

September 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
September 2  Meal Site Closed	September 3 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	September 4 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 5 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup	September 6 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake
September 9 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	September 10 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 11 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 12 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler	September 13 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit
September 16 Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	September 17 Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	September 18 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 19 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies	September 20 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple
September 23 CHEF's CHOICE	September 24 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 25 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 26 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	September 27 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/ Frosting Happy Birthday!!
September 30 BBQ Chicken Potato of the Day Beets Mandarin Oranges				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



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

SUMMER EDITION

2019

JULY, AUGUST AND SEPTEMBER

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.



WARREN/HAMILTON SENIOR PICNIC 2019



WHEN: Wednesday, September 11th
TIME: 10:30AM, Coffee & Donuts
 12PM Lunch

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

COST: \$5, Tickets may be purchased at the Office for the Aging or one of the meal site locations. Please make sure to get your receipt for entry and the door prize.

RSVP: By August 30th

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

HIGHLIGHTS:

- Blood Pressure Clinic
- Information Booths
- Door Prize
- Games & Prizes
- Entertainment

PH#(518)761-6347



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

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.*

Dear OFA,
 My neighbor is 78 and won't go to see the doctor. However, I think she ought to go because she seems depressed. I think she does take medications for this. However, she doesn't seem to get better. She lives alone and drinks alcohol daily. She tells me she is lonely. She no longer drives and is not within walking distance to anything. Thank you.
 Concerned in Cleverdale



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.

Dear Concerned,
 Your friend opens up to you so it sounds like she trusts you. Perhaps you could encourage her to follow up with her primary care provider about her symptoms not improving. She may be drinking alcohol to self-medicate her feelings of loneliness and the medications may not work properly due to her use of alcohol.

There are "Friendly Visitor" and "Telephone Assurance" programs available where a trained volunteer visits or telephones her on a regular basis. She may also be interested in home delivered meals or perhaps a friend could bring her to an Office for the Aging congregational meal site so she could have lunch and socialize with others. Also, the Rose House Peer-run Support Line is a place she could call to talk with someone: 518-502-1172.

The NY Connects program at Office for the Aging is available to do a home visit to your friend to review options. If she would like to call NY Connects, the telephone number is 1-866-805-3931.

Sincerely,
 Office for the Aging

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.

SEPTEMBER SAVE THE DATE
NY CONNECTS LONG TERM CARE COUNCIL
 INVITES YOU TO JOIN US
WEDNESDAY, SEPTEMBER 18, 2019 FROM 9:30A.M.-12 NOON FOR OUR BRUNCH MEETING AT THE GLEN AT HILAND MEADOWS
39 LONGVIEW DRIVE, QUEENSBURY
RSVP REQUIRED BY FRIDAY SEPTEMBER 6 EMAIL TO DOR-NANS@WARRENCOUNTYNY.GOV OR CALL SUSAN @ 1-866-805-3931

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5			August 1 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup	August 2 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake
August 5 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	August 6 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	August 7 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding of the Day	August 8 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler	August 9 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit
August 12 Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	August 13 Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	August 14 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	August 15 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies	August 16 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple
August 19 CHEF's CHOICE	August 20 Meatloaf Mashed Potatoes Spinach Chilled Pears	August 21 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	August 22 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	August 23 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
August 26 BBQ Chicken Potato of the Day Beets Mandarin Oranges	August 27 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	August 28 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake	August 29 Cold Plate Egg Salad Fresh Tomato/ Lettuce Broccoli & Mandarin Orange Salad Rice Pudding	August 30 Labor Day BBQ BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert

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
July 1 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	July 2 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	July 3 4th of July Picnic Hot Dog/Bun Hot Dog Bar for meal sites Hot German Potato Salad Baked Beans Independence Day Dessert	July 4 Independence Day  Meal Site Closed	July 5 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit
July 8 Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	July 9 Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	July 10 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 11 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies	July 12 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple
July 15 CHEF'S CHOICE	July 16 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 17 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 18 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	July 19 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Happy Birthday ! Cake/Frosting
July 22 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 23 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	July 24 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Short-cake	July 25 Cold Plate Egg Salad Fresh Tomato/ Lettuce Broccoli/ Mandarin Orange Salad Whole Wheat Bun Rice Pudding	July 26 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches
July 29 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt with Berries & Granola	July 30 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	July 31 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	Age 60+ Suggested contribution is \$3 Under age 60, required contribution is \$5	

