

## September 2020 – Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>September 1</b> Sloppy Joe/ Bun Roasted Potato Bites Corn Mandarin Orange	<b>September 2</b> Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	<b>September 3</b> Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin/Topping	<b>September 4</b> <b>Labor Day Picnic</b> BBQ Chicken Hot German Potato Salad Baked Beans Labor Day Dessert
<b>September 7</b>  Meal Site Closed	<b>September 8</b> Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	<b>September 9</b> Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup	<b>September 10</b> Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	<b>September 11</b> Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
<b>September 14</b> Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	<b>September 15</b> Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	<b>September 16</b> Cheeseburger Deluxe Lettuce/tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin/Topping	<b>September 17</b> Macaroni & Cheese Stewed Tomatoes Peas Mandarin Orange	<b>September 18</b> Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
<b>September 21</b>  CHEF's CHOICE	<b>September 22</b> Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	<b>September 23</b> Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	<b>September 24</b> Meatloaf Mashed Potatoes Spinach Chilled Pears	<b>September 25</b> Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting <b>Happy Birthday!!</b>
<b>September 28</b> BBQ Chicken Potato of the Day Beets Mandarin Oranges	<b>September 29</b> Veal Parmesan Penne Pasta/Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	<b>September 30</b> Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	MONDAY – Hot & Frozen Meal TUESDAY – No Delivery WEDNESDAY – Hot & Frozen Meal THURSDAY – No Delivery FRIDAY – Hot Meal	

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. Caution contents will be hot. Age 60+ suggested contributions is \$3. Under age 60 required contribution is \$5.**

### Meal site numbers:

Bolton: (518)644-2368  
Cedars: (518)832-1705  
cedars@warrencountyny.gov  
Chestertown: (518)494-3119

Johnsburg: (518)251-2711  
Long Lake: (518)624-5221  
Warrensburg: (518)623- 2653  
Lake Pleasant: (518)548-4941  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls &  
Solomon Heights, Queensbury:  
(518)832-1705  
Wells: (518)924-4066



### 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 -  
Services Specialist

Rose Ann O'Rourke -  
Coordinator of Services

Jami Rivers - Receptionist

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.

# 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**

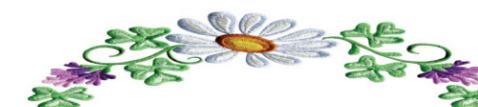
**2020**

JULY, AUGUST, SEPTEMBER



## OFA PROGRAMS

*The past few months have been a whirlwind and we hope you are doing well. With things starting to head in the right direction but still uncertain we would like to provide updates on our programs:*



### In Person Appointments

We are currently NOT able to meet face to face with any clients. At the time of publication the anticipated date for in person meetings to resume is August 3<sup>rd</sup>. When able to meet with clients we will **require calling ahead to schedule appointments**, no walk ins are allowed at this time. If you have paperwork, forms or Farmers Market Check applications for the office they may be dropped off at the main entrance to the Human Services Building in the Security Lobby in the drop box labeled "OFA Paperwork." You may also submit your paperwork to:

Warren/Hamilton Counties OFA 1340 State Route 9 Lake George, NY  
12845

FAX: 518-761-6344

Email: [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov)

In addition to scheduled appointments we will require the following guidelines be met

*continued*



## August 2020-Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

**Any client who wishes to conduct business within the Office for the Aging, will be required to:**

- You must wear a mask during the entire visit (we can provide these if needed);
- Use hand sanitizer upon entering the lobby area and when exiting the lobby (provided);
- Affirm that they do not have any of the following signs/symptoms:  
Fever/Temperature Over 100 Degrees; Cough; Trouble Breathing
- Affirm that they do not have any combination of the following:  
Fatigue; Nausea; New Loss of Taste or Smell; Muscle Ache; Chills; Headache; Sore Throat; Chills;  
Repeated shaking with chills; Dry Cough and Shortness of Breath
- Affirm that they have not:  
Tested positive for COVID-19 in the past 14 days?; or Knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19?
- Complete the “Daily Screening Form (COVID-19)” and sign in on our Visitor Log
- Please note to maintain reduced social contact we will meet with the Client only when possible

### CONGREGATE MEAL SITES

Will remain closed at this time. While this may not be popular, our highest priority is to maintain the safety of our clients.

