

Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

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

Toll Free Number 1-888-553-4994
NY Connects 1-866-805-3931



SUMMER EDITION

2024

JULY, AUGUST AND SEPTEMBER

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-Keybord Specialist
- Cindy Cabana-Aging Services Assistant
- Cindy Coulter-Aging Services Assistant
- Stephanie Belden-Aging Services Assistant
- Lisa Pratt— Aging Services Assistant
- Catherine Keating-Stauch-Registered Dietician / Menu
- Jeffrey Haines-Fiscal Coordinator
- Mary Ann McCarthy-Services Assistant Newsletter



Save the Date:

Senior Picnic September 24, 2024

More information on Page 2

Farmers' Market Coupons 2024

The Farmers Market Check program offers \$25 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2024.

To apply for the checks please fill out the attached forms on pages 2 - 4 and return to the Warren/Hamilton Counties

Office for the Aging at:

1340 State Route 9
Lake George, NY 12845

Or fax to:

518-761-6344

Or email to:

Parkd@warrencountyny.gov

To be eligible for the Farmers' Market checks you must meet the following criteria:

- Be 60 years of age or older
 - Have income below \$2,322/month (single) or \$3,152/month (married) OR participate in one of the following programs: SNAP; Medicaid; Section 8 housing
- The Farmers Market Coupons are now available.



Newsletters are available online at:

www.warrencountyny.gov/ofa/newsletters.php

Or contact Mary Ann at

518-761-6347 to be added to our email list.

September 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2 Meal Site Closed	September 3 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	September 4 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	September 5 Apple N' Onion Chicken Mashed Potatoes Carrots Gelatin	September 6 Cold Plate Chicken Salad on Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup
September 9 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	September 10 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 11 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 12 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 13 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
September 16 Chicken Alfredo over Pasta California Medley Chilled Pineapple	September 17 Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	September 18 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	September 19 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 20 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
September 23 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 24 Senior Picnic Meal site closed	September 25 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 26 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	September 27 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake Happy Birthday!!
September 30 BBQ Chicken Potato of the Day Beets Mandarin Oranges	Age 60 + Suggested con- tribution is \$3. Under Age 60 required contribution is \$7.			

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.

Meal Site Phone Number

- Bolton Landing: (518) 644-2368
- Cedars:(518)832-1705
- Chestertown: (518)623-3451
- Johnsburg: (518) 251-2711

- Long Lake (518) 624-5221
- Warrensburg (518) 623-3451
- Lake Pleasant (518) 924-4066
- Indian Lake (518) 648-5412
- Lake Luzerne: (518) 696-2200
- Solomon Heights/Salvation Army (518) 832-1705

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Senior Picnic September 24, 2024

TIME: 10AM Refreshments: Tea, Coffee & Donuts
12PM Lunch: Hot Dogs & Hamburgers
Coleslaw, Macaroni Salad, Watermelon
And Strawberry Shortcake

PLACE: Warren County Fish Hatchery
145 Echo Lake Rd., Warrensburg, NY

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

RSVP: Purchase tickets by September 13th, 518-761-6347

Highlights: Blood Pressure Clinics, Information Booths, Door Prizes,
Basket Raffle & Games



August 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

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

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, 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.



July 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	July 2 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	July 3 <i>4th of July Picnic</i> Hot Dog/Bun Hot German Potato Salad Baked Beans Independence Day Dessert	July 4 Independence Day  Meal Site Closed	July 5 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
July 8 Chicken Alfredo over Pasta California Medley Chilled Pineapple	July 9 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	July 10 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	July 11 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 12 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
July 15 CHEF's CHOICE	July 16 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	July 17 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 18 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 19 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake Happy Birthday!!
July 22 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 23 Veal Parmesan Penne Pasta Marinara Sauce Cauliflower Fresh Fruit	July 24 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	July 25 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	July 26 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
July 29 Sloppy Joe / Bun Roasted Potato Bites Corn Mandarin Orange	July 30 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	July 31 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake		

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.

