

# December 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 1</b> Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	<b>December 2</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	<b>December 3</b> Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	<b>December 4</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	<b>December 5</b> Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
<b>December 9</b> Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	<b>December 10</b> Hungarian Golash Japanese Medley Beets Mandarin Orange	<b>December 11</b> Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	<b>December 12</b> Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	<b>December 13</b> Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
<b>December 16</b> Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	<b>December 17</b> Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	<b>December 18</b> <i>CHRISTMAS DINNER</i> Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	<b>December 19</b> Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	<b>December 20</b> Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries and Granola
<b>December 23</b> BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	<b>December 24</b> Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	<b>December 25</b>  Meal Site Closed	<b>December 26</b> Quiche of the Day California Medley Muffin of the Day Fresh Fruit	<b>December 27</b> Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake <i>Happy Birthday</i>
<b>December 30</b> Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	<b>December 31</b> Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges		<b>Age 60 + suggested contribution is \$ \$3</b> <b>Under Age 60 required contribution is \$7</b>	

### MEAL SITE PHONE NUMBERS:

Bolton Landing: (518) 644-2368  
 Cedars:(518)832-1705  
 Chestertown & Warrensburg (518)623-3451  
 Indian Lake: (518)648-5412  
 Johnsburg: (518) 251-2711

Lake Luzerne: (518) 696-2200  
 Lake Pleasant & Wells:(518) 924-4066  
 Long Lake : (518) 624-5221  
 Solomon Heights/ Salvation Army  
 (518) 832-1705

# Newsletter for Seniors

Warren- Hamilton Counties Office for the Aging

1340 State Route 9, Lake George NY 12845

OFA 518-7616347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931



## FALL EDITION

2024

OCTOBER, NOVEMBER, DECEMBER

### OFFICE STAFF

Deanna "Dee" Park-Director  
 Rose Ann Taft-Coordinator of Services  
 Catherine Bearor-Services Specialist  
 Hanna Hall-Services Specialist  
 Sherry Hanchett-Reception/Services Assistant  
 Dinah Kawaguchi-Keyboards Specialist  
 Cindy Cabana-Aging Services Assistant  
 Cindy Coulter-Aging Services Assistant  
 Stephanie Belden-Aging Services Assistant  
 Catherine Keating-Stauch-Registered Dietician / Menu  
 Jeffrey Haines-Fiscal Coordinator  
 Mary Ann McCarthy-Services Assistant , Volunteer Coordinator/ Newsletter

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.



### NOTICE OF PUBLIC HEARINGS

*We would love to see you there.*

**It is time for our annual Public Hearings. At the hearings we will be discussing the office's service plan for seniors for 2025. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice, as well as interpretation services. All sites are handicap accessible. If you need special accommodations, please call Deanna Park, PH#(518)761-6347 or email: [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov), at least one week in advance. Hearings will be conducted at the following sites:**

**OCTOBER 16th - VIRTUAL**

**OCTOBER 23rd INDIAN LAKE NUTRITION SITE**

**11:00AM PH#(518)648-5412**

**6358 State Route 30, Indian Lake, NY 12842**

**Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!**

**Deanna Park, Director**

**Warren/Hamilton Counties Office for the Aging**

**The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants.**





**We** wanted to Thank all of the Meal Site Workers for the tremendous contribution in feeding the people in our communities. By sharing their care and kindness we fill a void that is needed to help people to stay in their homes and familiar surroundings. As the saying goes “Home is where the heart is”. The dedication at the meal sites is greatly appreciated. We could not help our neighbors without you working as a team ordering, preparing and packaging the food. Everyday we face challenges that seem insurmountable but the meal site workers should be commended for their hard work and flexibility to reach our goal.

*Sincere Thanks to all! From the Volunteers*

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## November 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Age 60+ suggested contribution is \$3</b> <b>Under age 60 required contribution \$7</b>				<b>November 1</b> Soup of the Day <small>(at congregate sites only)</small> Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
<b>November 4</b> Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	<b>November 5</b> Hungarian Goulash Japanese Medley Beets Mandarin Orange	<b>November 6</b> Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	<b>November 7</b> Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	<b>November 8</b> Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
<b>November 11</b>  <b>Meal Site Closed</b>	<b>November 12</b> Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	<b>November 13</b> Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	<b>November 14</b> Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	<b>November 15</b> Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries and Granola
<b>November 18</b> BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	<b>November 19</b>  <b>CHEF's CHOICE</b>	<b>November 20</b> <b>Thanksgiving Meal</b> Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll <b>Thanksgiving Dessert</b>	<b>November 21</b> Quiche of the Day California Medley Muffin of the Day Fresh Fruit	<b>November 22</b> Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake <b>Happy Birthday</b>
<b>November 25</b> Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	<b>November 26</b> Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	<b>November 27</b> Beef Stroganoff over Noodles Broccoli Apple Crisp	<b>November 28</b> <b>Happy Thanksgiving</b>  <b>Meal site Closed</b>	<b>November 29</b> Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. *Menus subject to change.* Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven: 350 degrees or 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) Microwave: stic 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.