### HOME DELIVERED MEALS PROGRAM

We will continue to deliver meals using a Monday, Wednesday and Friday schedule for the sites. This will be evaluated at a later date.

### MEDICAL TRANSPORTATION—(We are not taking medical transportation requests at this time.)

Due to the inability to clean a car very well, I am concerned about maintaining safety protocols and CDC guidance for this program. We will evaluate this at the end of the summer.

### SENIOR PICNIC

As of right now, NYS will not allow gatherings of more than 50 people (starting July 1<sup>st</sup>). We have over 150 seniors that typically attend this event each year. Hosting the senior picnic is one of our favorite things to do and we look forward to seeing all of you. Unfortunately, due to the uncertainty of where we will be at that time and the amount of preparation we need to do in advance, we have made the decision to NOT have the senior picnic this year. We hope you understand.

*Please stay healthy and safe.*

Deanna Park  
Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 3</b> Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	<b>August 4</b> Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	<b>August 5</b> Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	<b>August 6 Cold Plate</b> Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	<b>August 7</b> Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
<b>August 10</b> Chicken Alfredo over Pasta California Medley Tropical Fruit Cup	<b>August 11</b> Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	<b>August 12</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin/Topping	<b>August 13</b> Macaroni & Cheese Stewed Tomatoes Peas Mandarin Orange	<b>August 14 Cold Plate</b> Chef Salad: <i>Turkey, Ham &amp; Swiss</i> <i>Cheese on Lettuce</i> Marinated Veggies Brownies
<b>August 17</b>  CHEF'S CHOICE	<b>August 18</b> Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	<b>August 19</b> Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	<b>August 20</b> Meatloaf Mashed Potatoes Spinach Chilled Pears	<b>August 21 Cold Plate</b> Tuna Salad/ Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting <b>Happy Birthday!!</b>
<b>August 24</b> BBQ Chicken Potato of the Day Beets Mandarin Oranges	<b>August 25</b> Veal Parmesan Penne Pasta/Marinara Sauce Cauliflower Fresh Fruit Garlic Bread	<b>August 26</b> . Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	<b>August 27</b> Beef Florentine Scandinavian Veggies Tropical Fruit Cup	<b>August 28 Cold Plate</b> Egg Salad Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Whole Wheat Bun Rice Pudding
<b>August 31</b> Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches				MONDAY – Hot & Frozen Meal TUESDAY – No Delivery WEDNESDAY – Hot & Frozen Meal THURSDAY – No Delivery FRIDAY – Hot Meal

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. Age 60+ suggested contributions is \$3. Under age 60 required contribution is \$5.**

## Spinach & Tortellini Salad

9oz pk Cheese Filled Tortellini  
10oz pk Chopped Spinach  
(thawed & drained)  
1/3 cup Parmesan Cheese (Grated)

