



December 2021 - Altered Delivery Schedule
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 until food has reached 165 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60+ suggested contribution is \$3. Per meal, under 60 required contribution is \$5.		December 1 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake	December 2 Chicken Parmesan Penne Pasta & Marinara Sauce Cauliflower Chilled Pears	December 3 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup
December 6 Eggplant Parmesan w/ Spaghetti Marinara Sauce Peas & Onions Mandarin Oranges	December 7 Hungarian Goulash Noodles Japanese Medley Beets Mandarin Orange	December 8 Turkey Divan/ Sauce Broccoli Rice Veggie Casserole Chilled Peaches	December 9 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	December 10 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
December 13 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Rice Pudding	December 14 Beef Stew with Boiled Potatoes & Carrots Brussel Sprouts Biscuit Chilled Pears	December 15 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	December 16 Manicotti /Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	December 17 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert
December 20 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	December 21 CHEF'S CHOICE	December 22 Roast Pork Loin/Gravy Mashed Potatoes Green Beans Applesauce	December 23 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	December 24  Meal Site Closed
December 27 Beef Stroganoff over Noodles Broccoli Tropical Fruit	December 28 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	December 29 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Apple Crisp	December 30 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	December 31  Meal site Closed

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
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



Please Note: Contact your Meal Site to request a substitution if you do not care for Fish or Liver.

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



FALL EDITION

2021

OCTOBER, NOVEMBER & DECEMBER

Office Staff

- Deanna "Dee" Park - *Director*
- Rose Ann O'Rourke - *Coordinator of Services*
- Catherine Bearor - *Services Specialist*
- Hanna Hall - *Services Specialist*
- Dinah Kawaguchi - *Keyboard Specialist*
- Cindy Cabana - *Aging Services Assistant*
- Cindy Coulter - *Aging Services Assistant*
- Catherine Keating - Stauch - *Registered Dietician / Menu*
- Jami Rivers - *Receptionist*
- Jeffery Haines - *Fiscal Coordinator*
- Mary Ann McCarthy - *Volunteer Coordinator*



Goals for Aging Well

- ◆ Spend time with Friends and Family. Keep connected by setting up specific times and dates to enjoy time with others. For example get together to have coffee, play cards, explore your Community, join a book club and look forward to some new adventures.
- ◆ Find a purpose that is exciting and helps get you out of bed in the morning. Stay curious and creative. After my father retired he took up singing in the choir and developed a great love of gardening.
- ◆ Continue to Build knowledge read, watch you tube videos, pod casts and take classes that are challenging and ones that spark your passion.
- ◆ Find overall happiness in your daily activity. Remember you may not be able to control the things that happen to you but can control your attitude towards your situation.
- ◆ Eat Healthy. For example, fruits and vegetables, calcium rich food, seafood and whole grains. Exercise and maintain your flexibility, include chair yoga, walking, golf, cleaning and gardening.



MARY ANN



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.

What is Long-Term Care and Who Provides It?



Long-term care is the care you need if you can't perform daily activities on your own for an extended period of time. There are a number of different ways that long-term care can be provided.

Most long-term care involves assisting with basic personal needs rather than providing medical care. You are usually determined to need long-term care if you need help with two or more "activities of daily living" (such as bathing, dressing, eating and going to the bathroom). Family members usually provide long-term care to start, but as an illness escalates paid care may become necessary.

The following are the types of long-term care:

Home care from family member. The most basic form of long-term care is when a family member becomes the caregiver. It can involve simple tasks like buying groceries or more complicated ones like bathing and dressing. Sometimes family members can be paid for their work if the client has Medicaid along with their Medicare.

Home care aide. Home care aides provide companionship and socialization and assist with meal preparation, housekeeping, laundry, shopping and errands. They are also called homemaker or chore aides.

Home health care aides. Home health care aides provide personal care (bathing, grooming, etc.), assist with range-of-motion exercises, provide some medically-related care (empty colostomy bags, dress dry wounds, check blood pressure, etc.) and provide assistance with housekeeping and errands. They are often referred to as personal care assistants.

Adult day care. Adult day care allows family members to get a respite from caregiving. In general, there are three types of centers: those that focus on social interaction, those that focus on health care and special Alzheimer's care centers.

Nursing home. Nursing homes are the highest level of long-term care. They provide 24-hour care to residents. Staff provides help with daily activities such as feeding, dressing and bathing along with medical care and physical, occupational and speech therapy.