# October 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60 + suggested contribution is \$3 Under age 60 required contribution is \$7	October 1 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	October 2 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	October 4 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	October 5 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 7 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	October 8 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	October 9 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	October 10 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	October 11 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries and Granola
October 14  Meal Site Closed	October 15 <b>CHEF's CHOICE</b>	October 16 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	October 17 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 18 Beef Pot Pie with Potatoes & Veg- gies Winter Mix Veggies Birthday Cake <b>Happy Birthday</b>
October 21 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	October 22 Meal Site Closed  Staff Training	October 23 Beef Stroganoff over Noodles Broccoli Apple Crisp	October 24 Spaghetti & Meat- balls Marinara Sauce Carrots Mandarin Oranges	October 25 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Short- cake
October 28 Pork Chop Roasted Red Pota- toes California Medley Chilled Pineapple	October 29 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	October 30 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	October 31 Happy Halloween Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	



## NOVEMBER

- Scott Rager.....14
- Lorrie Babel.....15
- Ray Putney.....15(LL)
- Pat Paton.....21(WE)
- Sally Behan.....25

## DECEMBER

- Henry DelGaudio.....1
- Gene Casella .....6
- Marcia Kretchmer.....13 (B)
- Bob Diamond.....13
- Dave Oberhelman.....13
- Louissette Bureau.... ..17
- Joel Beaudid.....21 (J)
- Joan Bovee .....25
- Wayne Mann.....29

## OCTOBER

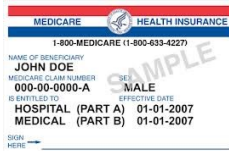
- Beth Schielzick.....5(IL)
- Paul Gregory.....8(W)
- Jane Guariglia.....11
- Ellen O'Hara..... 10
- Randy Girard.....14 (W)
- Mark Osborne.....18
- Jessica LaSarso.....19
- Bonnie Nadig.....29
- Sam Qllison.....29(J)



## MEAL SITES CLOSED

- October 14, Columbus Day**
- October 22, 2024 Staff Training**
- November 11, 2024 Veterans Day**
- November 28, 2024 Thanksgiving Day**
- December 25 Christmas Day**

All meals served with 1% milk, bread, margarine. (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. Menus subject to change. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. 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.



# HIICAP Corner

## Medicare Information and Updates



\*\*\***Important**\*\*\*

### Medicare Plan Annual Notice of Change (ANOC) and Plan Non-Renewal Notice

Over the next few months, you are likely to receive an influx of information about Medicare. It's all meant to help you understand your coverage choices and make informed decisions during the Medicare Annual Enrollment Period, which runs from October 15th to December 7th.

With the potential of disruptive changes to Medicare Advantage and Part D Plans in 2025, there are two pieces of Medicare mail that you want to be sure to read. One is the **Annual Notice of Change (ANOC)** and the other is the **Plan Non-Renewal Notice**. These come from your current Medicare Advantage or Part D provider to ensure that plan members have up-to-date plan information before the Medicare Annual Enrollment Period begins.

#### Here is what to look for when you get your ANOC:

##### Provider network changes:

- What providers have been added to or **removed** from the plan network?
- Will your current doctors (primary care and specialists) be in the network?
- Will your hospitals and other facilities be in-network?
- If your providers and/or facilities are not in the network, are you willing to switch to others that are?

##### Drug list and pharmacy network changes:

- Are the drugs you are currently taking still listed on the formulary?
- Have any of your medications been assigned to a different tier? This may affect your cost.
- Is your pharmacy in the plan's network? Is it a "preferred pharmacy" that offers the plan's best pricing?

##### Cost changes:

- Is the plan's monthly premium going up, going down or staying the same?
- Are any other costs changing, such as deductibles, co-pays or co-insurance?
- If you have a Medicare Advantage Plan, what is your maximum out-of-pocket (MOOP)?

#### Here is what to look for if you get a Plan Non-Renewal Notice:

- You will get this notice if your current plan will be leaving the Medicare program in the coming year.
- If your plan is going to be discontinued in 2025, will they be auto-enrolling you into another plan?
- If you are not auto-enrolled into another plan, you must look for a new plan for coverage for the next year that fits your needs.
- Four questions to ask whether you are auto-enrolled or you are choosing a new plan: Are my medications on the formulary? Are my doctors in-network? What is the monthly premium? What are the co-pays?

*Check with your plan or Agent of Record if you are unclear about anything in the ANOC or Plan Non-Renewal Notice.*





**CATHERINE'S**

**CORNER**

## Nutritious Winter Food for Older Adults

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

While eating a well-balanced diet is essential for older adults throughout the year, senior nutrition becomes even more critical during winter. Cold weather can affect appetite and energy levels, making it challenging to get the essential nutrients your body desperately needs.

Adequate nutrition helps boost the immune system, improve cognitive function, restore energy, and enhance overall health, reducing the risk of illness and complications.