HIICAP Corner

Medicare Information and Updates



Getting Answers to Medicare Questions

A list of resources for current and future Medicare beneficiaries

Medicare and You

Annual publication sent to Medicare beneficiaries from CMS (Centers for Medicare and Medicaid Services) and the Department of Health & Human Services. Resource dedicated to Medicare information including: eligibility and enrollment for Parts A, B, C, D and supplemental insurances; preventative and other covered services; coordination of benefits with different insurances; cost savings programs such as EPIC (NYS Prescription Assistance Program), Medicare Savings Program (MSP), and Extra Help (federal program assisting low income clients with Part D expenses).

1-800-MEDICARE (1-800-633-4227)

This number gives you access to a Medicare representative who provide personalized assistance with Medicare issues including: enrollment into a Medicare Advantage Plan (MAPD) or Prescription Drug Plan (PDP); questions regarding your current coverage; ordering Medicare cards; and information on Medicare covered services.

Medicare.gov

Medicare's official website provides detailed information including: Medicare health and prescription plans in your area using the plan finder; listings of health care providers and suppliers who participate with Medicare; Medicare appeals information and forms; publications on different Medicare topics; and many other Medicare issues.

MyMedicare.gov

Manage personalized Medicare history including: medical conditions; sign up for online Medicare Summary Notices (MSN); manage personal drug list; search for and research providers; track Original Medicare claims and part B deductible status; and print copy of Medicare card.

Social Security Administration

Contact through website or phone (www.SSA.gov, 1-800-772-1213) to request information regarding eligibility for or changes to Medicare Parts A and B. Also can request application for Extra Help, update status (such as address or marital situation), and request new Medicare card.

SHIP (State Health Insurance Program)

Local counselors trained to provide free, impartial health insurance counseling for people with Medicare. To find a SHIP counselor in your area contact your Office for the Aging or call 1-800-701-0501.



HIICAP
 Health Insurance Information,
 Counseling and Assistance
 Program

Farmers Market Coupons

2019 Outreach Schedule

The Farmers Market Coupon Program offers \$20 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2019.

Coupons are available at the Warren/Hamilton Counties Office for the Aging and Hamilton County Department of Social Services from July 1st through September 30th along with these locations:



Monday July 8th: Cronin Hi-Rise 9:30 - 10:30
Stichman Towers 11:00 - 12:00

Tuesday July 9th: Cedars Meal Site 11:30 - 12:30

Wednesday July 10th: White Water Manor 11:30 - 12:30

Monday July 15th: Long Lake Meal Site 12:00 - 1:00

Tuesday July 16th: Solomon Heights 11:00 - 12:00

Wednesday July 17th: Chestertown Farmers Market 10:00 - 2:00

Thursday July 18th: Village Green Apartments 2:00 - 4:00

Friday July 19th: Indian Lake Meal Site 12:00 - 1:00

Tuesday July 23rd: Wells Meal Site 11:30 - 12:00
Lake Pleasant Meal Site 12:30 - 1:00

Friday July 26th: Lake Luzerne 11:30 - 12:00
Warrensburg Farmers Market 3:00 - 5:00

Saturday July 27th: Glens Falls Farmers Market 8:00 - 12:00

Tuesday July 30th: Bolton Meal Site 12:00 - 12:30

Saturday August 10th: Glens Falls Farmers Market 8:00 - 12:00

Eligibility Guidelines:

60 Years of age or older

Income: 1 person household \$1926/mo.; 2 person household \$2607/mo.

SUMMER CAMPING word search



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

SWIMMING	ADVENTURE	WOODS	KAYAK
HIKING	OUTSIDE	BUGS	CANOE
RVING	TENT	UNPLUGGED	
TRAVEL	CAMPFIRE	LANTERN	
SENIC	CAMPSITE	FIREFLY	



SUMMER WORD SEARCH



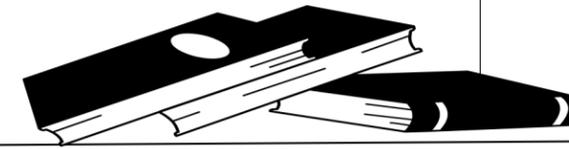
L N I P C Y K C X T O O F E R A B
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- | | | | |
|----------------|-----------|----------|------------|
| ROAD TRIP | HOBBIES | BEACH | SUNSET |
| SUNSHINE | GATHERING | JOY | FIREWORKS |
| PICNICS | DANCE | CLASSIC | CONCERTS |
| FOOD TRUCK | STYLE | BARBECUE | ICE CREAM |
| FARMERS MARKET | CREATIVE | BAREFOOT | WATERMELON |

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 Counties 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? Including the following; Tenants rights, Family Law, Unemployment benefits, social Security disability benefits, SNAP benefits, Consumer Law, DSS denials and Community Out Reach.

