

## 2021 Senior of the Year

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging.

### NOMINEE'S INFORMATION

First & Last Name:		County:	
Nickname (If Any):		Telephone #:	
Address:		Email Address:	
City:		Pronunciation of Name:	
Zip Code:			
Years of Volunteer Service:		# of Children:	
Previous or Current Profession:		# of Grandchildren:	
Military Branch of Service:		# of Great Grandchildren:	

Organizations for which the nominee volunteers/has volunteered:

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Brief Biography of the nominee (i.e., are they a native New Yorker, how long have they lived in New York, where they currently reside, past/present career, family details: (Approximately 100 words)

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Details about how the nominee has made a difference in your community through civic engagement: (Approximately 125 words)

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What advice does the nominee have about volunteering for other New Yorkers?: (Approximately 50 words)

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# 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

SPRING EDITION

2021

April, May and June

## SENIOR OF THE YEAR 2021

### Office Staff

Deanna "Dee" Park -

Director

Catherine Bearor - Services Specialist

Hanna Hall - Services Specialist

Dinah Kawaguchi - Keyboard Specialist

Cindy Cabana - Aging Assistant

Rose Ann O'Rourke - Coordinator of Services

Jami Rivers - Receptionist

Mary Ann McCarthy - Volunteer Coordinator

Catherine Keating - Stauch - Registered Dietician / Menu

Jeffery Haines - Fiscal Coordinator



As we move forward this year it is time to honor and recognize Seniors for their contributions in our Community. There are many seniors that give willingly of their time, skills and talents. These individuals choose to step up to reach out to organizations with an exceptional giving spirit and make a difference in a small or grand way.

We need your help in finding and honoring these special individuals. On page 23 of this Newsletter there is a memo from Dee Park, Director of OFA providing more details and requesting nominations. Page 24 (back page) is the NYSOFA 2021 Senior of the Year Nominee form.

You may submit your nominations to:

**WARREN/HAMILTON COUNTIES OFFICE FOR THE AGING**

**1340 STATE ROUTE 9, LAKE GEORGE, NY 12845**

**PH#(518)761-6347 or FAX#(518)761-6344**

**DEANNA PARK, DIRECTOR**

The form may be filled out and e-mailed to [riversj@warrencountyny.gov](mailto:riversj@warrencountyny.gov)  
Please include the name & contact information for the nominating person.



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.

Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression and heart disease



- ◆ **Board and Card Games**—Yahtzee, Scrabble, Solitaire, Concentration and Trivial Pursuit are games that can be played alone or virtually online. These are areas where working memory functions.
- ◆ **Puzzles** — Puzzles are a great way to pass time, and studies have shown improvements in memory when seniors worked on puzzles for as little as 45 minutes a day, twice a week.
- ◆ **Brain-Training Computer Games** — This can reduce dementia by up to 28%.
- ◆ **Memory Boxes** — Memory boxes are a good way of stimulating and recalling favorite memories. Build a collection of old photos and any objects that mean something and put them in the box to peruse when board. If someone is especially agitated, looking at the objects may have a calming effect.
- ◆ **Old Movies** — Many of use have old home videos or movies featuring family fun or our favorite performers. Furthermore, there are so many television channels and streaming platforms from which to choose, virtually any movie or classic TV show can be found and binged!
- ◆ **Books** — Escape reality by diving into a novel. Gather a few hard covers or paperbacks and do some reading. If you have an e-reader, consider a new release. Many libraries have curbside pick-up or delivery.
- ◆ **Exercise** — Chair exercise, walking, riding a stationary bike, yoga, dance, Tai Chi and almost anything that gets the body moving, will help strengthen muscles and improve mood and mental acuity by increasing oxygen and blood flow to the brain.
- ◆ **Crafts** — Many people love to craft, and crafting can take many different forms. Knitting, needlepoint, painting, stenciling or making musical instruments are just a few examples.
- ◆ **Cook** — If you enjoy cooking and baking, cook and bake!
- ◆ **Communicate** — Reach out to family, friends and neighbors to see how they are doing during this crazing time. The recipient of a call, text, email, letter or card will feel very special and it will be good emotional support for you both.

\* Information above was received from New York State Office for the Aging

**TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.**

**FROM: Deanna Park, Director**

**Warren/Hamilton Counties Office for the Aging/NY Connects Program**

**1340 State Route 9, Lake George, NY 12845, Fax#(518)761-6344**

**RE: NOMINATIONS FOR SENIOR OF THE YEAR**

**DATE: March 22,2021**

It's that time of the year again, and the Office for the Aging asks your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is not required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration. The state will no longer accept the nomination of a couple for a single award. If you wish to nominate a couple they will need to be nominated separately.

**On page 24 is a copy of the NYS Senior Citizen's Day Recognition form** and may be filled in and emailed to the office [riversj@warrencountyny.gov](mailto:riversj@warrencountyny.gov). Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination to me or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by **Friday, April 30, 2021**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state.

Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Friday, April 30, 2021. Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me.