### Ideas for Older Adults

Here are some mouth-watering and nutritious dishes that will go a long way in ensuring your health and well-being all winter long:

**Hearty Soups** - Soups are a great way to incorporate a variety of vegetables, proteins, and healthy grains into a warm and comforting meal. Choose soup recipes featuring nutrient-dense ingredients like lentils, beans, lean meats, and various colorful vegetables. In addition to being filling, vegetable soups, chicken noodle soup, or minestrone are taste bud-pleasing sources of essential vitamins, minerals, and fiber.

**Nutritious Broths** - Warm broths, such as chicken or vegetable broth, can be comforting and nourishing. Ideal for seniors with poor dentition or swallowing difficulties, these broths are easy to digest and can be sipped throughout the day to keep the body hydrated and provide essential nutrients. For those without eating-related issues, adding some cooked rice, noodles, or diced vegetables to the broth will increase its nutritional value.

**Warm Oatmeal** - Oatmeal is a versatile and nutritious breakfast option for older adults. This traditional winter food is rich in fiber, which aids in digestion and helps regulate blood sugar levels. Add some fruits, nuts, and a drizzle of honey or maple syrup for added flavor and nutritional benefits. You can also serve oatmeal with milk or yogurt for an extra dose of calcium and protein.

**Roasted Winter Vegetables** - Roasting winter vegetables like sweet potatoes, carrots, parsnips, and Brussels sprouts brings out their natural sweetness and enhances their flavors. These colorful vegetables are high in vitamins, antioxidants, and fiber, providing a nourishing addition to any meal. Serve roasted veggies as a side dish or toss them with some whole grains for a satisfying meal.

**Time-saving Casseroles** - Casseroles are a convenient way to combine multiple food groups into a single dish. Use lean proteins such as chicken or fish, whole grains like quinoa or brown rice, and assorted vegetables to create a balanced and comforting meal. Casseroles can be prepared in advance and reheated throughout the week.

**Cozy Beverages** - Heated beverages such as herbal teas, warm milk with a sprinkle of cinnamon, or hot cocoa made with dark chocolate can provide comfort and hydration during cold-weather months. You can customize these drinks to suit individual preferences and dietary needs, making them a cozy alternative to sugary or caffeinated beverages.

Adopted by: senior1care





**CORNER**

**CATHERINE'S**



**November is National Diabetes Month**

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## National Diabetes Month

This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems. Here are tips to get started:

### Manage your blood glucose, blood pressure, and cholesterol levels.

Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs. Ask your health care team what your ABCs goals should be.

A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.

B is for blood pressure.

C is for cholesterol.

**Take small steps toward healthy habits.** Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.

### Take your medicines on time.

Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

### Reach or maintain a healthy weight.

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

### Take care of your mental health.

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.

### Work with your health care team.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Adopted by: NIH



# HIICAP Corner

## Medicare Information and Updates



## Open Enrollment 2024

**Medicare coverage options in 2025 are expected to drastically change from 2024.**

It is important for all Medicare beneficiaries to review their current coverage vs. available plans to ensure they enroll in a plan that best meets their healthcare needs.

### Original Medicare

Medicare Part A (hospitalization) and Part B (medical) combined. Original Medicare (OM) does not cover prescriptions. Beneficiaries that want to add Part D coverage can enroll in a PDP or MAPD.

### Prescription Drug Plan (aka PDP or Part D)

Stand alone plans that cover medications. Part D plans (or other creditable drug coverage such as VA or active employer plan) are needed for coverage of medication costs and to avoid potential penalties.

### Medigap Supplemental Plan

Provides medical coverage secondary to OM. Medigaps cover some or all of copay and coinsurance costs. No network (use any provider/facility that accepts Medicare).

### Medicare Advantage Plan (aka Part C or MAPD)

Medicare health coverage offered by private companies that contract with Medicare to provide OM benefits. These plans may have additional premiums and benefits to OM, including Part D coverage.

**\*Preferred Provider Organization (PPO):** Beneficiaries pay less using providers and facilities that are in network. They can go to providers and facilities out of network, usually for an higher cost, without referral.

**\*Health Maintenance Organization (HMO):** Beneficiaries see only in network providers and facilities with the exception of emergency or urgent care out of network. May need PCP referral for specialists.

**\*Dual Advantage Plan (DSNP):** MAPD for beneficiaries that qualify for QMB or Medicaid, which can provide full medical coverage along with other benefits such as allowance for OTC (Over the Counter). Some DSNP plans require beneficiaries be **Full Medicaid** while others accept beneficiaries that are only **QMB**.

**QMB:** (Qualified Medicare Beneficiary): Pays Medicare premium & eliminates Medicare cost sharing.

**Medicaid:** Low income health coverage, secondary to Medicare. Pays cost share to accepting providers.

	2024 NYS Gross Monthly Income	2024 NYS Asset Limits
QMB (Qualified Medicare Beneficiary)	\$1,752 Ind/\$2,371 Couple	No Limit
Medicaid (Full Benefit Dual Eligible)	\$1,752 Ind/\$2,371 Couple	\$31,175 Ind/\$42,312 Couple



## Emergency Preparedness: A Little Planning Goes a Long Way

Severe weather events, infectious disease outbreaks, utility failures, the list goes on. It seems like there are more large-scale emergencies than in the past. It doesn't matter the size of the emergency (think house fire vs. wild fire) having a plan can improve your chances for a positive outcome.