Costs for care can vary widely, from a few hundred dollars a week to pay for coverage when families are at work to \$300,000 or more a year for around-the-clock home care or care in the most expensive nursing homes, perhaps with private aides hired on the side.

Long-term care costs, whether at home, in assisted living or in a nursing home, are paid primarily from three sources:

- Out-of-pocket
- Medicaid
- Long-term care insurance



Medicare, the health insurance for people over 65 or on disability, does not cover long-term care. It only pays for up to 100 days of skilled nursing facility care following a hospitalization, and only for so long if the patient is deemed to need skilled care by a medical professional.



NY Connects
Your Link to Long Term
Services and Supports

<https://www.elderlawanswers.com/what-is-long-term-care-and-who-provides-it-18114>



November



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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 until food has reached 165 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

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November 1 Eggplant Parmesan w/ Spaghetti Marinara Sauce Peas & Onions Mandarin Oranges	November 2 Hungarian Goulash Noodles Japanese Medley Beets Mandarin Orange	November 3 Turkey Divan Sauce Broccoli Rice Veggie Casserole Chilled Peaches	November 4 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	November 5 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
November 8 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Rice Pudding	November 9 Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	November 10 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	November 11  Meal Site Closed	November 12 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
November 15 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	November 16 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	November 17 Roast Pork Loin/Gravy Mashed Potatoes Green Beans Applesauce	November 18 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	November 19 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies
November 22 Beef Stroganoff over Noodles Broccoli Tropical Fruit Cup	November 23 CHEF's CHOICE	November 24 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Apple Crisp	November 25 Happy Thanksgiving  Meal site Closed	November 26 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake Cedars meal site only- No meal delivery
November 29 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	November 30 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin			Age 60+ suggested contribution is \$3. Per meal, under 60 required contribution is \$5.



October 2021 – Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging



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Age 60+ suggested contribution is \$3. per meal, under age 60 required contribution is \$5.				October 1 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 4 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Rice Pudding	October 5 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	October 6 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	October 7 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	October 8 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
October 11  HAPPY COLUMBUS DAY Meal Site Closed	October 12 CHEF'S CHOICE	October 13 Roast Pork Loin/Gravy Mashed Potatoes Green Beans Applesauce	October 14 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 15 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake
October 18 Beef Stroganoff over Noodles Broccoli Tropical Fruit	October 19 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	October 20 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Apple Crisp	October 21 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	October 22 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
October 25 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	October 26 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	October 27 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake	October 28 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	October 29 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup



Are you a Veteran or a spouse of a Veteran?

You may be eligible for VA Aid and Attendance benefits or Housebound allowance.

VA Aide and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or if you are housebound, find out if you qualify.

VA Aid and Attendance eligibility

You may be eligible for this benefit if you get a VA pension and you meet at least one of the requirements listed below.

At least one of these must be true:

- You need another person to help you preform daily activities, like bathing, feeding and dressing
- You have to stay in bed—or spend a large portion of the day in bed—because of your illness
- You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability
- Your eyesight is limited (even with glasses or contact lenses you have 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)



Housebound benefits eligibility

You may be eligible for this benefit if you get a VA pension and you spend most of your time in your home because of a permanent disability.

Note: You cannot get Aide and Attendance benefits and Housebound benefits at the same time.

To see if you are eligible and to apply for these benefits contact:

Warren County Veterans' Services

1340 State Route 9

Lake George, NY 12845

518-761-6342



NY Connects
Your Link to Long Term Services and Supports

<https://www.va.gov/pension/aid-attendance-housebound/>



HIICAP Corner

Medicare Information and Updates



Things to know about Fall Open Enrollment

Medicare Open Enrollment is the annual period for beneficiaries to review current plan coverage against options available in the coming year. During this time you can make decisions on keeping your current Medicare plan or changing to any of the available plans in your area.

Fall Open Enrollment occurs each year from October 15th through December 7th

- * Any change you make during Open Enrollment will take effect January 1
- * If you have Medicare Advantage, you can switch to a different Medicare Advantage Plan or to Original Medicare (Parts A and B) with or without a PDP.
- * If you have Original Medicare you can change to Medicare Advantage or add a Medigap/ Supplemental policy with or without a PDP.

Review your current health and prescription coverage to compare against options for 2022

- * If you currently have a Medicare Advantage or Part D prescription plan you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. These notices will update you on any changes in plan costs, benefits, and/or rules for the upcoming year.
- * Even if satisfied with your current Medicare coverage you can check to see if there is another plan in your area that will offer better health and drug coverage at a more affordable price.