Thank you,

Deanna



## June 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 are 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. Age 60+ suggested Contribution is \$3.per meal, under Age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>June 1</b> Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	<b>June 2 Cold Plate</b> Chicken Salad on a bed of Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches	<b>June 3</b>  CHEF'S CHOICE	<b>June 4</b> Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
<b>June 7</b> Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	<b>June 8</b> Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	<b>June 9</b> Pork Chops Sweet Potatoes California Medley Chilled Pears	<b>June 10</b> Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	<b>June 11</b> Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
<b>June 14</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>June 15</b> American Goulash Broccoli Corn Chilled Pineapple	<b>June 16</b> Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	<b>June 17</b> Meatloaf Mashed Potatoes Winter Squash Apple Crisp	<b>June 18 Cold Plate</b>  <b>Happy Father's Day</b> Sliced Roast Beef Potato Salad Coleslaw <b>Father's Day Dessert</b>
<b>June 21</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>June 22</b> Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	<b>June 23</b> Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>June 24</b> Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>June 25 Cold Plate</b> Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting <b>Happy Birthday!!</b>
<b>June 28</b> Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>June 29</b> Baked Fish Scandia Sweet Potatoes Spinach Strawberry Shortcake	<b>June 30</b> Spanish Rice Italian Veggies Corn Bread Fruited Gelatin		

### 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

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





## Protect Yourself

# AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

✔ **Protect Yourself. Do not give out your personal information to unknown sources.**

**! If you believe you have been the victim of COVID-19 fraud, immediately report it to:**

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: 1-800-CALL-FBI | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE

For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)


HHS  
Office of  
Inspector  
General

Federal  
Bureau of  
Investigation

Department  
of Justice




# SNAP helps New Yorkers Buy Food

**NEW!**  
**As of October 1, 2020**

**You may qualify if your  
monthly gross income is at or below:**

**130%**  
**Households  
WITHOUT a  
disabled or age  
60+ member**  
(Add \$486 each  
additional person)

**MONTHLY GROSS**

1. \$1,383
2. \$1,868
3. \$2,353
4. \$2,839
5. \$3,324
6. \$3,809

**150%**  
**Earned Income  
Households**  
(Add \$560 each  
additional person)

**MONTHLY GROSS**

1. \$1,595
2. \$2,155
3. \$2,715
4. \$3,275
5. \$3,835
6. \$4,395

**200%**  
**Households WITH  
a disabled or age  
60+ member or  
dependent care  
expenses**  
(Add \$746 each  
additional person)

**MONTHLY GROSS**

1. \$2,126
2. \$2,873
3. \$3,620
4. \$4,366
5. \$5,113
6. \$5,860

**MAXIMUM  
ALLOTMENT**

1. \$ 234
2. \$ 430
3. \$ 616
4. \$ 782
5. \$ 929
6. \$1,114

**Call today for a free, quick prescreening to see if you may be eligible for SNAP benefits.**

**Stay Healthy with SNAP!**

For more information on how SNAP can help you, contact your  
Warren County Nutrition Outreach and Education Program Coordinator

**Ben Driscoll**  
bdriscoll@swwcc.org

Catholic Charities of Warren County  
35 Broad Street • Glens Falls, NY 12801  
Office: 518.793.6212 ext. 32 • Mobile: 518.424.7525  
Fax: 518.793.9499

**FOR MORE INFORMATION CONTACT:**

**If you live in Saratoga or Washington County**

Legal Aid Society of NENY, Inc.

Saratoga County NOEP Coordinator  
587-5188 ext. 412

Washington County NOEP Coordinator  
518-587-5188 ext. 408

Prepared by a project of Hunger Solutions New York; funded by NYS OTDA. This institution is an equal opportunity employer.

**May 2021**

**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. Clients Age 60+ suggested contribution is \$3. Per meal under age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 3</b> Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding	<b>May 4</b> Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	<b>May 5</b> Breaded Fish Au gratin Potatoes Mixed Veggies Chilled Pears	<b>May 6</b> Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	<b>May 7</b> <b>Happy Mother's Day</b> Pork Chops Sweet Potatoes California Medley <b>Mother's Day Dessert</b>
<b>May 10</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>May 11</b> American Goulash Broccoli Corn Chilled Pineapple	<b>May 12</b> Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	<b>May 13</b> Meatloaf Mashed Potatoes Winter Squash Apple Crisp	<b>May 14</b> Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches
<b>May 17</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>May 18</b> Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	<b>May 19</b> Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>May 20</b> Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>May 21</b> Cold Plate Chef Salad - (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!
<b>May 24</b> Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>May 25</b> Baked Fish Scandia Sweet Potatoes Spinach Strawberry Shortcake	<b>May 26</b> Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	<b>May 27</b> Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	<b>May 28</b> <b>Memorial Day BBQ</b> Hot Dog/Bun Baked Beans Hot German Potato Salad <b>Memorial Day Dessert</b>
<b>May 31</b> Meal site Closed				