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)



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

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Tues-7/2	Ice Cream Social-A great get together for a fun afternoon	1:00 PM
Wed-7/3	Game Day-Mahjongg, Scrabble, Mexican Train or bring your own game	1:00 PM
Fri-7/5	Let's Chat-bring your ideas and thoughts to share with the group	1:00 PM
Mon-7/8	Ice Cream Quest-Dairy Haus	1:30 PM
Mon-7/8	Stitchers group	10:00 AM
Mon-7/8	Karen's Art class-cost: \$15 all material provided	12:30 PM
Tues-7/9	Movie and Popcorn TBD	1:00 PM
Wed-7/10	Haviland's Cove Picnic-Bring A Friend! Cost: \$8 - call Center to sign up	12:00 PM
Thurs-7/11	Wiawaka trip and lunch	10:00 AM
Fri-7/12	Special Bingo-large cards available, refreshments, prizes	1:00 PM
Mon-7/15	Ice Cream Quest-Battenkill Creamery	12:30 PM
Mon-7/15	Walmart Shopping	9:30 AM
Tues-7/16	UpYonda Farm Tour-Bring bag lunch	10:00 AM
Wed-7/17	Game Day-Mahjongg, Scrabble, Mexican Train or bring your own game	1:00 PM
Thurs-7/18	NYC Ballet- <i>"Tchaikovsky & Balanchine at SPAC-Cost: 23</i>	2:00 PM
Thurs-7/18	Defensive Drive Class-AARP members \$20/nonmembers \$25, Lunch \$6	9am-4pm
Fri-7/19	Lake George Youtheatre- <i>"Bright Star" Cost: \$10</i>	9:30 AM
Mon-7/22	Ice Cream Quest/Hillbilly Heaven	12:00 PM
Tues-7/23	Newsletter Mailing-Volunteers needed!	1:00 PM
Wed-7/24	Game Day-Mahjongg, Scrabble, Mexican Train or bring your own game	1:00 PM
Thurs-7/25	Shoebox Workshop	1:00 PM
Fri-7/26	Adirondack Ramblin Scribblers-Bring your writings/poems to share	1:00 PM
Fri-7/26	Chicken BBQ-WGF Firehouse	4-7 pm
Sat-7/27	Duck Race-Haviland's Cove	11-2 pm
Mon-7/29	Ice Cream Quest/TBD	1:30 PM
Tues-7/30	Lunch Bunch-Ginny Rae's-HF, Chose from the menu, separate checks	12:00 PM
Wed-7/31	Game Day-Mahjongg, Scrabble, Mexican Train or bring own game	1:00 PM
<u>Ongoing Activities at a Glance:</u>		
Mon-Fri.	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thurs.	Chair Yoga- with Tobey	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	9-10 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.**

JULY 2019

SENIOR CENTER SHEENANIGANS



Office Bulletin Board



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Attention Meal Recipients:

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

THURSDAY, JULY 4 - Independence Day

AND

MONDAY, SEPTEMBER 2- Labor Day



Farmers' Market Summer Chili

Active Time: 1 Hour 10 Mins Total Time: 1 Hour 10 Mins Yield: Serves 8 (serving size: 1 1/2 cups)

- 1 tablespoon olive oil
- 1 sweet onion, chopped
- 1 orange bell pepper, chopped
- 1 serrano chile, chopped
- 1 pound pasture-raised grass-fed lean ground beef
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground coriander
- 1 teaspoon chopped fresh oregano
- 1 (28-oz.) can crushed tomatoes
- 1 (15-oz.) can pinto beans, drained
- 12 ounces shelled fresh lady peas
- 2 large tomatoes, diced
- 2 medium zucchini, cut into 1/2-in. pieces
- 2 medium-size yellow squash, cut into 1/2-in. pieces
- 1 cup fresh sweet corn kernels (about 2 ears)
- 1 cup water
- 1/2 cup chopped fresh cilantro
- Hot sauce (such as Cholula) (optional)

