	10am-11am	Caregiver Quality of Life and Self Care
5/15/19	10am-11am	Creating a Strong Care Team
5/22/19	10am-11am	Finding Meaningful Activities
5/29/19	10am-11am	Planning for the Future
6/5/19	10am-11am	Advance Directives and Financial Planning

Crandall Public Library: 251 Glen Street, Glens Falls, NY

4/2/19	10am-11am	Just Diagnosed: What's Next?
4/16/19	10am-11am	Caregiver Quality of Life and Self Care

Lake Luzerne Senior Center: 539 Lake Ave, Lake Luzerne, NY

5/21/19	1pm-2pm	Dementia: What Does It Mean?
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All workshops are free and open to the public. Each attendee will receive a promotional item of their choice and a free full-length book!

Please contact Stacey Barcomb at (518) 832-4992 for more information

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



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 of the month.

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

Hamilton County Support Group

Wells Senior Citizen Club Trips for April, May and June 2019



Caregiver Conversations

DEMENTIA CAREGIVER SUPPORT GROUP
Call Stacey Barcomb for more information. (518) 832-4992.

Second and Fourth Monday of Each Month

10:00 a.m. - 11:00 a.m.
Lake Pleasant Senior Center
2881 Route 8
Speculator, NY 12164

wehelpcaregivers.com
The Caregiver Support Initiative
SUNY Plattsburgh

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

MEMORY cafe Second Thursday of the Month

April 11th, 2019
May 9th, 2019
June 13th, 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

wehelpcaregivers.com
The Caregiver Support Initiative
SUNY Plattsburgh

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

SENIOR CENTER SHENANIGANS

From the Wells Senior Citizen Club
A day-trip (Cost: \$ 16)
Lunch at the Culinary Art Center in Glens Falls
14 Hudson Ave
Thursday, April 25, 2019

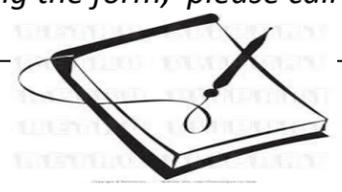
Menu (April Theme Japan):
Appetizers-Vichyssoise or spring salad with dried cranberries
Entrees- Pan Seared Faroe Island Salmon or Braised Kilcoyne Farms Beef chuck
Desserts- To be announced
Beverage- soda, iced tea, hot tea or coffee
Cash Bar- Local craft beer and wine

This is a student run restaurant which trains students in basic food preparation skills, classic recipe breakdown, meat fabrication, fish sustainability, cooking techniques and plate presentation. Two students prepare and serve a classic modernized menu created by Chef Matthew Bolton for the public in an open kitchen. The dining room service class runs the front of the house operation, such as wait staff, bartender, host and manager under consultation of Chef Megan Diehi.

Date: Thursday, April 25
Time: Lunch is at noon
Contact: Pat Paton 518-924-2749 or Alice Megargle 518-924-2220
Travel: car pool
Payment Due Date: April 10

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.



RSVP



The Retired and Senior Volunteer Program of Hamilton Counties purpose is to provide meaningful opportunities for older Americans ages 55 and older. RSVP shows you how you can apply the skills and wisdom you've acquired throughout your life to make a positive difference in the lives of others by placing volunteers in home-bound and hard to reach areas, so that we can make a tangible difference in your community. We offer insurance, mileage reimbursement and there's no set hours, just the time you are willing to make for others. If this is something that interests you please call Hanna Smith @ (518) 359-7688

Wells Senior Citizen Club
AQUARIUM, LUNCH, AND SHOPPING

A Day Trip, Thursday, May 16, 2019
Depart at 9:00 am by school bus or car pool

COST: \$ 14 ticket. Bus cost TBD

Visit the shopping mall at Rotterdam

See the aquarium at the Mall with its many interactive displays

Lunch at the Ninety-Nine Restaurant (on your own)

We will have a stop at Office Max, Dollar Tree, and BJ's across the street
We should be home by 5:00 pm

Contact: Alice Megargle 518-924-2220
Due Date: May 8