**April 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. Age 60+ suggested Contribution is \$3.per meal, under Age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>April 1</b> <b>Easter Dinner</b> Baked Ham/ Sauce Sweet Potatoes Peas & Onions <b>Easter Dessert</b>	<b>April 2</b> Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
<b>April 5</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>April 6</b> American Goulash Broccoli Corn Chilled Pineapple	<b>April 7</b> Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	<b>April 8</b> Meatloaf Mashed Potatoes Winter Squash Apple Crisp	<b>April 9 Cold Plate</b> Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches
<b>April 12</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>April 13</b> Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	<b>April 14</b> Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>April 15</b> Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>April 16 Cold Plate</b> Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting <b>Happy Birthday!!</b>
<b>April 19</b> Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>April 20</b> Baked Fish Scandia Sweet Potatoes Spinach Strawberry Shortcake	<b>April 21</b> Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	<b>April 22</b> Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	<b>April 23 Cold Plate</b> Chicken Salad on a bed of Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches
<b>April 26</b> Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	<b>April 27</b> Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	<b>April 28</b> Meat Lasagna Green Beans California Medley Mandarin Oranges	<b>April 29</b>  CHEF'S CHOICE	<b>April 30</b> Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake



**Noticing memory loss or confusion?**

**DID YOU KNOW DEMENTIA IS NOT PART OF THE NORMAL AGING PROCESS?**

Forgetfulness or changes in mood and behavior can indicate something more serious, and the Neurology team at Glens Falls Hospital is here to help. If you or a loved one are experiencing symptoms that worry you, don't hesitate to seek help. Our specialists offer a unique, interdisciplinary approach to diagnosing and treating neurological conditions—with unmatched compassion and expertise.

Contact the Center of Excellence for Alzheimer's Disease at Glens Falls Hospital to schedule your appointment today at **518.926.2940** or [GlensFallsHospital.org/AlzheimersCenter](https://www.glenfallshospital.org/AlzheimersCenter).



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*This advertisement is supported in part by a grant from the New York State Department of Health.*



**Power of Attorney Laws Have Changed Again in New York**  
 By Rose Landau, staff attorney at the Legal Aid Society of Northeastern New York

On December 15, 2020, Governor Cuomo approved changes to the Power of Attorney law in New York State. The new law will take effect in June 2021. A Power of Attorney is a widely used legal document that you can use to transfer your power to manage your financial affairs to someone else. If you properly execute a Power of Attorney form (and don't revoke it) and then become incapacitated, there will be no need for anyone to take guardianship of you. This is desirable because guardianship is a time consuming and expensive process.

These changes to the law came about because it was felt that the current Power of Attorney form is too complex and difficult for individual to fill out by themselves. This was especially problematic when residents of nursing homes and long-term care facilities were not able to meet with an attorney because of the pandemic.

Previously, if you signed a Power of Attorney form and wanted your agent to be able to make gifts on your behalf of over \$500 per year in the aggregate, you had to simultaneously sign a separate form called a Statutory Gift Rider. The Statutory Gift Rider had to be signed in front of a notary and two disinterested witnesses.

In the new Power of Attorney form, the principal can allow for gifting in the form itself; a separate document is no longer required. And now, unless the principal says otherwise, the agent can make gifts of up to \$5,000 per year in the aggregate instead of \$500. If you wanted to authorize your agent to make large gifts on your behalf, this is good news because you no longer need to find two disinterested witnesses or complete a second document.

If you would not like your agent to use your funds to make large gifts on your behalf, this is not necessarily bad news. However, it does mean that it's all the more important that you read the Power of Attorney form carefully and make sure that you understand exactly what you're authorizing your agent to do.

Under the current Power of Attorney law, third parties risk being sued if they accept invalid Power of Attorney forms. However, third parties who refuse valid and properly executed Power of Attorney forms could, at worst, be ordered by a court to accept the form. This has led banks and other institutions to err on the side of refusing to accept Power of Attorney forms and sometimes requiring that their own forms be used. Until now, there has not been any uniform policy, sometimes even within particular institutions, as to whether Power of Attorney forms were accepted.

This means that even if you did everything right and filled out a Power of Attorney form properly, it is still possible that, for example, your bills wouldn't get paid because the bank refused to allow your agent access to your checking account.

The new laws allow sanctions against third parties who unreasonably refuse to accept Power of Attorney forms that were properly executed. They can now be sued and could have to pay attorney's fees on top of damages. There is also a safe harbor provision for third parties who accept a Power of Attorney form in good faith, as well as a presumption of validity of a Power of Attorney form. The third party is now allowed to rely on information the agent gives regarding the principal.

So for example: You've signed over Power of Attorney to your son, but then later change your mind. You tell your son in writing that you are revoking the Power of Attorney. He ignored your written revocation and takes the Power of Attorney form to your bank and asks to withdraw all the money from your savings account. Your son knows that the Power of Attorney is no longer valid, but when the bank manager asks him if it's been revoked, he lies and says "no." The bank manager gives your son the money from your savings account. Your son has broken the law and is subject to civil and/or criminal sanctions, but the bank cannot be sanctioned.