Step 1: Heat oil in a Dutch oven over medium-high. Add onion, bell pepper, and serrano chile; cook, stirring often, until onions are translucent, about 5 minutes. Add beef and garlic; cook, stirring often to crumble beef, until meat is browned, about 5 minutes. Stir in chili powder, cumin, salt, coriander, and oregano. Cook, stirring often, until fragrant, about 1 minute. Stir in crushed tomatoes, pinto beans, lady peas, diced tomatoes, zucchini, squash, and corn, and bring to a boil. Reduce heat to medium-low, and simmer, stirring occasionally, 45 minutes. Stir in water, 1/4 cup at a time, if chili seems too thick.

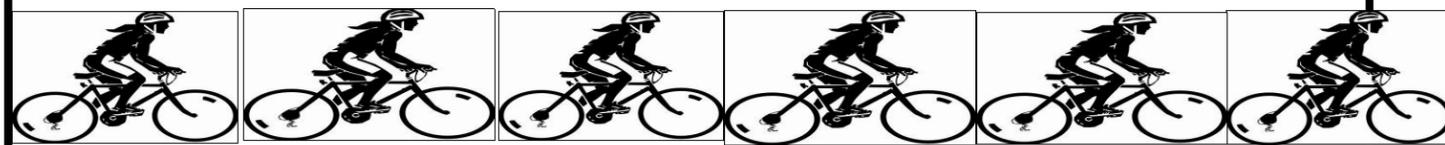
Step 2: Stir in cilantro and, if using, hot sauce; serve immediately.

RECIPE BY: Myrecipes

JOANIE FIORE FLANAGAN'S 2019 BIKE RIDE FOR MULTIPLE SCLEROSIS

Joanie's goal is to raise \$8,000 for MS by August 24, 2019 the date of her ride.

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



GLENS FALLS SENIOR CENTER

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

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

New Members Are Welcome Come Join our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Thurs-8/1	Philadelphia Orchestra/ SPAC "Beyond Baroque" Cost: \$23	2:00 PM
Fri-8/2	Lake George Youtheatre-"Mama Mia" Cost: \$10	9:30 AM
Mon-8/5	Stitchers Group	10:00 AM
Tues-8/6	Dakota Ridge Farm tour-Ballston Spa-Feed/Pet the Llama's	1:00 PM
Wed-8/7	Little Theatre On The Farm-Country Music	12-2:30 pm
Wed-8/7	Reading With Bea-Relax and listen to Bea read you an interesting story	1:00 PM
Thurs-8/9	Saratoga Casino-Enjoy a day at the Casino and lunch - Van donation \$6	9:30 AM
Fri-8/9	Let's Chat-join our group and share your thoughts and ideas	1:00 PM
Mon-8/12	Walmart shopping	9:30 AM
Mon-8/12	Karen's Art Class-Cost: \$15 all material provided	12:30 PM
Tues-8/13	Empire State Aerosciences Museum-Schenectady Airport	1:00 PM
Wed-8/14	Defensive Driving Class-Cost: AARP members \$20/nonmembers \$25, Lunch \$6	8:45 -4 pm
Wed-8/14	Grants Cottage Trip-Cost: \$4 tour /\$4 van transportation	12:00 PM
Thurs-8/15	Haviland's Cove Picnic-Cost: \$8- Lots of Fun and Games!	12:00 PM
Fri-8/16	Seagle Music Colony-"Oklahoma" Cost: \$45/Van \$49	2:00 PM
Tues-8/20	Shirt Factory Tour-GF	1:00 PM
Wed-8/21	Washington County Fair-Senior Discount Day-Cost: \$6/Van transportation \$4	10:00 AM
Thurs-8/22	Newsletter Mailing-Volunteers needed!	1:00 PM
Fri-8/23	Adirondack Ramblin Scribblers group-bring your writing to share	1:00 PM
Tues-8/27	Lunch Bunch TBD	12:00 PM
Wed-8/28	Dorset Theatre production-"Slow Food" Cost: \$42/with van \$46 Limit 10	2:00 PM
Thurs-8/29	Shoebox workshop-volunteers needed!	1:00 PM
Fri-8/30	Special Bingo-large cards available, refreshments, prizes. Lots of fun!	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 Fri-day	Tai Chi Class with Sam Ling-Cost: \$6	10 a.m.
Every Fri-day	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!