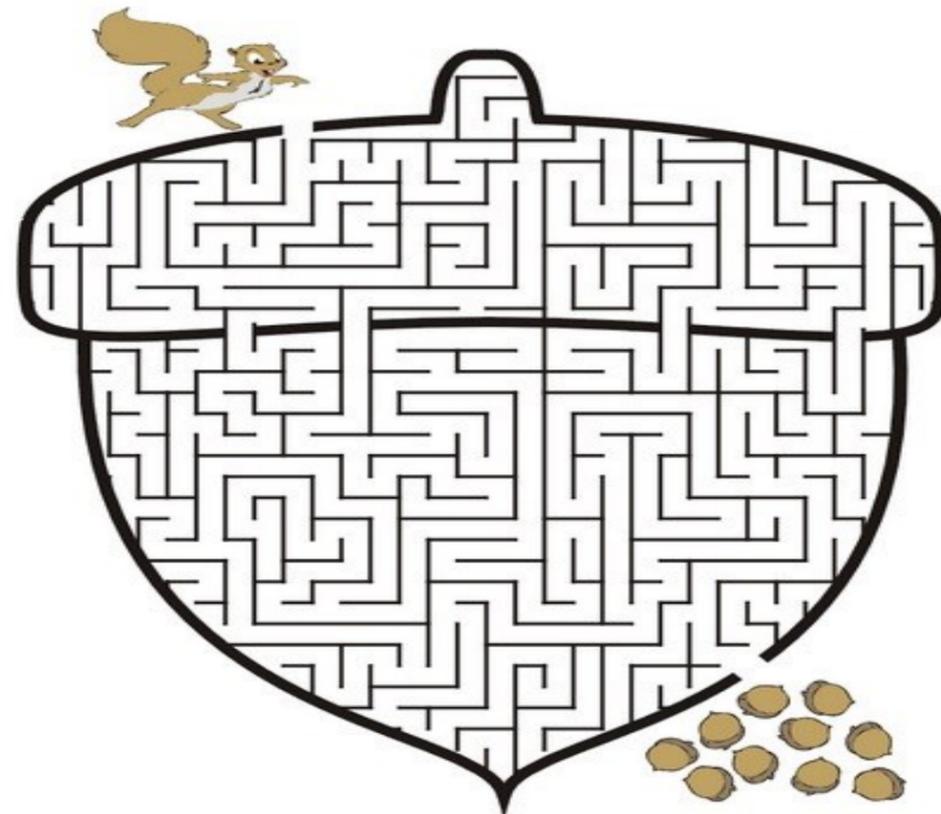
2 cups Cherry Tomatoes(cut in half)  
2oz Sliced Black Olives  
8oz Italian Style Dressing

### DIRECTIONS:

1) In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. 2) In a large bowl, combine the tortellini, spinach, cheese, tomatoes and olives. Add enough salad dressing to coat. Toss and season with salt and pepper.



Help the squirrel through the maze to find its acorns



# Farmers Market Checks

## 2020 Distribution Plan

The Farmers Market Check Program offers \$20 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2020.

This year, the distribution plan will be a little different due to COVID-19. We will be replacing outreach events with the following 3 options:

- For eligible clients that live in Cronin Hi-Rise, Stichman Towers, White Water Manor, Solomon Heights, Village Green Apartments, La Rose Gardens, Montcalm Apartments or Indian Lake Senior Housing, we will be working with the managers of these complexes to get you the checks. Please reach out to them if you are interested.
- For those who normally come to the office to pick the checks up, we will have a couple of drive-thru events at the Warren County Municipal Center. Please wear a mask and bring a pen to use. Remain in your car and we will come to you in the order you arrive. There may be a line, but the wait should be minimal. Enter the main complex, take a right, take a right into the parking lot by the flag pole. We will have a table and tent at the end of the first row. The dates of these drive-thru events is as follows:

Tuesday, August 4th—10:30-11:30AM

Tuesday, August 11th—1:30-2:30PM

Tuesday, August 18th—10:30-11:30AM

Tuesday, August 25<sup>th</sup> —10:30-11:30AM

# Farmers Market Checks

If you do not live in the senior housing complexes listed and are unable to participate in the drive-thru events at the Municipal Center, we can also provide the checks to you through the mail. The following steps will need to be followed:

1. Call the office to speak with an OFA employee. We will go over the eligibility guidelines to make sure you qualify.
2. If you qualify, we will email, mail, **or** if you are a Home Delivered Meals client we will send you the forms that will need to be completed with your home delivered meals.
3. Please send these forms back to us:
  - Mail to: Warren County, Human Services Building, OFA, 1340 State Route 9, Lake George, NY 12845;
  - Fax to PH#(518)761-6344;
  - Email to: [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov);
  - Text a photo to PH#(518)260—7055; OR
  - Send back with your Home Delivered Meal Driver
4. We will then send the check booklet and other important documents to you.
5. A signed statement from a qualifying person such as your designated Power of Attorney and/or Health Care Proxy may also complete the documents for you. We will need to see a copy of these forms.

**Eligibility Guidelines:**

60 Years of age or older

Income: 1 person household \$1968/month; 2 person household \$2658/mo.

**Using Checks:**

Please note, if you are concerned about going to the farmer’s market in person, another person can use the checks to pick up the items you want. You will need to arrange this on your own.