It has always been important to only appoint an agent you are 100% sure that you can trust, but now it is even more important. Even when you trust your agent, it's still a good idea to keep tabs on what they are doing (and possibly have someone else also keep tabs by appointing a monitor) so that you can alert third parties if and when you revoke a Power of Attorney form. In the example above, if you had called or sent a letter to the bank telling them you revoked the Power of Attorney before your son got there, they would likely not have given him the money and could have been sued for the money back if they did.

Although new Power of Attorney forms are meant to be simpler and easier for individuals to fill out on their own, you should still consult with an attorney if you need any clarification about the form before you sign it. If you have questions about the new Power of Attorney law or need help filling out the form, call the Legal Aid Society at 518-587-5188.



WELCOME  
*Spring*



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

- |       |        |             |            |
|-------|--------|-------------|------------|
| DREAM | THINK  | TRANSFORM   | SPACE      |
| LEARN | START  | OPPORTUNITY | CUSTOM     |
| PLAY  | TIME   | NEW         | ENERGY     |
| GROW  | TRIP   | CLASSIC     | STREAMLINE |
| ENJOY | VISION | COZY        | DECLUTTER  |



**In Honor of Mothers day Sunday May 9th here are some famous quotes from Moms**

1. Nothing in life is free ( you must work hard!) CB
2. Never use the word "Hate". (see the best in people.....) CC
3. OH JUST EAT IT! And OH JUST WEAR IT! CB
4. Because I'm your mother and you are the child. TM
5. Living well is the best revenge. TM
6. Wait until your Father gets home! TM
7. Kim, Deanna, Ryan What ever your name is! DP
8. Great big gobs of grease grimy goffer guts. DP
9. What is for dinner? SOS DP
10. If your friends were jumping off the bridge would you do it? RO
11. Pray! JH
12. I'll give you something to cry about. MM
13. Don't spend all of your money, save some for a rainy day. MM
14. These are the best years of your life. MM
15. It is your nickle! HH

On December 21, 2020, Congress approved the second major stimulus bill of the COVID-19 pandemic. In some ways, this bill looks like an extension of the CARES Act which was passed in March 2020, but there are some important differences.

On December 29, 2020, the Internal Revenue Service and the Treasury Department began the second round of Economic Impact Payments. Generally, U.S. citizens and resident aliens who are not eligible to be claimed as a dependent on someone else's income tax return are eligible for this second payment.

Economic Impact Payments are automatic for eligible taxpayers who filed a 2019 tax return and for those who did not file a 2019 tax return but receive Social Security retirement, survivor, or disability benefits (SSDI), Railroad Retirement benefits, Supplemental Security Income (SSI) or Veterans Affairs benefits. Economic Impact Payments are also automatic for anyone who successfully registered for the first payment online at IRS.gov using the agency's Non-Filers tool by November 21, 2020 or who submitted a simplified tax return that has been processed by the IRS.

If you are an individual adult whose adjusted gross income was \$75,000 or less in 2019, you are eligible for a \$600 Economic Impact Payment. You are eligible for a \$1,200 Economic Impact Payment if you are the head of a household that earned \$112,500 or less in 2019, or a couple who earned \$150,000 or less. You should also receive the \$1,200 for couples if your spouse died in 2020. If you earned more than the income limit, your Economic Impact Payment will be for a lesser amount. Individual adults who earned more than \$99,000 in 2019 are not eligible for any Economic Impact Payment.

Eligible families with dependent children will also receive an additional \$600 per child. "Dependent children" are not limited to your own biological children. If, for example, your grandchild lives with you and you claimed that child as a dependent on your 2019 taxes, your household would be eligible for the additional \$600. However, dependents who are 17 and older are not eligible for the child payment.

Under the March 2020 stimulus bill, if you were the spouse of an undocumented immigrant and not a member of military, you were denied an Economic Impact Payment. This time, direct payments will not be denied to citizens just be-

cause they are married to someone without a social security number. Families who were excluded for only this reason last time will now be eligible to receive Economic Impact Payments for the taxpayers and qualifying children of the family who have work-eligible social security numbers.

If the IRS already has your direct deposit information on file, you will receive the payment as a direct deposit. If not, you will receive a check or a debit card. It is possible that if you received a check last time, you would receive a debit card this time, or vice versa. Debit cards will be sent in white envelopes that prominently display the U.S. Department of the Treasury seal. "Visa" will be on the front of the Card and the issuing bank, MetaBank®, N.A. will be on the back of the card.

If you were eligible for Economic Impact Payments but did not receive one or both of them, you will be able to claim your money by filing your 2020 taxes this year. the Economic Impact Payments are an advance payment of what will be called the Recovery Rebate Credit on the 2020 Form 1040 or Form 1040-SR.

You can check the status of your Economic Impact Payment by using the Get My Payment tool, available in English and Spanish, on IRS.gov. If additional legislation is enacted to provide for an additional amount, the Economic Impact Payments that have been issued will be topped up as quickly as possible.

Pandemic Unemployment Compensation ("PUC") was extended in this second stimulus bill, although the benefits are less generous than they were in the March 2020 bill. Instead of the \$600 per week maximum benefit provided in the last stimulus package, those who are eligible will now receive up to \$300 per week for up to eleven weeks (until March 14, 2021).