SENIOR CENTER SHENANIGANS

Wed-9/4	Reading with Bea-Come relax and let Bea read you an interesting story	1:00 PM
Fri-9/6	Let's Chat-discuss your thoughts and ideas for the Center trips and programs	1:00 PM
Mon-9/9	Walmart Shopping trip	9:30 AM
Tues-9/10	Great Camp Santanoni trip-Newcomb	10:00 AM
Thurs-9/12	Defensive Driving Class-Cost: AARP members \$20/nonmembers \$25/ Lunch \$6	8:45-4 pm
Thurs9/12	Tour of the USS Slater-Port of Albany	1:00 PM
Mon-9/16	Stitchers Group	10:00 AM
Tues-9/17	Music and Dance with Ray Henry	1:00 PM
Thurs-9/19	Saratoga Casino-Van transportation \$6. Enjoy a day at the Casino and lunch	9:30 AM
Tues-9/24	Newsletter Mailing-Volunteers needed!	1:00 PM
Thurs-9/26	Spaghetti Dinner-West Glens Fire House Station	4-7 pm
Fri-9/27	Adirondack Ramblin Scribblers-share your poems and stories	1:00 PM
Sat-9/28	Chapman Cemetery Tour	
<u>Ongoing Activities at a Glance:</u>		
Mon-Fri.	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thurs.	Chair Yoga- with Tobey	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 SHEENANIGANS

Farmers' Market Chicken Bake



2 boneless, skinless chicken breasts, cut into 1-inch pieces
1 apple (any variety), cut into 1-inch cubes
1 yellow onion, cut into 8 wedges
1 small butternut squash, peeled, seeds removed and cut into 1-inch cubes
2 tbsp. olive oil

1/4 tsp cardamom
1/4 tsp cinnamon
1 tsp chopped, fresh thyme
1 tbsp. chopped, fresh sage
1 tsp chopped, fresh oregano
1 tsp chopped, fresh rosemary
Salt and pepper to taste
6 slices bacon



1. Heat oven to 450F.
2. Coat a 13"x9" glass baking dish with cooking spray or olive oil and set aside. Add chicken, apple, yellow onion and butternut squash to a large bowl.
3. Toss with olive oil, spices and herbs until everything is evenly coated.
4. Pour chicken and vegetables into prepared baking dish.
5. Lay bacon slices evenly across the top of the dish.
6. Bake for 50-55 minutes, until bacon is crispy, chicken is cooked through and vegetables are beginning to brown.



Grilled Eggplant & Tomato Stacks

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
1 medium eggplant (3/4-1 pound), cut into 6 rounds about 1/2 inch thick
1/2 teaspoon coarse salt, divided

6 teaspoons prepared pesto
2 large beefsteak tomatoes, each cut into 3 slices about 3/4 inch thick
4 ounces fresh mozzarella, cut into 6 thin slices
6 fresh basil leaves

- 1 Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
- 2 Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with 1/4 teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.
- 3 Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.
- 4 Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining 1/4 teaspoon salt and pepper.

Make Ahead Tip: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving. Adopted by:

September is National Cholesterol Education

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and it's a good time to get your blood cholesterol checked and take steps to lower it if it is high.

Five Facts about Cholesterol

1. High cholesterol has no symptoms making it difficult to diagnose.
2. More than 35 million Americans have cholesterol high enough to put them at risk for heart disease
3. The National Cholesterol Education Program suggests people over 20 years old get their cholesterol checked every five years.
4. Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol.
5. Most people don't need added cholesterol from their diet; their bodies make enough on their own.

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels

Total cholesterol Less than 170 mg/dL
 Low LDL ("bad") cholesterol Less than 110 mg/dL
 High HDL ("good") cholesterol 35 mg/dL or higher
 Triglycerides Less than 150 mg/dL

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol.

In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

Adopted By: CDC

Roasted Summer Vegetables

Mixed vegetables in the oven with a little olive oil. So simple and perfect for summer. Yields: 6 servings, Prep Time: 5 mins, Cook Time: 30 mins

1 dash black pepper

2 tsps. salt

4 T olive oil

1/4 cup asparagus, sliced

1 cup pieces or slices mushrooms

1 large red onion, sliced

1 cup sliced summer squash

1 cup chopped sweet red pepper

1 large yellow pepper, sliced



1. Preheat oven to 350 °F (175 °C).
2. In a bowl, lightly coat the mushrooms, squash, peppers, asparagus and onion in the olive oil and seasoning.
3. Place the veggies on a non-stick tray and roast for around 25 minutes stirring regularly.
4. Roast until veggies are tender and lightly browned.