Get help finding plan information

- * **1-800-Medicare** (1-800-633-4227) connects you to a Medicare representative that can discuss current coverage, future options, and enroll you in a plan within your service area.
- * **Medicare.gov** has a Plan Finder that will allow you to create a login to view your current coverage alongside options for 2022. You can enter your medications to check compatibility with plans, review plan costs, search for providers, and enroll online if you wish to make a change for 2022.
- * **Marketing:** This time of year there is no shortage of Medicare information on television and through the mail. Many of the options that seem too good to be true are advertisements for clients with both Medicare AND Medicaid. If called, these agencies will encourage you to enroll in a plan which may not be appropriate for you. Remember when working with any broker or agency to keep records and be sure that your providers, prescriptions and facilities are covered.
- * **Office for the Aging:** Contact your County Office for the Aging to speak with a HIICAP counselor who can assist you with questions about Medicare and available options.

Making changes

* If you are dissatisfied with a Medicare Advantage Plan chosen during the Fall Open Enrollment, you will be able to change your plan during the Medicare Advantage Open Enrollment Period (MAOEP) from 1/1/22-3/31/22. During this time you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a PDP.



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|-------------|------------|-------------|-------------|
| COMFORT | COOKING | HOLIDAY | UNWINDING |
| WELCOMING | WALKS | CLASSIC | HOUSEGUESTS |
| LOVE | CONGREGATE | CONTENTMENT | ENJOY |
| FRIENDLY | MEMORIES | HOME | TRADITIONS |
| KNICKKNACKS | MAGICAL | CALM | MUSIC |





Office Bulletin Board



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Attention Meal Recipients:

No Meals will be delivered on the following dates:

Monday, October 11, 2021 - Columbus Day

Thursday, November 11, 2021 Veterans' Day

Thursday, November 25, 2021 Thanksgiving Day

Friday, December 24, 2021 Holiday for Christmas Day

A Note Regarding Home Delivered Meal Clients

- If you are not going to be home to receive a meal please call the Meal Site to cancel before 9:00 am at 518-832-1705 for Cedars Meal Site. The Meal Site phone has voice mail so you may leave a message any time of day or night. Phone numbers for other meal sites are at the bottom of the December menu.
- Clients please remember to leave a bag, box or cooler outside of your door so the Volunteer may deliver the meal. A reminder we will not leave the meal unless you are home or contact the meal site to leave other instructions.



HIICAP Corner Medicare Information and Updates



Cost saving options for Medicare beneficiaries

Although Medicare recipients can make changes to their coverage during Open Enrollment, plan options may still leave lower income clients with unmanageable expenses. The following are suggestions for helping beneficiaries reduce Medicare prescription and health care costs:

EPIC:

Enrollment in EPIC (New York State's Prescription Assistance Program) for those 65 and older with income below \$75,000 single or \$100,00 couple helps lower the cost of Prescription Medications. EPIC works with Part D plans by tracking prescription costs paid by beneficiaries. When clients meet the out-of-pocket cost limit based on income, they will pay a maximum of \$20/prescription for the remainder of the calendar year. In addition, EPIC grants new or existing members the opportunity once per year (outside of Open Enrollment) to get or change Part D Prescription Plans. Program details and applications can be obtained by calling EPIC at 1-800-332-3742 or online: health.ny.gov/health_care/epic/

Extra Help:

The Social Security Administration offers this program to Medicare individuals with monthly income below \$1,630 (\$2,198 for couples) AND assets below \$14,790 (\$29,520 for couples). Clients with Extra Help are eligible for reduced copays on prescription medications and Part D premiums. Extra Help clients are also able to enroll in or change their Part D coverage quarterly if needed. Apply through the Social Security Administration locally (1-877-405-4875) or online at SSA.gov.

MSP/Medicaid:

Another way to get Extra Help is through MSP (Medicare Savings Program) and/or Medicaid. Applications are submitted through the client's County Department of Social Services. Monthly maximum income for MSP is \$1,469 (\$1,980 couples), there are no asset limits. Monthly maximum income for Medicaid is \$904 (\$1,320 couples) and assets below \$15,900 (\$23,400 couples). In addition to the lower Part D copays and premium assistance offered through Extra Help, the MSP also pays the Part B premiums that are deducted monthly from Social Security.