Pandemic Unemployment Assistance ("PUA") will also be extended until March 14, 2021. This provides \$100 per week to those who were traditionally not eligible for unemployment benefits such as freelancers, the self-employed and independent contractors. Applicants must be able to provide proof of unemployment.

If you were receiving PUC and PUA and your benefit year has expired, you can file a new claim to receive extended benefits. If your benefit year has not expired but you ex-

If you were receiving PUC and PUA and your benefit year has expired, you can file a new claim to receive extended benefits. If your benefit year has not expired but you exhausted your original benefits or stopped claiming them, you should resume certifying your weekly benefits. Filing claims and certifying can be done online on the Department of Labor's website.

The Supplemental Assistance Program ("SNAP") is expanded by 15% for the first half of 2021. Food banks and food pantries will receive an additional \$400 million and nutrition programs created by the Older Americans Act will receive an additional \$175 million. This should translate into more people receiving more assistance in getting their nutritional needs met. For example, **any Washington County resident age 60 and over can now receive home delivered meals; all other eligibility requirements are currently waived. In Warren County, if you are married to someone who gets home delivered meals, you may get meals too even if you are not yet 60 years old.** In some cases, a caregiver may also be eligible to receive a meal.

Now that people are working, attending school, and "seeing" their doctors online, high speed internet connections are more of a necessity than ever. This new legislation includes \$7 billion for expanding high-speed internet connections. This money will be spent helping low-income families cover their monthly internet bills by providing up to \$50 per month. There is also money set aside to build the necessary infrastructure in underserved rural areas with slow internet speeds.

As the political climate changes, the availability of resources to help New Yorkers in need is also rapidly changing. Even if you previously thought you were ineligible for an Economic Impact Payment, unemployment benefits, nutritional assistance, or help paying for the internet, that may no longer be the case. Continue to check in with reputable news sources. If you get your news from the internet, remember that the most reliable information comes from websites ending in ".gov". If you have questions or need help navigating these new benefits, contact the Legal Aid Society of North-eastern New York at 518-587-5188.

## Hamilton County

### Wells

A year has passed as we have watched covid dominate the news and most activities. Prayers and thoughts go out to all who have suffered hardships. The possibility of vaccines sheds some hope. The

Hamilton county public health organization has done a great job in distributing shots and virtually all 65+ county residents who wanted a shot have received one. The expanded group of hospitality workers, those with medical issues and other special cases is underway.

Getting appointments is highly dependent on accessing the internet and having some familiarity with using web tools. Please check on friends and family who may need help getting an appointment. Most sites are set up so that a friend can register someone with limited access.

We are happy to announce that Warren County has created a new COVID-19 vaccination "waiting list" for Warren and Hamilton counties residents ages 60 and over!

Those interested can sign up via computer, email or by phone. Those who want to get on the list can find more information here about how to sign up: <https://bit.ly/3mu4n4D>.

Emails can be sent to: [whofa@warrencountyny.gov](mailto:whofa@warrencountyny.gov).

Those without Internet access can call 518-824-8804.

At this point, all who want a vaccine should be able to contact someone to help. I'm happy to be a contact at 716-830-7967

Please help friends get this important defense.

Brian A Griffin



# Office Bulletin Board



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## Attention Meal Recipients:

**No Meals will be delivered on the following dates:**

**Monday, May 31—Memorial 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 June menu.**
- **Clients please remember to leave a bag, box or cooler outside of your door so the Volunteer may deliver the meal. A reminder now that the warmer weather is on the way we will not leave the meal unless you are home or contact the meal site to leave other instructions.**

# Spring Roll Bowls



## Ingredients

- |   |                                 |
|---|---------------------------------|
| 3 Skinless Chicken Breasts (boneless)         | 1 Avocado (sliced)              |
| Kosher Salt (and freshly ground black pepper) | ¼ cup Mint Leaves               |
| 1 tbsp. Sesame Oil                            | ½ cup Cashews                   |
| 12 oz. Rice Stick Noodles                     | 12 Sesame Crackers              |
| 12 leaves Boston Lettuce                      | 1 cup Store-Bought Peanut Sauce |
| 2 Carrots (peeled and grated)                 |                                 |
| 1 bunch Scallions (sliced)                    |                                 |

## Directions

- Season the chicken breasts with salt and pepper. Heat the sesame oil in a medium skillet over medium heat. Add the chicken and cook until lightly golden on both sides, 8 to 10 minutes. Cool slightly, and then slice the chicken.
- Place the noodles in a large heat-safe bowl. Bring a medium pot of salted water to a boil over high heat. Pour the boiling water over the noodles and let sit until tender, 5 to 7 minutes. Drain.
- To build each bowl, place a quarter of the noodles in a bowl and then arrange 3 lettuce leaves, ¼ cup grated carrot, 1 tablespoon scallions, 3 or 4 avocado slices and 6 or 7 chicken slices on top.
- Garnish each bowl with 1 tablespoon mint, 2 tablespoons cashews and 3 sesame crackers. Dollop ¼ cup peanut sauce into each bowl. Serve immediately. Nutrition: per serving - 1,085 calories, 43g fat, 110g carbs, 64g protein 17g sugars  
Adopted By: Purewow