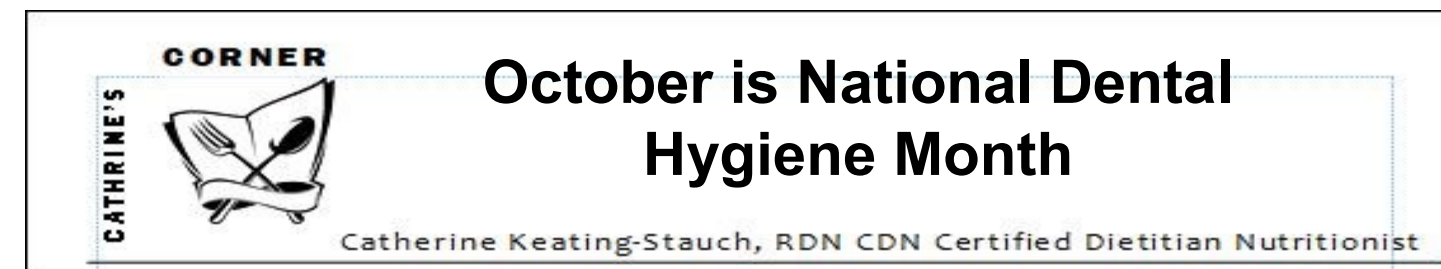
Here are some tips to help you during an emergency

### Prior to an Emergency

- 1. Know what hazards are likely to impact where you live, work and play (weather, forest fires, chemical incident etc.). Contact your local Office of Emergency Management to ask what hazards they have identified for your community**
- 2. Know how alerts and information will be shared in your community. Is there a local emergency preparedness app available? Will TV, radio, websites or social media be used?**
- 3. Create a strong communications plan. Be sure to include important phone numbers. Have friends and/or family that live outside your location (preferably outside your county) on your list. They can be the contact person everyone uses should something happen and let others know who they have heard from.**
- 4. Build an emergency kit for your home and one that can easily be grabbed should evacuation be required. Include any specialty items that family members may need (e.g. baby items, hearing aids, glasses, contact lenses, medications or a list of medications, etc.).**
- 5. Keep some cash on hand. How much depends on your family needs. Make copies of important documents (insurance forms, prescriptions, passports, birth certificates etc.) and put them on a thumb drive that's kept in the kit.**
- 6. Map out potential evacuation routes from your community. Have at least two routes just in case one route is not accessible.**

### During an Emergency

- 1. Stay informed. Use emergency apps, social media etc. to get timely information from emergency response agencies and local officials.**
- 2. Activate your communications plan.**
- 3. Follow the advice of professionals. If you are asked to evacuate do so safely and patiently. Remember there will be others doing the same things you are doing. If you are asked to shelter in place find the safest room in your house and get there. Don't forget your emergency kit if it is not stored in that room.**
- 4. Keep calm. Easier said than done sometimes.**



## Steps for Good Oral Health

National Oral Health Month is celebrated during the month of October. Fresh breath, strong teeth and healthy gums are all part of our oral health. And an oral exam can uncover signs of heart disease. There are many preventative measures that can be taken to maintain or improve your oral health.

### Your Toothbrush Matters

- \* Dental professionals recommend a soft-bristled toothbrush that will clean your teeth and remove plaque and debris without damaging your gums and enamel.
- \* Replace your toothbrush at least every three months, or sooner if yours is worn out.
- \* Electric toothbrushes have some advantages, such as a 2-minute timer to let you know when you've brushed long enough.

### Daily Brushing and Flossing Between Your Teeth

The ADA recommends that you brush for two minutes, twice a day with fluoride toothpaste. It's inevitable that your toothbrush will miss some of the debris in your mouth, so floss before bed so that your mouth is clean overnight.

### Rinse with Mouthwash After Brushing and Flossing

Consistently brushing and flossing are the first steps to good oral health, followed by rinsing with mouthwash to eliminate biofilm and bacteria that brushing and flossing cannot reach.

### Practice Healthy Nutrition Habits

What you consume affects your overall health and the health of your teeth and gums. Sugars give cavity-causing bacteria something to thrive on. When that happens, acid is produced that can attack your enamel and cause it to weaken. Healthy foods that contain protein and calcium can strengthen your teeth.

### Drink Water from the Tap

The healthiest beverage for your teeth is water—especially fluoridated water. Drinking water with fluoride can help prevent tooth decay by at least 25 percent. Bottled water is not typically fluoridated. Most tap water is treated with fluoride, it is less expensive and it's better for the environment to keep all those plastic bottles out of the landfill.

### Regular Dental Checkups Every Six Months

Adopted by: Angela S. Evanson, DDS



# Spinach & Gruyère Potato Casserole

There's nothing that brings people together over the holidays quite like dinner — and this Cheese and potato recipe truly make everything better (yes, even Christmas).