# SUMMER word search



- |                   |                  |                      |                  |
|-------------------|------------------|----------------------|------------------|
| <b>POOL</b>       | <b>ICE CREAM</b> | <b>CAMPFIRE</b>      | <b>TENNIS</b>    |
| <b>LAKE HOUSE</b> | <b>CABIN</b>     | <b>WATER</b>         | <b>LAWNMOWER</b> |
| <b>SUNSHINE</b>   | <b>STROLL</b>    | <b>CHAISE LONGUE</b> | <b>LODGE</b>     |
| <b>BACKYARD</b>   | <b>HIKE</b>      | <b>BOATING</b>       | <b>BREEZE</b>    |
| <b>PICNIC</b>     | <b>PATIO</b>     | <b>GARDEN</b>        | <b>HUMID</b>     |



**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° re-view

of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS' SERVICES

**Call 518/761-6342 for an appointment**

**WARREN/HAMILTON COUNTIES OFA CLIENT'S  
STATISTICAL INFORMATION FORM**

This information will be tallied and sent to NY State OFA for statistical purposes. No personal information will be forwarded.

Client Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ DOB: \_\_\_\_\_

Soc. Sec. # XXX-XX-\_\_\_\_\_ Gender: \_\_\_ Male \_\_\_ Female

Frail/Disabled: \_\_\_ Yes \_\_\_ No Veteran: \_\_\_ Yes \_\_\_ No

Living Status/Client Lives: \_\_\_ Alone \_\_\_ With Spouse \_\_\_ With Others

Race/Ethnicity American Indian/Alaskan Native \_\_\_\_\_  
Asian \_\_\_\_\_  
Black or African American \_\_\_\_\_  
Native Hawaiian/Pacific Islander \_\_\_\_\_  
Hispanic \_\_\_\_\_  
White \_\_\_\_\_

Is Client? Yes or No  
  
Oxygen Dependent \_\_\_\_\_  
Insulin Dependent \_\_\_\_\_  
On Dialysis \_\_\_\_\_

**PLEASE CIRCLE ONE:**

Household Size	100%	125%	150%	185%
	Annual	Annual	Annual	Annual
1	\$12,760	\$15,950	\$19,140	\$23,606
2	\$17,240	\$21,550	\$25,860	\$31,894
3	\$21,720	\$27,150	\$32,580	\$40,182
4	\$26,200	\$32,750	\$39,300	\$48,470

**Attention Meal Recipients:**

The meal site will be closed on Monday, September 7, 2020 for the Labor Day Holiday.



**Legal Aid is Here to Serve Warren and Hamilton Counties**

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





Senior Farmers Market Nutrition Program (SFMNP)  
**STATEMENT OF ELIGIBILITY**

Rev. 06/17/2020

Complete the following chart. The answers you provide in this chart are optional and will not affect your eligibility for the SFMNP. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Ethnicity (select yes or no) Hispanic or Latino?		Race (select one or more)				
Yes	No	American Indian or Native Alaskan	Asian	Black or African American	Native Hawaiian or Pacific Islander	White

I certify that:

- I. I am:
  - a. 60 years of age or older; AND
  - b. My monthly income is at or below the federal income guidelines for my household outlined in SFMNP Policy Memorandum #2020-2.
    - i. \$1,968/month (for a one-person household); Or
    - ii. \$2,658/month (for a two-person household); Or
    - iii. \$3,349/month (for a three-person household).
  
- II. I have not received SFMNP checks from any other location this year.
  
- III. I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law.

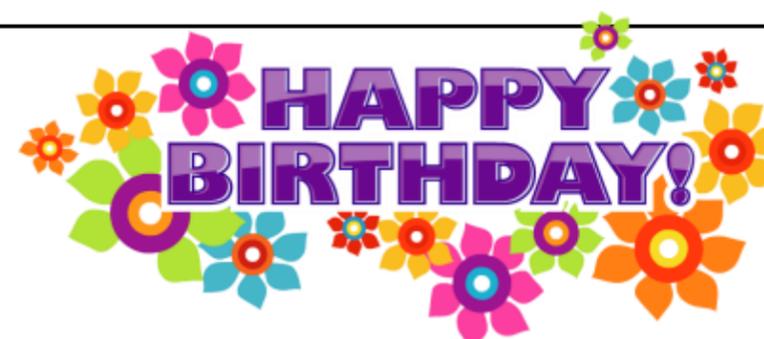
\_\_\_\_\_  
Signature (Participant)