WARREN/HAMILTON COUNTIES OFA CLIENT'S STATISTICAL INFORMATION FORM

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

Client Name _____

Address _____

Phone # _____ **DOB:** _____

Soc. Sec. # XXX-XX-_____ **Gender:** ___ Male ___ Female

Frail/Disabled: ___ Yes ___ No **Veteran:** ___ Yes ___ No

Living Status/Client Lives: ___ Alone ___ With Spouse ___ With Others

Race/Ethnicity

American Indian/Alaskan Native _____

Asian _____

Black or African American _____

Native Hawaiian/Pacific Islander _____

Hispanic _____

White _____

Is Client? Yes or No

Oxygen De-
 pendent _____

Insulin De-
 pendent _____

On Dialysis _____

PLEASE CIRCLE ONE:

Household Size	100%	125%	150%	185%
	Annual	Annual	Annual	Annual
1	\$15,060	\$18,825	\$22,590	\$27,861
2	\$20,440	\$25,550	\$30,660	\$37,814
3	\$25,820	\$32,275	\$38,730	\$47,767
4	\$31,200	\$39,000	\$46,800	\$57,720

Complete the following chart. The answers you provide in this chart are optional and will not affect your eligibility for the SFMNP. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

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

I certify that:

- I. I am:
 - a. 60 years of age or older; AND
 - b. My monthly income is at or below the federal income guidelines for my household outlined in SFMNP Policy Memorandum #2024-1.
 - i. \$2,322/month (for a one-person household); Or
 - ii. \$3,152/month (for a two-person household); Or
 - iii. \$3,981/month (for a three-person household).
- II. I have not received SFMNP checks from any other location this year.
- III. I have been advised of my rights and obligations under the SFMNP. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.
- IV. The information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law.

Signature (Participant)

Date

****Internal Use Only****

Booklet Serial Number: _____ Program/Agency Name: Warren/Hamilton Counties OFA Site ID: 55100

Program/Agency Representative's Name (Issuer): _____

Caprese Zucchini Casserole

A summertime favorite—zucchini casserole—gets an Italian spin in this delicious and healthy side dish with tomatoes, mozzarella and basil. You can use zucchini or summer squash in this caprese-style casserole, or a combination of the two. A sprinkling of fresh basil and a drizzle of balsamic vinegar just before serving brightens up the flavor.

Serve with grilled or roasted chicken and some quinoa, rice or couscous to soak up the juices from the casserole for a satisfying and easy dinner.

Prep Time: 25 mins **Additional Time:** 30 mins **Total Time:** 55 mins
Servings: 6

Ingredients

- 2 medium zucchini and/or summer squash sliced
- 2 medium tomatoes sliced
- ¼ cup finely chopped shallot
- ¼ cup chopped basil plus 2 tablespoons, divided
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¾ cup shredded fresh mozzarella cheese (3 ounces)
- 1 dash Balsamic vinegar



Directions

Preheat oven to 400 degrees F. Coat an 8-by-8- or 7-by-10-inch baking dish with cooking spray. Arrange squash and tomatoes decoratively, like rows of shingles (some may need to be cut in half), in the prepared dish. Combine shallot, 1/4 cup basil, oil, salt and pepper in a small bowl. Spoon the mixture over the vegetables. Sprinkle evenly with mozzarella. Bake until the vegetables are tender, and the cheese has melted, about 30 minutes. Sprinkle with the remaining 2 tablespoons basil. Drizzle with balsamic vinegar, if desired.

Nutrition Facts (per serving) Calories 87, Protein 5g, Fat 5g, Carbs 6g

Adopted by: EatingWell.com

Classic Cobb Salad

TOTAL TIME: Prep/Total Time: 20 min. **YIELD:** 4 servings.

A big, bountiful salad is the best way to celebrate delicious seasonal produce! Making this salad is a lot like putting in a garden. Plant everything in nice, neat sections, just as you do with seedlings.