## 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



## 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

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



PRIMROSE  
 TULIPS  
 WEIGELA  
 DAFFODIL  
 PANSY  
 VIOLAS  
 FORSYTHIA  
 CROCUS

## Veteran and/or Surviving Spouse VA Pension Benefits

A couple of years ago a speaker from the Veteran's Services came to a meeting I was attending. At that time my Dad a World War II veteran had passed away a few years earlier and my mom was on her own in a senior living apartment in Virginia. Mom was in her late 80's and in fairly good health at the time. As the years passed and my mom started to slow down and had some health issues. My brother and sisters felt that mom needed care during the day and possibly at night. I remembered there was information about the VA Pension with Aid and Attendance at the meeting I had not heard of before and the Veterans Service Rep was very informative. The Aid & Attendance (A&A) - 3rd tier: would provide: Vet only up to \$1,936/month (\$23,238/year), Vet & spouse up to \$2,295 month (\$27,549) and spouses of a deceased veterans' up to \$1,244/month(\$14,934y/ear). Any wartime veteran or surviving spouse of a wartime veteran may apply for if you meet one of the following conditions;

- You require the aid of another person in order to perform personal functions required in every day living, Such as bathing, feeding, dressing, etc.
- You are bedridden, in that your disability or disabilities require that you remain in a bed apart from any prescribed course of convalescence or treatment
- You are a patient in a nursing home due to mental or physical incapacity
- Your eye sight is limited to a corrected 5/200 visual acuity or less in both eye

This Veterans benefit has been a great help to my mom. Eligibility, application forms and other general information may be Obtained by contacting **Warren County Veterans' Services at 518-761-6342**



## AGING WELL IN THE ADIRONDACKS QUEENSBURY SENIOR CENTER

MANY PROGRAMS & EVENTS ARE AVAILABLE FOR THE ACTIVE SENIOR, INCLUDING:

- Nordic Pole Walking
  - Arts & Crafts
- Wood Carvers Club
  - Cooking Classes
  - Book Club
- Educational Presentations
  - Zoom Instructions
  - ..... And More!

Contact us today to become a member  
 Visit us at 742 Bay Road, Queensbury, NY 12804 (corner of Bay & Haviland)  
 Call us at 518-761-8224  
 Email us at [Stephanie@seniorsonthego.org](mailto:Stephanie@seniorsonthego.org)  
 Visit our website at [seniorsonthego.org](http://seniorsonthego.org)  
 Mention this ad when you become new member and get entered into a drawing to win a "Welcome Basket." Drawing will be on March 31st

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

How would you prefer to receive your monthly newsletter? Mail  Email

D/O/B: \_\_\_\_\_

Please return this form, along with your membership fee of \$25.00 to

QSC, 742 Bay Road, Queensbury, NY 12804

## Orecchiette with Spring Greens

Spring has sprung, and this calls for a celebration. Presenting orecchiette with spring greens, a simple but flavorful main that's low-maintenance enough for a weeknight but elevated enough for a weekend dinner party. Best of all, you can whip up this seasonal dish in 15 minutes.

- 1 pound Orecchiette
- 1 tablespoon Unsalted Butter
- 1 tablespoon Extra-Virgin Olive Oil
- 8 cups Baby Spinach
- 2 Garlic Cloves (minced)
- 1 ¼ cups Peas (fresh or thawed)
- add cup Parmesan Cheese (grated, plus extra for finishing)
- add Salt (and freshly ground black pepper)
- 1 teaspoon Red-Pepper Flakes (crushed, optional)
- add cup Roasted Almonds (chopped)

1. Bring a large pot of salted water to a boil over medium-high heat. Add the orecchiette and cook according to the package instructions (about 7 to 9 minutes).
2. While the pasta cooks, heat the butter and oil in a large sauté pan over medium heat. Add the spinach in batches, cooking until wilted, 3 to 4 minutes. Add the garlic and peas, and sauté for 1 to 2 minutes more.
3. Drain the pasta, reserving 1 cup of the pasta cooking water. Add the pasta and the reserved pasta water to the sauté pan and toss well to combine. Add the Parmesan and stir until the mixture is creamy, 1 to 2 minutes more.
4. Season the pasta with salt and pepper (and red-pepper flakes, if using). Garnish with almonds and Parmesan cheese. Serve immediately.

Adopted By: Purewow

Nutrition: per serving - 424 calories, 11g fat, 65g carbs, 17g protein, 4g sugars



## Marinated Veggie Beef Kabobs

These colorful kabobs are a wonderful way to showcase fresh veggies from your garden. Each bite is tender and flavorful, and the aroma is amazing. **TOTAL TIME:** Prep: 35 min. + marinating Grill: 10 min. **YIELD:** 8 kabobs.