\_\_\_\_\_  
Date

\*\*\*\*Internal Use Only\*\*\*\*



# Office Board Bulletin



## JULY

- Jane Ross.....6
- Rick Hussa.....9
- Nathaniel Turner.....19
- Art Yannotti.....22
- Alice Sullivan .....25
- Fran Cartmell.....26

## AUGUST

- Bill Bucci .....8
- Joe Sullivan.....12
- Marjorie Hull .....13
- Suzanne Cartier .....23
- Frank Imbimbo .....24

## SEPTEMBER

- Dave Thompson .....5
- Nancy Imrie .....7
- Lorna McCabe.....11
- Susan Herlihy .....12
- Beatrice Didio .....16
- Lynn Potenza.....16
- John Hamilton.....21



# September is National Cholesterol Education Month

CATHERINE'S



CORNER

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Informed Consent Form  
(Aging Services)

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

### What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

### How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

### 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.

### Preventing High Cholesterol

Make Healthy Eating Choices - Your body makes all of the cholesterol it needs, so you do not need to obtain cholesterol through foods. Eating lots of foods high in saturated fat and trans fat may contribute to high cholesterol and related conditions, such as heart disease.

To lower cholesterol, the American Heart Association recommends eating a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts. You should also limit red meat and sugary foods and beverages.

It's your health and your heart—take care of it!

Adopted By: CDC

Client must initial each section that applies and sign at the end. Worker must complete attestation.

### Informed Consent to Collect and Record Personal Information

I consent to the Warren-Hamilton Counties Office for the Aging saving personal information provided by me or my authorized representative in the Client Data System maintained by the New York State Office for the Aging (NYSOFA). Saving my information like this allows other agencies that use the Client Data System to see my information if a referral is made, but this will only happen with my permission.

I understand that this information is being collected to help in providing services under the State Office for the Aging and local Offices for the Aging. It also helps to identify other services that I may need. I understand that this information is needed in order for some services to be provided. The authority to provide these services and to collect my information for these purposes is found in the Older Americans Act and the New York State Elder Law.

I understand that, per New York State's Personal Privacy Protection Law, my personal information will be kept confidential. It will not be shared without my permission.

I understand what information will be recorded, the need for the information, and that there are laws and regulations protecting my information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

Client Initial \_\_\_\_\_

### Informed Consent to Refer and Share Personal Information

I request and consent to the release by Warren-Hamilton Counties Office for the Aging of all requested records, including but not limited to, personal information, health information, and any other information concerning me that I have provided to Warren-Hamilton Counties Office for the Aging to the following entities so they can make referrals for services that I may need, or for the purposes identified as follows:

<input type="checkbox"/> Warren County DSS;	<input type="checkbox"/> Warren County Public Health;	<input checked="" type="checkbox"/> Farmer's Market;
<input type="checkbox"/> Hamilton County DSS;	<input type="checkbox"/> Hamilton County Public Health;	<input type="checkbox"/> HIICAP;
<input type="checkbox"/> NY Connects;	<input type="checkbox"/> HEAP;	<input type="checkbox"/> NYS Office of Temporary & Disability Assistance;
<input type="checkbox"/> Other(s) _____		

I understand what information will be released, the need for the information and that there are laws and regulations protecting the confidentiality of this information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initials \_\_\_\_\_



## How to Prioritize Your Pantry Cooking and Make Food Last Longer

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

### Informed Consent to Share Certain Information in the event of a Disaster or Emergency

In the event of a disaster or emergency, I consent to the release of information about services I receive, my housing situation and who I live with, medical equipment or services needed daily, prescription medications taken daily, special dietary needs, special communication needs, blindness or other visual impairments, and information about my general condition and mobility.

I understand that this information will only be given to those who will use it to respond to an emergency, such as government agencies, law enforcement, or those acting on their behalf if there is a disaster or emergency situation.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial \_\_\_\_\_

I consent to actions above where I have initialed. The authorizations provided shall not expire unless revoked.