Ingredients

- 6 cups torn iceberg lettuce
- 2 medium tomatoes chopped
- 1 medium ripe avocado peeled and chopped
- 3/4 cup diced fully cooked ham
- 2 hard-boiled large eggs chopped
- 3/4 cup diced cooked turkey
- 1-1/4 cups sliced fresh mushrooms
- 1/2 cup crumbled blue cheese
- Salad dressing of choice
- Optional: Sliced ripe olives and lemon wedges

Directions

1. Place lettuce on a platter or in a large serving bowl. Arrange remaining ingredients in rows or sections as desired. Serve with dressing of choice; if desired, serve with sliced ripe olives and lemon wedges. Adopted by: Taste of Home



Complaint Process: Civil Rights Violations

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

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

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

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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

Informed Consent to Collect and Record Personal Information

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

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

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

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

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

Client Initial _____

Informed Consent to Refer and Share Personal Information

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

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

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

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

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

Client Initial _____

CORNER



CATHERINE'S

Separating Fitness Fact from Fiction

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

We know that sticking to a consistent fitness routine benefits both the body and mind and with the summer season upon us it is a good motivation to get moving.

But there's lots of misinformation out there about when, where and how you should be exercising. Here is the reality behind the fiction

1. If you are not Sweating, you're not working

That's a myth. How much you sweat depends on many factors, including your metabolism, how much you weigh, and where you're exercising. You can get plenty of exercise benefits, including weight loss, without sweating heavily, although sweat does help cool the body

2. No pain, no gain

Not true. Pain is your body's alarm system, which signals when we are about to harm ourselves. If you are in pain, you should stop the exercise that you're doing. Check that your posture and technique is right and speak to an exercise professional if you're concerned.

3. If you have heart disease you need to take it easy

If you have heart disease, regular exercise can reduce your chances of another heart event, help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great. What exercise is suitable for you may depend on your heart condition and any other health issues – so check with your doctor before you start.

4. There's no point in exercising unless you can do it for 45 minutes or more

That's a myth. With exercise, every little bit helps. You don't need to do a 45-minute block of exercise if doing three 15-minute bursts is better for you. Try to build it into your daily routine, but anything is better than nothing.

5. The best time to exercise is the morning

There is no reliable evidence to suggest that calories are burned more efficiently at certain times of day. Some people prefer mornings, as they may be tired in the evening and not feel like exercising. The most important thing is that you find a time that suits you.

6. At some point you're too old to Exercise

That's a myth. You are never too old to benefit from exercise. Studies show that seniors can reduce their risk of high blood pressure, diabetes, osteoporosis, and mental decline with an exercise program. For the most benefits, your overall routine should include aerobics, strength training, balance, and flexibility.





CORNER

CATHERINE'S



September is National Cholesterol Education Month

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

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

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

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

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

Client Initial _____

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

Signature of individual or legal representative

Date

Individual's name (Print)