Nutrition summary: There are 113 calories in 1 serving of Roasted Vegetables. Calorie breakdown: 70% fat, 25% carbs, 5% protein.

Adopted By: Fatsecret



Queensbury Senior Citizens Overnight Trips 2019



July 13-15 Casino Magic

(3 days 2 nights)
 Foxwood Casino
 Mohegan Sun Casino
 Newport RI
 Mystic Seaport
 Gaming & Food Vouchers



Aug 25-30 North Carolina

(6 days 5 nights)
 Biltmore Estate
 Blue Ridge Mountains
 Downtown Asheville
 St. Lawrence Basilica
 O. Winston Link Museum

Sept 24-1 Canyon Country

(8 days 7 nights)
 Lake Powell
 Navajo Nation
 Bryce Canyon
 Zion National Park
 Las Vegas



Oct 16-18 Boston, MA

(3 days 2 nights)
 Tour Boston
 Brew Tour
 New England Aquarium
 Faneuil Hall Marketplace
 Boston Tea Party Ship

For more information on our amazing trips, please contact Rachel at (518) 745-4439 or rachel@seniorsonthego.org

COMMUNITY CONNECTION

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



Fire and Burn Prevention

Smoke Alarms Save Lives!

More lives are lost every year to home fires than to all other major disasters.

Working smoke alarms cut the risk of death from a home fire in half.

Sign up to receive Free Smoke Alarms on line at [SoundTheAlarm.org/ENY](https://www.SoundTheAlarm.org/ENY) or Call 518-694-5121.



Safe and Smart Summer Grilling Tips

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

GRILL SAFETY

Do you have a thermometer? Taking the temperature of food on the grill can make sure that you are cooking food thoroughly. Thorough cooking of food can help prevent foodborne illnesses.

Turkey and Chicken—cook to 165 degrees F

Steaks, roasts and chops—cook to 145 degrees F

Hamburgers—cook to 160 degrees F

Beef, Pork, Lamb—cook to 160 degrees F

Cleaning the grill is equally as important to make sure that the grill is safe to use. When you are about to start cooking, allow the grill to heat up enough so that you can burn off any leftover bacteria.



Marinate inside! Although it is convenient to marinate next to the grill, make sure you marinate all meats inside, in the refrigerator and only bring to the grill when ready to cook.



WATCH THE CLOCK

Did you know that the "two hour rule" is actually reduced when temperatures outside are greater than 90 degrees? When you are dining outside, keep you and your guests safe by only setting out perishable food items in one-hour shifts. Be sure to place into a refrigerator or other chilled container to keep safe.

This goes for condiments too! Don't forget that mayonnaise, ketchup and mustard can also spoil in the heat. It might be helpful to keep these condiments on a bucket of ice during your next grilling event.

BE ADVENTUROUS

Grill your veggies...and fruit too!

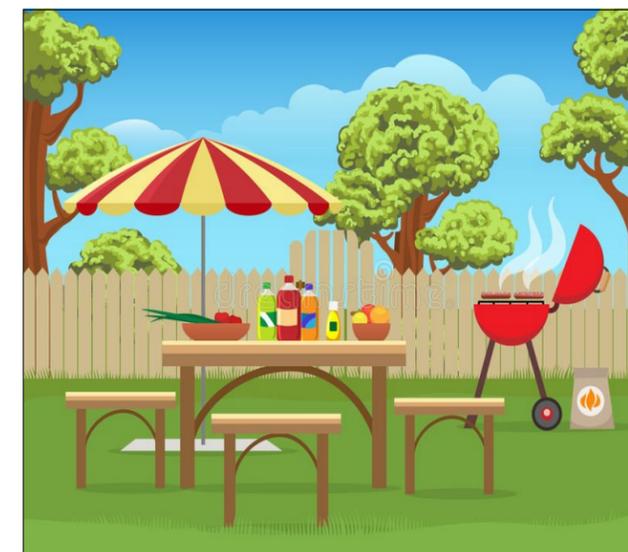
Baste vegetables like peppers, corn, summer squash, eggplant, mushrooms and cherry tomatoes with olive oil and season with herbs. Then place directly on the grill or in foil until tender. A great side to your grilled meat!