Patient Assistant Programs:

Several area medical facilities offer financial assistance through Patient Assistance Programs, including hospitals and Hudson Headwaters Health Network, to help with bills received after Medicare insurance has paid. Contact the billing department listed on your statement to get more information about assistance program eligibility and application process.



This Publication is supported in part by a grant from the U.S. Administration for Community Living

RSVP

The Warren/Washington Retired Senior and Volunteer Program, better known as RSVP, is an active and vital part of our communities, matching senior citizens age 55 and older with meaningful volunteer opportunities.

One of RSVP's most successful and impactful undertakings is the Medical Transportation program. In the last six months, 21 RSVP volunteers from Warren County provided 82 area seniors with 407 rides to their medical appointments. (Although this is a free service, donations are always welcome; and in fact, are vital to keeping this important program going.)

In the past year, RSVP has seen a growing need among area seniors for this service. It is particularly vital for those living in remote areas or without family nearby. As a result RSVP has a critical need for able and willing seniors to volunteer as Medical Transportation drivers. Although not all volunteers accept it, mileage reimbursement is available.

If you are interested in volunteering for this rewarding opportunity, please contact Warren/Washington RSVP at 518 743-9158. Additionally, if you are a senior citizen and need help getting to your medical appointments, please contact RSVP for more information.

JoAnna Sheridan, Project Director
director@warrenwashingtonrsvp.org
518 743-9158 ext. 208



HEARTY AND HEALTHY FALL GNOCCHI SOUP

When the weather gets cooler, warm up with a bowl of this Hearty and Healthy Fall Gnocchi Soup. Use chicken sausage instead of red meat sausage, and coconut milk instead of heavy cream to give this soup a healthy twist.

Serve with toasted baguette

Hearty and Healthy Fall Gnocchi Soup Prep time 20 mins Cook time 1 hour Total time 1 hour 20 mins

Ingredients

3 tbsp EVOO
1 medium red onion, roughly chopped
2 carrots, peeled and roughly chopped
1 cup butternut squash, chopped into 1" cubes
4 spicy chicken Italian sausages, sliced into coins
2 cloves of garlic, peeled and smashed
2/3 cup frozen multicolored bell pepper strips, thawed
1/2 cup dry white wine
1 can tomato paste
1 cups vegetable stock, low sodium
1 can coconut milk
1 small bunch of fresh thyme, tied together with twine
2 bay leaves
2 cups Tuscan kale, roughly chopped
2 cups gnocchi
Salt and Pepper to taste

Instructions

1. In a large pot over medium-high heat, sauté red onion, carrots, butternut squash, and chicken sausage coins for five minutes.
2. Add garlic, bell peppers, and sauté for 3 more minutes.
3. Pour in dry white wine and deglaze the pot by scraping the brown bits off of the bottom of the pot.
4. Add tomato paste, vegetable stock, coconut milk, thyme, bay leaves, salt and pepper to taste. Let soup simmer on low for 40 minutes.
5. Add Tuscan kale and gnocchi and let simmer for another 10 minutes.
6. Remove bay leaves and thyme bunch and serve with toasted baguette, Enjoy!

Adopted by: Chef By Two: Chef Eli



Turkey-Apple-Brie Sandwiches

Thanksgiving leftover ideas to make sure you get the most out of your Thanksgiving meal! Hollowed-out baguettes hold a satisfying combo of tart apples creamy Brie and protein-rich, shredded turkey.

Recipe Summary: Active: 20 mins total: 20 mins Servings: 4

Ingredients

- 1 Granny Smith apple, thinly sliced
- 1 teaspoon lemon juice
- 1 whole-wheat baguette (8 ounces)
- 4 leaves red leaf lettuce
- 4 ounces shredded cooked turkey breast (1 cup) (see Tip)
- 2 ounces Brie cheese, thinly sliced
- 4 teaspoons Dijon mustard



Directions

Step 1 - Toss apple slices and lemon juice in a small bowl. Cut baguette crosswise into 4 sections. Cut each section in half lengthwise. Remove the soft inner portion of bread, leaving a 1/4-inch-thick shell. (Reserve the inner bread for another use.)

Step 2 - Top the bottom pieces of bread with lettuce, turkey, Brie and the apple slices. Spread mustard on the top pieces and set one on each sandwich. Serve immediately or wrap and refrigerate for up to 4 hours.