Yields: 6    Prep Time: 35 mins    Total Time: 1 hr 15 mins

## Ingredients

- 1 1/4 lb. red potatoes cut into 1-in. chunks
- 2 Tbsp. olive oil
- 4 lg. eggs
- 1/4 c. half-and-half
- 2 c. shredded Gruyère cheese
- 1/4 c. chopped fresh basil, plus more for garnish
- 1/4 c. chopped fresh parsley, plus more for garnish
- 3 cloves garlic finely chopped
- 3 c. packed fresh spinach, sliced
- 2 med. bulbs fennel cored and thinly sliced

## Directions

**Step 1-** Preheat oven to 450 degrees F. Toss potatoes with oil and 1/4 teaspoon each salt and pepper; arrange in single layer on rimmed baking sheet. Bake 20 to 25 minutes or until golden brown and tender. Reduce oven temperature to 375 degrees F.

**Step 2-** Meanwhile, whisk together eggs, half-and-half and 1/2 teaspoon salt; stir in Gruyère, basil, parsley and garlic. In large bowl, toss potatoes, spinach and fennel with egg mixture until well combined. Transfer to 2-quart. baking dish; cover with foil.

**Step 3-** Bake 30 to 35 minutes or until custard has set. Uncover; bake another 5 minutes. Garnish with additional basil and parsley, if desired.

**Nutrition Information (per serving):** About 305 calories, 16 g protein, 23 g carbs, 18 g fat (7 g saturated fat), 5 g fiber, 600 mg sodium.

Adopted by: BY THE GOOD HOUSEKEEPING TEST KITCHEN



## After an Emergency

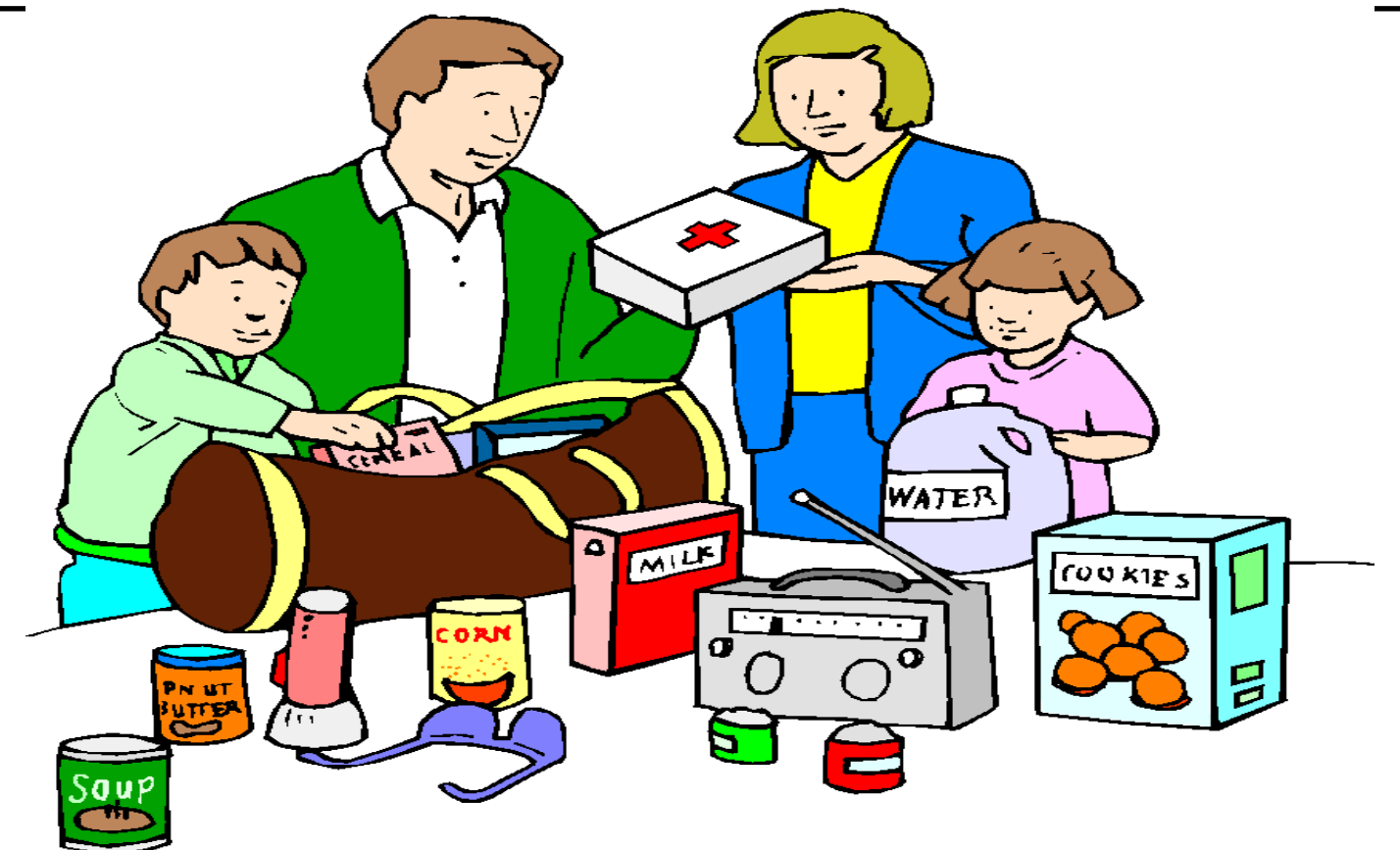
1. Follow the instructions of emergency response agencies. Do not enter areas that have not been opened back up by emergency personnel. There could be hidden dangers.
2. Remind yourself that recovery takes time and is often the slowest part of an emergency.
3. If using generators or alternate heat sources be careful to avoid things like carbon monoxide poisoning.
4. Find out what resources may be available to you in your community (e.g. temporary shelters, food/water distribution locations, family reunification centers, etc.)
5. Avoid national news which is often full of sensationalism and can cause more stress. Find local information outlets for accurate information.
6. Be mindful of your family's and your own mental health. If you or a family member are struggling, ask about mental health resources in your area.