\_\_\_\_\_  
Signature of individual or legal representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Individual's name (Print)

\_\_\_\_\_  
If legal representative, provide name and relationship to individual

----- FOR OFFICE USE ONLY -----

**ATTESTATION**  
To be completed by worker

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print

### Follow these tips, and you won't waste the food you stocked up on for the coronavirus

As we're all hunkering down and self-quarantining to protect ourselves and the community from the coronavirus outbreak, the Centers for Disease Control and Prevention recommends having at least a two-week food supply on hand.

Keeping track of what's in your fridge and pantry and learning which foods to prioritize will keep you from wasting too much food and help you make do — and, even make some delicious meals — with what you already have. Here's how.

#### Practice the "first in, first out" rule

Professional kitchens abide by the first in, first out, or FIFO, rule. That means storing older foods in the front of your refrigerator or pantry, and newly purchased items behind them, in the back.

Place fresh fruits and vegetables in the easiest-to-grab spot in the refrigerator, along with milk and other dairy with the soonest expiration dates. Arrange canned goods, pasta and other pantry items so that those with the soonest "use by" or "sell by" dates are front and center. We know that whatever is at the very front of the line is the thing that we should use first.

Uncooked meat can be stored in the freezer for four to 12 months, and cooked meat for two to three months, according to the U.S. Department of Agriculture. Milk, cheese and other dairy also freeze well. Portion everything out first — cut cheese into slices or chunks, freeze milk in ice cube trays and freeze meat in serving sizes that make sense for your family.

#### Eat fresh produce first

Any fresh fruits and vegetables should be used first. Try using the ripest first, and map out a schedule for using the others as close to their peak ripeness as possible.

Storing fruits and vegetables properly, with leafy greens in the refrigerator and onions and garlic in a dry, dark space, for example, will extend their shelf life.

Freezing or cooking produce can make it last longer. Over-ripe bananas turning brown can be stored in the freezer or used in smoothies or baked good.

Leftovers can be stored in the fridge for three to four days, or portion the meals out and freeze for up to three months.

#### Keep up with expiration dates of pantry items

You can always cook anything that's about to expire, and don't forget items like flour and grains also have expiration dates. Cook up the pasta and store it in a Ziploc bag and then stir into soups, or make a crazy mixed-shape mac and cheese and portion it up and freeze it.

#### Get creative with what you have on hand

You may end up with a random collection of ingredients, so getting creative in the kitchen is a must. Combining shelf-stable items like beans, pasta, rice and canned foods with fresh and frozen foods is the best way to make balanced recipes and use what you have in stock.

Making soups, chili or casseroles lets you combine different ingredients in unique ways. Even while you're hunkering down, try to eat as healthy as possible with multiple food groups and lots of fruits and vegetables, whether they're fresh, frozen or canned.

Adopted From: Erica Sweeney Huffpost

# Farmer's Market



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist



## What is the Farmer's Market?

The farmer's market is a public market place where consumers can buy directly from farmers.

### 10 Reasons to Shop

1. Fresh, locally grown food
2. Supports local farmers
3. Supports the local economy
4. Protects the environment
5. You know where your food is coming from
6. Save money by getting more value for your dollar
7. Learn different cooking tips and recipes
8. Larger variety of produce
9. The food is usually safer as foodborne illness is more common in industrial settings
10. It is a great place to meet new people!

## What Produce is in Season?

Avocados	Bananas
Bell Peppers	Blackberries
Broccoli	Cucumber
Green Beans	Peaches
Strawberries	Tomatoes
Summer Squash	Watermelon
Zucchini	

## Markets in Warren County

Queensbury Farmer's Market  
Bolton Landing Farmer's Market  
Glens Falls Farmer's Market  
North Creek Farmer's Market  
NY Farmer's Market  
(Chestertown)  
Adapted From USDA. usda.gov

## Complaint Process: Civil Rights Violations

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) mail: USDA  
Office of the Assistant Secretary for Civil Rights  
400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- 2) fax: (202) 690-7442; or
- 3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider





RSVP & for more information contact Susan Dornan, NY Connects Coordinator & LTCC Secretary at [dornans@warrencountyny.gov](mailto:dornans@warrencountyny.gov) or call 1-866-805-3931



**Planning ahead: Options for Home Care**

**Licensed Home Care Services Agencies (LHCSAs)**

Licensed Home Care Services Agencies (LHCSAs) offer home care services to clients who pay privately or have private insurance coverage. These agencies may also contract to provide services to Medicare/Medicaid beneficiaries whose cases are managed by another provider or entity, such as providing home health aide services to a certified home health agency patient or providing a licensed practical nurse for a Medicaid prior-approved private duty nursing shift.