Tips - Tip: To cook turkey, place 1 turkey breast tenderloin in a skillet with 1 cup water. Bring to a boil. Reduce heat, cover and simmer until internal temperature reaches 165 degrees F, 20 to 25 minutes. Remove from the pan. When cool enough to handle, shred with 2 forks. Refrigerate any remaining turkey in an airtight container for up to 3 days or freeze for up to 2 months. **Nutrition Facts:** Serving Size: 1 sandwich Per Serving: 236 calories; protein 17g; carbohydrates 32g; dietary fiber 5g; sugars 7g; fat 5g; cholesterol 34mg; sodium 431mg. Adopted by: Eatingwell

Berry Cheesecake Fluff

Healthy Christmas dessert recipe that is quick and easy to make and even easier to eat. Enjoy Serves 7-9

Ingredients:!

- 1 {8 oz.} tub Cool Whip
- 2 & 1/2 cups vanilla yogurt
- 1 {3.4 oz.} cheesecake pudding mix
- 1 {16 oz.} bag of frozen mixed berries

Directions:

In a medium sized bowl, fold Cool Whip into vanilla yogurt.
Sprinkle with pudding mix and stir well.
Add berries mix well.
Let sit in the refrigerator for 30 minutes or more and then stir well to dissolve pudding.
Serve cold.

Recipe adapted from [Becoming Betty](#)



Nursing Home Residents, Know Your Rights!

By Rose Landau, Staff Attorney at the Legal Aid Society of Northeastern New York

The Nursing Home Reform Law is a federal law that applies to every nursing home certified to accept Medicare and/or Medicaid. Since Medicare and Medicaid are two of the largest funders of long-term care, there are only a very small number of facilities that turn down this money. So, if you reside in a nursing home, it is very likely that you are protected by the Nursing Home Reform Law, regardless of how your individual care is paid for.

The basic principle behind the Nursing Home Reform Law is that every nursing home must provide all necessary and appropriate care. It promises *every* resident high quality, person-centered care. As just one example, the law provides that a Medicaid-eligible resident is entitled to the same level of service provided to any other resident. If you are told, for example, that you cannot receive physical therapy, one-on-one attention, or hands-on assistance with eating because Medicaid does not cover such services, this is incorrect.

The Nursing Home Reform Law also provides that you and your family can participate in your care plan. Contrary to what you might be told, it is not only up to the nursing staff to determine the level of care that you receive. Ask when your care plan meetings are being held and attend them with your family. The nursing home staff must take steps to facilitate your family's participation such as scheduling the meetings at convenient times and facilitating conference calls or video conferencing.

A care plan is where you specify your needs and preferences. Care plans are meant to be unique to each resident. Examples of things that would be included in a care plan are: what kind of assistance you need or want with daily activities, how much and what kind of exercise you should be getting, your preferred schedule for waking up and going to bed, and what preparations should be made for moving you out of the nursing home. Care plans are an important tool in asserting your rights. If, for example, you want to take a walk around the block every day and need assistance to do so, you should be sure that that is included in your care plan. If a staff member is not made available every day to assist you on your walk, you can point to the care plan and insist that they follow it.

Unfortunately, some nursing homes are operating under the assumption that you do not know your rights or will not speak up when your rights are being violated. They will comply with the law, but only if you insist on it. Every nursing home has a Grievance Official to accept, investigate, and respond in writing to grievances. Federal law prohibits a nursing home from retaliating against someone for making a complaint. So, you should start by speaking up for yourself.

However, if that does not work, you should contact your local ombudsman, Mary Keniry, at 518-372-5667 or mkeniry@cathcharschdy.org and/or call the Department of Health's Adult Care Facility Centralized Complaint Intake at 1-866-893-6772. **If you have questions about the Nursing Home Reform Laws, call the Legal Aid Society at 518-587-5188.**

Nursing Home Residents, Know Your Rights! (Part 2)
By Rose Landau, Staff Attorney at the Legal Aid Society of
Northeastern New York

It is common for nursing home residents to be told that they do not have a choice about when they wake up, what activities are offered, or the food they are served. But did you know that under the Nursing Home Reform Laws, nursing homes must make reasonable adjustments to honor residents' needs and preferences? Residents should not feel bound by their nursing home's standard operating procedure. If a requested change in procedure is reasonable, the nursing home must make the change.

This raises the question of what is "reasonable," and there is no precise answer to this question. However, precedent provides some guidance. As a nursing home resident, you also have a right to:

- go to sleep and wake up when you choose
- be served culturally appropriate food
- vote with arrangements made by the facility
- have a locked storage space in your room
- meet with your family in a private meeting space
- send and receive unopened mail promptly
- manage your own finances
- leave and return to the facility at reasonable times
- meet with and participate in activities of social, religious, and community groups at your discretion and with transportation provided by the facility.