These are just a few of the tips you can use to prepared for an emergency. For more tips and resources visit <https://www.ready.gov/> or contact your local Office of Emergency Preparedness.

Submitted by

Dan Durkee

Warren County Public Health





**NY Connects**  
Your Link to Long Term  
Services and Supports

## The Expanded In-home Services for the Elderly Program (EISEP)

The Expanded In-home Services for the Elderly Program (EISEP) provides older adults with access to in-home and other supportive services designed to support and supplement informal care, allowing them to remain in their homes as long as it is safe to do so.

### EISEP services include:

- Case Management
- In-Home Aide Services
- Non-Institutional Respite
  - Ancillary Services

Those eligible for the program must be at least 60 years old, be in need of an Activity of Daily Living (e.g. housekeeping, cooking, shopping) or two Instrumental Activities of Daily Living (e.g. dressing, bathing), be able to live safely at home and not be eligible for Medicaid.

This program is a private-public partnership, which includes a cost-sharing element so that those who can afford to pay toward the cost of their services do so. Clients whose monthly income exceeds this threshold are required to cost-share in accordance with a state established sliding scale.

For more information or to fill out a referral please call the Office for the Aging at 518-761-6347



## Turkey Vegetable Soup Recipe

Turkey Vegetable Soup is a great way to use up leftovers after Thanksgiving. This comforting and nutritious soup is easy to make and perfect for a fall or winter evening.

Prep Time 15minutes    Cook Time 25minutes    Servings 4 bowls    Calories 303kcal

### Ingredients

- ½ cup pancetta you can use bacon if you don't find pancetta
- 1 cup carrots diced
- 1 cup celery diced
- 1 cup onions diced
- 2 cups butternut squash peeled and diced
- ½ cup passata or any tomato sauce
- 5 cups chicken broth
- 1 teaspoon Italian seasoning
- Salt and black pepper
- 2 cups cooked turkey or chicken shredded or diced
- Fresh parsley for garnishing chopped

### Instructions

1. In a large pot, add pancetta or bacon and sauté until it's cooked. Remove it from the pot, set aside and leave the fat that came out from the pancetta in the pot.
2. Add carrots, celery and onion. Cook for about 5 minutes until onions are soft. Then, add butternut squash and mix well.
3. Add passata, chicken broth, Italian seasoning, salt and black pepper. Bring it to a boil then simmer partially covered for 10-15 minutes.
4. Add cooked turkey or chicken and cook for more 10 minutes or until all the veggies are cooked and tender.
5. Serve soup in 4 bowls and top with cooked pancetta and fresh parsley. Enjoy!

### Notes

- Make sure to dice all the vegetables uniformly so they cook evenly.
- Bacon is a great alternative to pancetta if you cannot find it.
- If you do not have chicken broth, you can use vegetable broth.

Quick caveat: Although there are practically infinite ways to reinvent Thanksgiving leftovers, that doesn't mean that you can eat them forever. The [USDA](#) recommends tossing food that's been in the fridge after three or four days or when changes in color, smell, or texture begin to occur—whichever comes first. When in doubt, always throw it out. And remember that you can also save and enjoy your leftovers for up to three to four months by simply packing them in airtight containers and storing them in the freezer.

**Nutrition** Serving: 1/4 | Calories: 303kcal | Carbohydrates: 21g | Protein: 25g | Fat: 10g | Cholesterol: 64mg | Sodium: 1231mg | Potassium: 724mg | Fiber: 4g | Sugar: 5g

Adopted by: Primavera Kitchen Author Olivia Reba's





1	7	8				4	9	3
	4							
	9		3	4				
7	8					6		2
				1	6	8	7	
9		6			7			
	6	7			3		5	4
4				9		7		1
					4	2		



## Nana's Acorn Squash

Roasted fall vegetables mean flavorful, comforting fall side dishes. This is a recipe even veggie haters will love! People who like sweet potatoes also love it. It's a family favorite of mine. **Prep Time:** 5 mins **Cook Time:** 25 mins **Servings:** 2

### Ingredients

- 1 acorn squash halved and seeded
- salt and pepper to taste
- 4 tablespoons butter divided
- 4 tablespoons brown sugar



### Directions

1. In a microwave safe casserole dish pour enough water to reach 1 1/2 inches in depth. Place the squash halves cut side down in the water and pierce the skin with a fork a few times. Microwave on high for 15 to 20 minutes. Drain.
2. Sprinkle each half with salt and pepper to taste. Place 2 tablespoons butter and 2 tablespoons brown sugar in each half.
3. Broil 5 minutes, or until butter is melted. Mix the melted butter and sugar into the flesh, and serve.