- BROADWAY HOME CARE: 518-762-1767 (WARREN & HAMILTON COUNTIES)**
- CONCEPTS OF HEALTH CARE: 518-885-2020**
- FORT HUDSON HOME CARE: 518-747-9019 (WARREN & HAMILTON COUNTIES)**
- GREATER ADIRONDACKS HOME AIDES: 518-926-7070**
- INTERIM HEALTH CARE: 518-798-6811**
- NEIGHBORS NY: 518-743-0030**
- VISITING NURSES HOME CARE: 518-798-1450 (WARREN & HAMILTON COUNTIES)**

**PRIVATE PAY OPTIONS FOR COMPANION CARE:**

- ABOVE & BEYOND COMPASSIONATE CARE: 518-480-4972**
- HAPPY TO HELP: 518-832-9449**
- HOME INSTEAD: 518-580-1042**

**CONTACT NY CONNECTS AT 1-866-805-3931 OR 711 FOR NEW YORK RELAY SERVICE**

**OPTIONS FOR HOME CARE**

**CERTIFIED HOME HEALTH AGENCIES (SKILLED NURSING)**

CHHAs/LTHHCPs provide part time, intermittent, skilled services which are of a preventative, therapeutic, rehabilitative, health guidance and/or supportive nature to persons at home. Home health services include: nursing services; home health aide services; medical supplies, equipment and appliances suitable for use in the home; and at least one additional service that may include physical therapy; occupational therapy; speech pathology; nutritional services; and medical social services. Services provided by CHHAs/LTHHCPs may be reimbursed by Medicare, Medicaid, private payment, and commercial health insurers. The NYS Department of Health is responsible for monitoring the care provided by CHHAs/LTHHCPs.

**COMMUNITY HEALTH CENTER/ST. MARY'S HEALTHCARE & NATHAN LITTAUER HOSPITAL  
518-762-8215 (WARREN & HAMILTON COUNTIES)**

**FORT HUDSON HOME CARE: 518-747-9019 (WARREN & HAMILTON COUNTIES)**

**HAMILTON COUNTY PUBLIC HEALTH NURSING SERVICE: 518-648-6141**

**HCR HOME CARE: 518-310-0900 (WARREN & HAMILTON COUNTIES)**

**LIVING RESOURCES CERTIFIED HOME HEALTH AGENCY: 518-867-8800**

**VISITING NURSE SERVICE OF NORTHEASTERN NEW YORK: 518-382-7932**

**VNA HOME HEALTH: 518-489-2681**

**WARREN COUNTY HEALTH SERVICES: 518-761-6415**

**FINANCIAL ASSISTANCE OPTIONS**

WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING-EISEP PROGRAM: PROVIDES A FEW HOURS OF HOME CARE FOR THOSE NOT ELIGIBLE FOR MEDICAID. THERE MAY BE A COST-SHARE IF OVER MONTHLY INCOME GUIDELINE OF \$1595 FOR 1 PERSON OR \$2155 FOR 2 PERSONS.

**COMMUNITY MEDICAID [WWW.MYBENEFITS.NY.GOV](http://WWW.MYBENEFITS.NY.GOV) WARREN COUNTY DSS: 518-761-6300**

- YOU RECEIVE DESIGNATED NUMBER OF HOME CARE HOURS BASED ON NEED.**
- YOU CAN HIRE HOME HEALTH AIDE THROUGH AN AGENCY OR YOU CAN HIRE YOUR OWN EMPLOYEE (CDPAP).**
- YOU MAY ENROLL IN A POOLED INCOME TRUST IF YOU HAVE EXCESS INCOME.**

**CALL NY CONNECTS FOR INFORMATION AT 1-866-805-3931**

**OR 711 FOR NEW YORK RELAY SERVICE**