These are just example and not an exhaustive list. Remember that nursing homes receive thousands of dollars per resident per month for the purpose of providing person-centered care. Therefore, a request is not unreasonable just because it would require a nursing home to adjust the nurse aide schedules and/or increase nurse aide staffing levels.

Nursing homes may try to tell residents and their families that they should hire a private-duty aide because they do not have enough staff to accommodate their requests. However, it is a violation of the Nursing Home Reform Laws for a nursing home to expect or encourage hiring private-duty aides to cover its own inadequacies.

A good time to request a change in procedure is during a care planning meeting. Residents should be prepared for their requests to initially be denied because they are "unreasonable." If this happens, the next step is to file a complaint with the nursing home's Grievance Official. Every nursing home in New York has a Grievance Official who must accept, investigate, and respond in writing to grievances within 21 days. Federal law prohibits a nursing home from retaliating against someone for making a complaint.



Have a Healthy Holiday Season

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don't miss this essential list of holiday health tips for seniors:

Keep Moving

You want to burn all the extra energy (calories) you are consuming, make sure to keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends, i.e. go to the local holiday parade and walk around instead of watching it on TV.

Prevent Infection

There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like doorknobs, and taking hand sanitizer and tissues with you on the go.

Avoid Excess

It's not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, it puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation, keep up with water intake while imbibing, and avoid high-calorie beers and drinks mixed with sugar-laden additives.

Hydrate Often

Between alcohol consumption at holiday dinners and the cool, dry air outside pulling moisture out of your skin, this season can be a quick ticket to becoming dehydrated. Make sure you are drinking plenty of water throughout each day with smart tips like consuming a full glass of water each time you use the restroom, and eating lots of water-rich foods like stews and soups.

Prevent Falls

Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car (like swivel seats and car caddies).

Make Healthy Cooking Choices

Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked good.

Adopted by: seniordirectory.com





November is National Diabetes Month The Prediabetes Diet Everyone Should Follow



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

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

If current trends continue, according to the Centers for Disease Control and Prevention (CDC), as many as one in three adults could have the disease by 2050. And about 79 million American adults now have prediabetes, a condition marked by above-normal blood sugar levels that aren't high enough to be diagnosed as type 2 diabetes. If there's a silver lining to these alarming statistics, it's that there's plenty you can do to prevent the disease or slow the progression, including eating a balanced diet.

- **Skip the sugary drinks.** No sweet tea. No juice. No soda. No sweetened lemonade. No mocha latte coffee creations. Sugary drinks provide nothing more than empty calories, and they won't help you feel full. All the sugary drinks out there are a real risk factor for obesity.
- **Pull back on portions.** You still can eat many of the foods you like, just have smaller amounts of them. Cut out high-calorie, junky snacks, and save your decadent desserts for special occasions. Remember that even healthy foods can lead to weight gain if you eat too much of them, and being overweight is a primary risk factor for type 2 diabetes.
- **Fill up on fiber.** Eat plenty of high-fiber foods, including vegetables, fruits, beans, and whole grains. Fiber helps you feel fuller longer and can help you eat less to avoid weight gain. At least half your plate should be fruits and vegetables that have been steamed or sautéed in healthy fats. Those veggies can be fresh, frozen, or canned. Just skip the canned vegetables with added salt.
- **Be choosy about fats.** Your diet should have some fat, but opt for the healthiest sources: olive and vegetable oils, nuts, seeds, and avocado. Buy low-fat or fat-free dairy products such as reduced-fat cheeses, non-fat or low-fat yogurt, and skim milk.
- **Drink alcohol only in moderation.** Men should have no more than two drinks a day, women no more than one. A drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of

- distilled spirits of 80-proof.
- **Choose lean meats.** To easily identify lean red meats, look for cuts that have the word "round" or "loin" in their name, such as top round or pork loin, trim all visible fat. Opt for white-meat chicken or turkey without the skin. Adding fish to your diet two to three times a week is part of a diet that can help diabetes prevention. Bake, broil, roast, grill, or sauté rather than fry to keep it lean.
- **Stay hydrated.** Drink plenty of water. People often mistake thirst for hunger, which can lead to overeating and weight gain. Staying hydrated helps to lower your blood sugar, which you should do anyway.