Adopted By: Allrecipe



### SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Community service and work-based jobs training program for Older Americans. Authorized and funded by Title V of the Older American Act. Program provides training for income eligible, unemployed job seekers age 55+.

- ◇ *Part-time paid training positions at public agencies or non-profit organizations*
  - ◇ *Opportunity to work 20-30 hours a week*
  - ◇ *Minimum wage, paid on bi-weekly basis*
- ◇ *Temporary assignments to update skills, improve self confidence, and prepare you for employment*

**For more information:** **Call:** 800-439-3307 or local office 518-727-6628

**Email:** info@a4td.org

**Website:** a4td.org





# GLENS FALLS SENIOR CENTER

SAVE THE DATE



1/2 Chicken, Coleslaw, Potato and  
Dessert

Cost: \$15

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# FAVORITE SOUPS



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

**BISQUE**

**BORSCHT**

**BOUILLABAISSSE**

**BOUILLON**

**BROCCOLI**

**BROTH**

**CHICKEN**

**CHOWDER**

**CIOPPINO**

**CREAM**

**CRAB**

**EGG DROP**

**FISH**

**GAZPACHO**

**GUMBO**

**LEEK**

**LENTIL**

**MATZO BALL**

**MENUDO**

**MINESTRONE**

**NOODLE**

**PHO**

**PUMPKIN**

**RAMEN**

**SEAFOOD**

**SPLIT PEA**

**TOMATO**

**VEGETABLE**

**WONTON**







**2024 NYS FreshConnect Checks Program (FCC)**

*For Veterans', Servicemembers and their immediate family*

NYS Department of Agriculture & Markets has asked us to assist in the distribution of **\$50** in FCC coupons to all **Veterans, Servicemembers, members of their immediate families OR the un-remarried surviving spouse of a Veteran** regardless of time served or any other criteria.

FreshConnect Checks are valid through **December 31, 2024**

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

**Clients should call OFA first at (518)761-6347 to fill out the Legal Services Referral.**

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).



**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**

**WELCOME FALL**

*with the Queensbury Senior Citizens*

**JOIN US FOR THESE UPCOMING EVENTS!**

**90+ Senior Luncheon**

Friday, October 4, 12-3pm  
Celebrate our 90+ seniors with a special Italian luncheon and live music.

**Basket Raffle Begins**

Stop in starting Monday, October 21 to purchase tickets and browse the offerings at our Annual Basket Raffle. Baskets will be on display for three weeks!

**Brisket Fundraiser**

Friday, October 25, 3-6pm  
Drive thru for BBQ! Slow cooked brisket with sides and dessert to benefit the OSC.

**Community Health Fair**

Tuesday, October 29, 1-4pm  
Learn more about dozens of community health organizations, get your flu shot, and more!

**Basket Raffle Gala**

Saturday, November 9, 1-3pm  
Join us for a dessert reception to present the Basket Raffle winners!



742 Bay Road, Queensbury

(518) 761-8224

seniorsonthego.org







The Tri-County United Way VITA (Volunteer Income Tax Assistance) program has been honored with the National IRS “Hall of Fame” Award, a testament to its exceptional contributions and unwavering support for individuals and families with low to moderate incomes. Chosen from 14 national nominees, Tri-County United Way’s VITA program distinguished itself through its remarkable service, community impact, and dedication to financial stability.

Over the past 21 years, more than 200 volunteers have played a vital role in earning this Hall of Fame accolade. While some have moved on and others have passed away, we remain deeply proud of the dedication and positive impact our VITA volunteers have had on our local economy. These dedicated individuals continue to assist low-income families and seniors with their tax returns across Washington, Warren, and Northern Saratoga Counties.

Special thanks go to our most recent volunteers from the last two filing seasons:

Cathy Barton	Nanette Doheny	Frances Hanna	Dianne Lewis	Frank Musso	Will Sawma	Heidi Villarini
Charlene Bolster	Nancy Douglas	Margaret Hurlburt	Michael Linke	Donna Nichols	Mark Semon	Donna Waite
Roseanne Brevot	Julie Gann	Kay Hutt	Lyn MacAlpine	Kevin O'Brien	Stanley Shattuck	Rosemary White
Pat Bryant	Gerry Geddis	Sonya Jurnak	Marge Maxwell	Dee Park	Nancy Skirkanich	Mary Ellen Williams
Loretta Citarella	Victor Greco	Daisy Kavanagh	Sue McNeil	Bree Pisacane	Rachelle Tessier	
Phil Cote	Thelma Hack	ShannonKavanaugh	Douglas Meyerhoff	Joan Prouty	Ann Thibideau	
Larry Crandall	Lydia Hall	Jean Killian	Richelene Morey	Mary Provost	Judith Tholl	
Joseph Dewey	Bill Hamelin	Lee Lenhart	Jeanie Mullen	Arlene Reduto	John Truchon	



VITA, an IRS-sponsored program, offers training to local volunteers, equipping them to complete income tax returns for our community. Volunteers begin their training in December and must pass certification tests before they can assist with tax returns. Without their commitment, many individuals who rely on this vital service would likely have to turn to paid tax preparers. To volunteer, contact Laura Jensen, Director of Community Engagement at [Ljensen@tricountyunitedway.org](mailto:Ljensen@tricountyunitedway.org) or learn more at [www.tricountyunitedway.org](http://www.tricountyunitedway.org).