- 1 cup dry red wine
- 1/2 cup olive oil
- 4 teaspoons Worcestershire sauce
- 4 teaspoons Italian seasoning
- 1 tablespoon garlic powder
- 2 teaspoons seasoned salt
- 2 teaspoons pepper

- 1 teaspoon dried parsley flakes
- 1 beef top sirloin steak (1-1/2 pounds), cut into 1-inch cubes
- 8 cherry tomatoes
- 1 large red onion
- 1 medium green pepper
- 1 yellow summer squash

1. In a small bowl, combine the first eight ingredients. Pour half the marinade into a large resealable plastic bag; add beef. Seal bag and turn to coat.
2. Pour remaining marinade into another large resealable plastic bag; add tomatoes. Cut remaining vegetables into 1-in. pieces; add to bag. Seal bag and turn to coat. Refrigerate beef and vegetables for at least 2 hours.
3. Drain and discard marinade from beef. Drain vegetables, reserving marinade for basting. On eight metal or soaked wooden skewers, alternately thread beef and vegetables.
4. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill, covered, over medium heat or broil 4 in. from the heat for 10-15 minutes or until

**Nutrition Facts** - 2 each: 521 calories, 29g fat (6g saturated fat), 69mg cholesterol, 753mg sodium, 17g carbohydrate (4g fiber), 40g protein. Adopted By: Taste of Home



## Fun Ideas for Skewers on the BBQ Grill



June starts barbecue season!

Grilling is a fun and easy way of getting meals done, and skewers are popular with kids and adults. Skewers are also a great way of serving smaller meat portions while adding more fruits and vegetables. Here are some fun ways to shake up your grilling routine with skewers.

### Eat Less Meat and Stay Satisfied: Fun Ideas for BBQ Skewers

**Rustic Bistro Skewer** Instead of a big slab of steak, put bite-size beef chunks on skewers, alternating them with beets, mushrooms, and asparagus. Brush with a mixture of olive oil, minced garlic, and rosemary, season with salt and pepper, and throw the whole thing on the grill.

**Souvlaki with Grilled Eggplant** To make souvlaki, marinate your meat of choice (cut into 1" cubes) in a mixture of olive oil, red wine, freshly squeezed lemon juice, garlic, oregano, and salt and pepper. Make ahead and let this marinate overnight, or at least a few hours, before it's time to grill. To prepare the eggplant, cut into 1/2-inch thick slices, brush with olive oil, rosemary, and salt and pepper, and put these on the skewers, alternating with the marinated meat. Grill for 15 to 20 minutes, turning occasionally.

**Seafood Skewers with Fresh Fruit Sections** For a zesty take on skewers, serve shrimp, scallops (or firm-fleshed fish like salmon) on skewers, alternating with fresh fruits. Great fruits to try are tropical ones like pineapple and mango, or stone fruits such as peaches, nectarines, or plums. Baste them lightly with a sauce made with lime juice, cilantro, shallots, cayenne pepper, and garlic while grilling. These skewers will cook within minutes on a hot grill.

**Chicken and Scallion Skewers** An easy way to serve chicken is to marinate thinly cut chicken thigh in a mixture of soy sauce, mirin (Japanese rice wine), sake or sherry, sesame oil, and a little sugar. Add these pieces to a skewer, alternating with 1.5-inch portions of scallion (pierced across the stem, not lengthwise), and grill for a few minutes on each side, turning once.

### The Bottom Line

Add flavor and variety to your usual grill menu with skewers. Using skewers lets you combine smaller meat portions with fruits and vegetables, and by experimenting with different types of seasonings, even the meat lovers won't miss their gigantic slabs of meat. If you are using wooden skewers, pre-soak them in water for 20 to 30 minutes or wrap the exposed ends in foil to prevent burning.

Adopted by:HealthCastle.com



## HIICAP Corner Medicare Information and Updates



Happy Spring 2021!

Since we are still relying heavily on remote access to get information, the following is a brief overview of when to contact Social Security vs. when to contact Medicare for many commonly asked questions.

Hopefully this will save time if having to navigate wait times.

#### Social Security Administration

[WWW.SSA.gov](http://WWW.SSA.gov)

**1-877-405-4875(Local)/1-800-772-1213**

- \* Verify Medicare eligibility
- \* Report a death
- \* Request replacement Medicare card
- \* Report address, name and phone number changes
- \* Enroll in Medicare Parts A and/or B
- \* Discuss Part B/Part A billing issues
- \* Apply for Extra Help (Federal program that assists with prescription drug costs)
- \* Appeal IRMAA (Income Related Monthly Adjustment Amount) decision if you are told you owe a higher income based premium for Medicare Part B and/or Medicare Part D

#### Medicare

[www.medicare.gov](http://www.medicare.gov)

**1-800-MEDICARE/1-800-633-4227**

- \* Ask whether certain services are covered
- \* Get detailed information about Medicare health and prescription plans in your area
- \* Choose and enroll in Medicare health or prescription plans
- \* Find Medigap policies in the area
- \* Request list of original Medicare physicians, health care providers and suppliers
- \* Request information and forms to file appeals
- \* Authorize someone to speak to Medicare on your behalf
- \* Get quality ratings for hospitals and skilled nursing facilities
- \* Request Medicare publications

#### **What if help is needed to pay for Medicare Prescription costs?**

As mentioned above in the services available from Social Security, if you have limited income and resources you may qualify for Extra Help. Extra Help is a Federal Program that helps pay out of pocket costs related to Medicare Part D prescription expenses.