Diet and Exercise Go Hand-in-Hand

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



What You Need to Know About Misleading Advertising

Fraudulent and misleading ads

Consumers nationwide are often misled by advertisers who use "Social Security" or "Medicare" to entice their victims. Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge.

These services include getting:

- A corrected Social Security card showing a bride's married name;
- A Social Security card to replace a lost card;
- A Social Security Statement; and
- A Social Security number for a child.

Some direct marketers suggest that Social Security is in dire financial shape and that people risk losing their Social Security or Medicare benefits unless they send a contribution or membership fee to the advertiser. Other companies give the false impression of a Social Security endorsement or affiliation by offering a "Social Security Update" or related benefit update. Typically, these companies solicit information from consumers and then resell the consumer's private information. These marketing practices clearly mislead and deceive the American public.

How we combat misleading advertising

Section 1140 of the Social Security Act is a consumer-protection tool against misleading advertising that prohibits the use of Social Security's words and symbols in a manner that conveys the false impression that Social Security issued or approved the communication. Section 1140 prohibits individuals and companies from:

Misleading consumers by giving a false impression that Social Security is associated with or endorses the communication. Prohibited communications can take many forms, including mailed, emailed, and televised advertisements, websites, social media, personally targeted advertisements, mobile applications, and text messages.

Reproducing and selling Social Security publications without authorization, as well as charging for services without notice that Social Security provides them for free.

authority delegated from the Commissioner of Social Security, against individuals, organizations, and other entities that violate Section 1140. As of January 2018, the OIG may impose penalties of up to \$10,260 for each violation, and a penalty of not more than \$51,302 for each misuse related to a broadcast or telecast. **What to do if you receive misleading information about Social Security**

Send the complete ad, including the envelope, to:
Office of the Inspector General Fraud Hotline
Social Security Administration
P.O. Box 17768
Baltimore, MD 21235

Also, advise your state's attorney general or consumer affairs office and the Better Business Bureau in your area. What to do if you receive misleading information about Medicare

Contact the Office of Inspector General for the Department of Health and Human Services:

U.S. Department of Health & Human Services
Office of Inspector General
Attn: HHS Tips Hotline
P.O. Box 23489
Washington, DC 20026

Contacting Social Security

The most convenient way to contact us anytime, anywhere is to visit www.socialsecurity.gov where you can also take care of some business with an online *my* Social Security account.

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Aging and Assistive Technology

What is Assistive Technology and why do you need it? As we age, our bodies change and our needs change. You may have grown up in a time when “assistive technology” was a phrase that did not even exist—so why do you need to know about it now?

Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with disabilities. While the definition may throw you off (I don't have a disability you are thinking!) Many of us have a “disability” we adapt to without even thinking about it. For example, do you wear glasses? That is a disability mitigated by a piece of equipment! There are two types of Assistive Technology, low tech and high tech. An example of low tech AT is a buttoning aid hook. This tool is simple, with a hook and wire design and comfortable grip that allows the user to button blouses, jackets and pants easily, with only one hand. This device is fantastic for seniors with arthritis, fine motor impairment or reduced dexterity. An example of high tech AT is a video remote doorbell such as the Ring doorbell. This allows an older adult to see who is at the door and communicate with the person without getting up. This can help an older person screen visitors and stay safe when home alone.

What are some other examples of Assistive Technology and how can they work for you?

- Smart watch
- Personal emergency remote system
- Remotes with enlarged buttons
- Captioned telephones
- Automatic pill dispensers

Durable Medical Equipment (DME) is equipment which (a) can withstand repeated use, (b) is primarily and customarily used to serve a medical purpose, (c) generally is not useful to a person in the absence of an illness or injury, and (d) is appropriate for use in the home. All requirements of the definition must be met before an item can be considered to be DME.

What are some examples of Durable Medical Equipment and how can they work for you?

- Walkers
- Wheelchairs
- Canes
- Commode
- Grab bars
- Seat swivel

Depending on the challenge you are facing, here are many options that may help. For example, if you or someone you are caring for is experiencing memory issues, misplacing things may be an issue. An item such as the Object Locator and Beeping Key Finder (a digital tracker for small household items) can be useful for those in the early stages of dementia. If you are experiencing vision challenges such as macular degeneration, items such as a Lighted Full Page Reading Magnifier can make reading easier and enjoyable again. **Resources**

Technology Related Assistance for Individuals with Disabilities (TRAID) Program provides access to assistive technology to any New Yorker with a disability through Regional TRAIID Centers. Regional TRAIID Centers provide device loans and hands-on training to people with disabilities. <https://www.justicecenter.ny.gov/traid-program>