Laura Jensen, Director of Community Engagement (518) 793-3136 ext. 102  
[Ljensen@tricountyunitedway.org](mailto:Ljensen@tricountyunitedway.org)

### TRI-COUNTY UNITED WAY VITA'S PROGRAM EARNS NATIONAL IRS HALL OF FAME AWARD

The VITA program plays a crucial role in assisting local ALICE households, supporting Tri-County United Way's dedication to supporting students, youth, and families in need.

Glens Falls, NY – August 20 2024 – The Tri-County United Way VITA (Volunteer Income Tax Assistance) program has been honored with the National IRS “Hall of Fame” Award, a testament to its exceptional contributions and unwavering support for individuals and families with low to moderate incomes. Chosen from 14 national nominees, Tri-County United Way’s VITA program distinguished itself through its remarkable service, community impact, and dedication to financial stability.

For over 20 years, the Tri-County United Way VITA program has operated 13 sites across Warren, Washington, and Northern Saratoga counties. During the 2024 tax season, 27 tax preparers and 15 appointment takers volunteered over 3,100 hours, preparing more than 2,000 tax returns. Their efforts generated \$3.1 million in Federal and State income tax refunds for the local economy and saved taxpayers over \$700,000 in preparation fees.

The VITA program’s excellence was recognized by its in-house training, offering 24 hours of classroom or self-study instruction, available at flexible times. This year’s innovative outreach included local media interviews, print media outreach, and ads in several prestigious media outlets including the 50th Adirondack Balloon Festival program, which boosted volunteer recruitment and community engagement.

The IRS-sponsored VITA program offers free tax preparation to eligible residents nationwide. Locally, the Tri-County United Way,

Cornell Cooperative Extension — Washington County, and the Moreau Community Center have partnered to create a network of VITA

volunteers. Volunteers, who come from diverse backgrounds, typically commit four to eight hours per week from mid-January to April 15. Comprehensive training and user-friendly software empower them to provide effective tax assistance.

Congratulations to the dedicated staff and volunteers of the Tri-County United Way VITA program. To learn more about the VITA program, visit [TriCountyUnitedWay.org](http://TriCountyUnitedWay.org).

Connect with Laura Jensen, Director of Community Engagement, to learn more at <mailto:Ljensen@tricountyunitedway.org> or call 518-793-3136.

## ARE YOU A VETERAN OR A SPOUSE OF A VETERAN?

DID YOU KNOW...THERE ARE BENEFITS IN WHICH YOU MAY BE ENTITLED TO?

### Local/County Benefits:

- Civil Service Preference
- Veteran Property Tax Exemption
- “Return the Favor” - Discount Card Program
- Transportation to and from Albany VA Medical Center
- OFA/Veteran Services Local Transportation Program
- Assistance in obtaining discharge records & medals



### State Benefits:

- Civil Service Preference
- Blind Annuity Program
- Veteran Driver's License/Custom License Plates
- Homes for Veterans (ownership)
- NYS Parks Lifetime Liberty Pass (now available to ALL honorably discharged Veterans)
- Hunting & Fishing Licenses
- Service-Disabled Veteran-Owned Business Certification
- Tuition/Scholarship Awards
- Supplemental Burial Allowance
- (5) State Veterans' Homes
- Gold Star Parents Annuity

### Federal Benefits:

- Civil Service Preference
- National Park Pass
- Homeless Veteran Programs
- VA Medical and Dental
- Compensation—Service Connected Disability (i.e. Agent Orange, Camp Lejeune, Burn Pit, and PACT ACT)
- Pension—Non-service Connected Disability (income based)
- Vocational Rehabilitation
- National Cemetery
- Burial Allowances
- Headstone-Marker
- Presidential Memorial Certificates
- Home Loan Guaranty Program
- Specially Adapted Homes
- Life Insurance

### Survivors' Benefits:

- ❖ Dependency and Indemnity Compensation (service connected death)
- ❖ Surviving Spouse Death Pension (non-service connected death/income-based benefit)

**GIVE US A CALL FOR YOUR 360 REVIEW!!!**

**WARREN COUNTY VETERANS' SERVICES**

**1340 Route 9 ~ Lake George NY 12845 ~ 518.761.6342**

**Follow Us: [Facebook.com/WarrenCountyNYVeteransServices](https://www.facebook.com/WarrenCountyNYVeteransServices)**