#### **Gross Monthly Income**

Single Person: \$1,630/mo.

Married Couple: \$2,197/mo.

#### **Resources**

Single Person: Up to \$14,790

Married Couple: Up to \$29,520



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

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

## How to Properly Recycle during COVID

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

During the pandemic, we're all eating more takeout and delivery. So what do you do with all of those bags, bowls, and utensils from your meal? Some takeout containers can be recycled, but not all.

### The Dos of Recycling Takeout Containers

The U.S. has one of the lowest overall recycling rates of any developed nation.

Most plastic takeout containers are actually *not* recyclable in most places. That iconic triangular "chasing arrow" recycling symbol was never meant to indicate that something is recyclable, but rather, to identify what type of plastic the item is made from.

**Most recycling processors prefer plastic bottles and jugs only**, as those are materials they are able to process and for which they have an end-market. However, there are certain haulers who accept clear plastic takeout containers. You can generally learn which plastic materials are accepted in your community on your city's website. Online directories such as Earth911 can also help you determine how to reuse or recycle different items

**Watch your 1s and 2s** - As a rule of thumb, the following materials are accepted no matter where you live: paper, cardboard, metal cans and plastic containers labeled with a '#1' or '#2'.

Cardboard drink carriers and paper sleeves—can all be recycled. As can aluminum drink cans as long as they're empty, clean, and dry.

**Keep It Clean** – Pizza - Whether classic or cauliflower (the latter was actually the fastest-growing food delivery trend of 2019 on Grubhub's "Year In Food" report); it's one of the most beloved delivery orders. That cardboard box isn't fully recyclable. If the whole box is soiled with grease and cheese, it either needs to be thrown out or tossed in the compost bin (where available). But, if half the pizza box is clean you can tear it in half, recycle the

clean half and either trash or compost the dirty part. The same holds true for any food container, make sure any container is free of any remaining food otherwise the recycling stream becomes contaminated.

**Don't Try to Recycle Styrofoam** - Those foam takeout containers, are the most used when ordering takeout, but did you know they are NOT recyclable? All these items must be thrown out! Polystyrene (commonly referred to as Styrofoam) containers have to be the number one takeout trash offender. They are made from plastic and more often than not are stamped with the #6 recycling symbol. However, polystyrene is not broadly accepted in curbside recycling programs and should be thrown out.

Recycling is the most important action society can do to simultaneously help the environment, the economy, manufacturing, and to prevent waste from going into oceans. So while reducing your takeout waste can be a challenge, it isn't impossible—and it's certainly worth the effort.

For additional resources, reference [recyclingsimplified.com](http://recyclingsimplified.com).

Adopted by: BHG



## May is Osteoporosis Month—are your bones strong?

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Are you doing what you can to keep your bones strong? Each year, more Americans are diagnosed with osteoporosis, a disease that causes bones to weaken and become more likely to break. Since you can't feel your bones getting weaker, you may not even know that you have this "silent" disease until you suffer a broken bone.

**Osteoporosis month is the perfect time to learn the facts, so you can protect your bones and keep them strong:**

- Osteoporosis isn't a normal part of aging.
- 1 in 2 women and 1 in 4 men over 50 will develop osteoporosis.
- Half of all adults over 50 are at risk for breaking a bone.
- You may be able to make your bones stronger.

Talk to your doctor about getting a bone mass measurement, which is the best way to know if you have or are at risk for osteoporosis. If you're at risk, Medicare covers this test at least once every 24 months when ordered by your doctor or other qualified provider.

### Treatment for Osteoporosis

There is no single "silver bullet" remedy for osteoporosis. It takes a whole-person approach. Get enough dietary calcium, take vitamin D, participate in regular exercise, fall-proof at home, and avoid smoking and excess alcohol.

### Foods to eat:

Dairy products  
Low fat and nonfat milk  
Cheese  
Yogurt  
Fish  
Canned sardines and salmon  
Fatty variety fishes like tuna, mackerel  
Fruits and vegetables  
Green beans, peas, spinach, tomato, dark green vegetables

### Foods to avoid:

Avoid alcohol

If you have been diagnosed with osteoporosis or had a fracture from a fall at standing height, talk with your healthcare provider to make recommendations to help you protect your bones.



### Making a Diagnosis

People can have osteoporosis without any signs or symptoms. When you have osteoporosis, your bones become weak and are more likely to break. Because it is a disease that can be prevented and treated, an early diagnosis can make a difference. At any age, it is never too late to take steps to protect your bones and prevent fractures (broken bones).

Adopted by: Medicare.gov + National Osteoporosis Foundation (NOF)