Equipment Loan Fund (ELF) The Equipment Loan Fund allows you to borrow up to \$4,000, with an interest rate of 4%, and can be used to purchase wheelchairs, wheelchair van lifts, ramps, and adaptive equipment. <https://ocfs.ny.gov/main/cb/equiploanfund.asp>



CORNER

CATHERINE'S



Fall Wellness Tips to Keep You Healthy

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Fall has officially arrived. So has the start of cold and flu season, along with the temptation to stay inside and eat comfort food. It's the perfect season to get lazy, really. But don't give up on your health just yet. Keeping up your exercise routine, eating healthy, and resting enough can keep your health on track this fall season. It also will sustain your immune system if you continue your healthy habits through the end of the year.

Fall Health Tips to Start Using

- 1. Do smart swaps on comfort foods** — there's nothing like a savory, rich soup on a crisp fall day. Instead of making a calorie rich clam chowder with cream, consider opting for a veggie soup filled with fiber-rich vegetables like spinach. Love sweet potatoes? Slather it with coconut oil and cinnamon instead of butter.
- 2. Consume immunity-boosting foods** — as the weather gets colder and flu season starts, it's important for your immune system to be in tip-top shape. Eating healthy foods with vitamin C (like limes, oranges, and clementine's) are key to fighting off infections. Garlic, ginger, spinach, and almonds are also big winners when it comes to boosting your health and immunity.
- 3. Get your flu shot** — Get the once-a-year flu vaccine.
- 4. Munch on in-season foods** — this time of year beautiful vegetables and fruits make their appearance in grocery stores across the nation. Some of the nutrient dense options to consider adding to your plate: Brussels sprouts, butternut squash, crab apples, cranberries, and turnips.
- 5. Drink up your H2O** — as it gets colder, your body can lose as much fluid as it might in hot climates due to the high rates of energy used in colder climates. Keep your water intake high as fall fades into winter, too.
- 6. Switch up your fitness routines** — if you live in colder climates, you'll probably have to give up your outdoor runs soon. Make it less of a shock by taking some of your routines indoors and slowly incorporating indoor gym sessions. Try a new class like kickboxing or salsa to get your cardio fix.
- 7. Get enough vitamin D** — this essential vitamin helps the body absorb calcium. When fall arrives, daylight — one source of vitamin D — is less available. That's why it's important to either take a supplement or eat a varied diet in order to maintain appropriate vitamin D levels through fall and winter. Cod liver oil, salmon, tuna, and milk are a few ways to get your vitamin D.
- 8. Sterilize your most touched items** — your cell phone, keyboard, remote, and tablet are all germ habitats. It's good to make it a habit to sanitize these areas with Clorox wipes. Throughout cold and flu season, you'll definitely want to make sure you're sanitizing these areas weekly, if not daily.
- 9. Enjoy the cooler weather outdoors** — Now that the cooler weather is here, there's no better time to enjoy the outdoors. Take in the beauty of the changing leaves, the crisp air, and the sounds of nature. In fact, a walk in nature can boost your mood and creativity while also relaxing you.

Have a happy and healthy fall!
Adopted by: totalwellnesshealth.com



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Hamilton County

Wells



All events - Vaccinated individuals do not require a mask, non-vaccinated or those vaccinated less than 2 weeks must wear a mask.

- The library music program for 2021 is planning for outdoor activities
- Chicken & Biscuits take out or eat in, Wed, Oct 6, 4-6:30 PM, Wells Methodist
- Wells Historical is looking for volunteers and members, contact Joan Marsh jmarsh1370@aol.com.
- Twigs in Lake Pleasant is looking for volunteers, contact (518) 548-5444, <https://www.facebook.com/Twigs-Treasures-59956093052>Osteo-busters resumes in is
- Osteobusters Community hall. Full time mask required for non-vaccinated attendees. Sessions each week on "Osteobusters", a 60 minute session of healthful and "easy" exercise is Mondays and Thursdays from 10 – 11 AM. Great for
- Mah Jongg, every Tuesday at the Library 6 PM & Thursday at 1:30 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 (April – November)
- Keep checking on each other, stay well.

Contact Brian Griffin at 716-830-7967 with any questions or for further information.

RSVP

Current Clients of Hamilton County RSVP are able to receive transportation to Medical appointments. Call 518-359-7688

If you are interested in becoming a Volunteer Driver for RSVP please call the phone number above.



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



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