Have you every tried grilled fruit? Grilling fruit kabobs is a warm, sweet and healthy treat to try this summer. Try pineapple, peach halves or even watermelon slices! These fruits only need about 30 seconds on each side to add a new twist on desert.

CHOOSE LEAN MEATS

Try making turkey burgers with ground turkey instead of beef. Ground turkey can be found in up to 99% fat free! Look for 90% fat free or above when you are at the grocery store. Grill and top with fresh summer vegetables!

Adapted From: "Fire up the Barbecue" by Barbara Gordon, RDN from: <https://www.eatright.org>





Managing Your Diabetes in the Heat

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

How to keep your cool during the hottest time of year.

Did you know that people who have diabetes—both type 1 and type 2—feel the heat more than people who don't have diabetes? Some reasons why: Certain diabetes complications, such as damage to blood vessels and nerves, can affect your sweat glands so your **body can't cool as effectively**. That can lead to heat exhaustion and heat stroke, which is a medical emergency.

- People with diabetes **get dehydrated** (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise blood sugar, and high blood sugar can make you urinate more, causing dehydration. Some commonly used medicines like diuretics ("water pills" to treat high blood pressure) can dehydrate you, too. High temperatures can change how your body uses insulin. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.

Your Summer Checklist

- Drink plenty of water.
- Test your blood sugar often.
- Keep medicines, supplies, and equipment out of the heat.
- Stay inside in air-conditioning when it's hottest.
- Wear loose, light clothing.
- Get medical attention for heat-related illness.
- Make a plan in case you lose power.
- Have a go-bag ready for emergencies.
- Don't store insulin or oral diabetes medicine in direct sunlight or in a hot car. Check package information about how high temperatures can affect insulin and other medicines. If you're traveling, keep insulin and other medicines in a cooler. Don't put insulin directly on ice or on a gel pack.

It's the Heat and the Humidity

Physical activity is key to managing diabetes, but don't get active outdoors during the hottest part of the day or when the heat index is high. Get out early in the morning or in the evening when temperatures are lower, or go to an air-conditioned mall or gym to get active.

Warm-weather wisdom:

- Drink plenty of water—even if you're not thirsty—so you don't get dehydrated.
- Avoid alcohol and drinks with caffeine, like coffee and energy or sports drinks. They can lead to water loss and spike your blood sugar levels.
- Check your blood sugar before, during, and after you're active. You may need to change how much insulin you use. Ask your doctor if you would like help in adjusting your dosage.
- Wear loose-fitting, lightweight, light-colored clothing.
- Wear sunscreen and a hat when you're outside. Sunburn can raise your blood sugar levels.
- Don't go barefoot, even on the beach or at the pool.
- Use your air conditioner or go to an air-conditioned building or mall to stay cool. In very high heat, a room fan won't cool you enough.

Here's to staying cool, staying safe, and enjoying the long summer days!

Adopted By: CDC



Wells Senior Citizen Club Trips for July, August and September 2019



Wells Senior Citizens Club

SENIOR CENTER SHENANIGANS

- July 16 (Tuesday) - Lake George Dinner Theater
- July 26 (Friday) - Whitehall, NY to tour Skene Manor Castle and lunch. Tour of Whitehall Town.
- August 21-23 (Wednesday - Friday) Finger Lakes Region
- September 20 (Friday) - Balloon Festival at Queensbury Airport

"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

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.

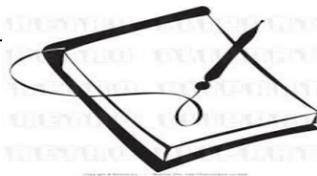
Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon, and Christmas party

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

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.



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



Caregiver Support Groups

Hamilton County

2nd and 4th Mondays of the Month

10:00 AM—11:00 AM

Lake Pleasant Senior Center
2881 Route 8, Speculator

Warren County

2nd Tuesday of the Month

11:00 AM—12:00 AM

Glen at Hiland Meadows
39 Longview Dr, Queensbury

Washington County

1st Wednesday of the Month

1:00 PM — 2:00 PM

Greenwich Free Public Library
148 Main St, Greenwich



Free support group for caregivers of people with memory loss. For more information or to RSVP
Stacey Barcomb (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.