If legal representative, provide name and relationship to individual

~~~~~ FOR OFFICE USE ONLY ~~~~~

### ATTESTATION

To be completed by worker

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

Signature

Date

Print

September is National Cholesterol Education Month, making it the perfect time for you to know their cholesterol levels – and take steps to prevent or reduce high cholesterol.

High cholesterol is a major risk factor for heart disease, which is the leading cause of death in the United States. People with high cholesterol are twice as likely to have heart disease than people with lower cholesterol levels. An unhealthy lifestyle is the most common cause of high "bad" LDL cholesterol or low "good" HDL cholesterol.

### What raises the risk for unhealthy blood cholesterol levels?

Eating a lot of foods high in saturated fats raises "bad" LDL cholesterol levels. Saturated fats are found in animal products including fatty cuts of meat, cheese, and full fat dairy products. No more than 10% of your daily calories should come from saturated fats.

Lack of physical activity

Smoking lowers HDL cholesterol, particularly in women, and raises LDL cholesterol.

Stress may raise levels of certain hormones, such as corticosteroid. These can cause your body to make more cholesterol. Drinking too much alcohol (more than two drinks a day for men or one drink a day for women) can raise your total cholesterol level.

### Five Facts about Cholesterol

High cholesterol has no symptoms making it difficult to diagnose.

More than 35 million Americans have cholesterol high enough to put them at risk for heart disease

The National Cholesterol Education Program suggests people over 20 years old get their Cholesterol checked every five years. Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol.

Most people don't need added cholesterol from their diet; their bodies make enough on their own. Everyone can benefit from knowing their cholesterol numbers and doing what they can to prevent or reduce high cholesterol levels. Uncontrolled cholesterol is a risk factor for heart attacks and stroke. **But high cholesterol has no symptoms**, so patients might not know that their cholesterol is too high – unless it's measured by a doctor with a blood test.

Honor National Cholesterol Education Month by getting to know and control your cholesterol numbers. Adults aged 20 and older should have their cholesterol levels checked every four to six years.

Adopted By: NIH



KATHY HOCHUL  
Governor

RICHARD A. BALL  
Commissioner

**New York State Senior Farmers' Market Nutrition Program  
Participant Proxy Assignment**

Participant Agreement:

I, (print participant name) \_\_\_\_\_

Give my permission to (proxy name) \_\_\_\_\_ for the explicit purpose of picking up my 2024 Senior Farmers' Market Nutrition Program (SFMNP) coupon booklet, for which I have provided the attestation of my eligibility to agency staff.

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Proxy Agreement:

By signing as proxy, I am accepting the responsibility for receiving Federal assistance on behalf of the participant named above, and I will immediately return the SFMNP coupon booklet to them. I understand that failure to relinquish the coupons to the participant named above will be considered a fraudulent act. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing or withholding facts may result in paying the State agency, in cash, the value of the food benefit improperly issued and may subject me to civil or criminal prosecution under State and Federal Law.

Proxy Name (printed): \_\_\_\_\_

Proxy Signature: \_\_\_\_\_

Date: \_\_\_\_\_

***This proxy assignment is valid until revoked by the participant or by September 30, 2024.***



# Avoid Food Poisoning During Summer Picnics

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

### Keep foods cool

Rates of food poisoning increase in summer months because bacteria grow faster in warmer weather. Eating food left in the Danger Zone (40°F to 140°F) for too long can make people sick.

- Keep raw meat, poultry, and seafood chilled until ready to grill, in the fridge or in an insulated cooler, below 40°F.
- Put leftovers in the freezer or fridge within two hours of cooking –or ONE hour if above 90°F outside.

Throw away any remaining perishable food that isn't refrigerated.

### Cook meat thoroughly

It's important to cook food to a safe internal temperature to destroy harmful bacteria. Never partially grill meat and finish cooking it later.

- Use a food thermometer to make sure meat is cooked hot enough to kill germs. You can't tell just by looking at it! (145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165°F for chicken or turkey).
- If you're smoking meat, keep the temperature inside the smoker at 225°F to 300°F. Keep cooked meats hot and out of the Danger Zone before serving.



### Clean hands and produce

Wash fresh vegetables and lettuce. If you're not sure whether water will be available to wash on site, rinse produce before packing for the picnic.

- Wash your hands before handling any food AND after touching raw meat, poultry, or seafood. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean work surfaces, utensils, and the grill before and after cooking. Examine the grill surface carefully for bristles that might have dropped off the grill brush. They could get into your cooked food and hurt you if swallowed.

### Separate raw from cooked

You never want bacteria from raw meat or seafood to contaminate other foods, surfaces, or utensils.

- Throw away or thoroughly cook marinades and sauces that have touched raw meat or seafood.
- Put cooked meat on a clean plate.
- Keep raw meats, poultry, and seafood away from cooked and ready-to-eat food and drinks. Don't use the same utensils on raw foods and cooked and ready-to-eat foods.

This summer, I'm going to work hard to try to avoid being one of the 48 million Americans who get food poisoning every year. Let's raise a glass of iced tea to well-cooked burgers, rinsed veggies, and chilled fruit salad!

Adopted by: CDC



# Summer Picnic

## WORD SEARCH



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

- |         |              |          |              |
|---------|--------------|----------|--------------|
| ANTS    | CORKSCREW    | NAPKINS  | SALAMI       |
| APPLES  | CUPS         | NO RAIN  | STRAWBERRIES |
| BASKET  | FLOWERS      | OUTDOORS | SUNSHINE     |
| BONBONS | FRENCH BREAD | PLATES   | TABLECLOTH   |
| BREEZE  | GRAPES       | POETRY   | VASE         |
| CHEESE  | GRASSY SPOT  | ROMANTIC | WINE         |

### Seniors Stay Healthy with SNAP

Every month is Senior Hunger Awareness Month at Catholic Charities of Saratoga, Warren & Washington Counties. Through our Nutrition Outreach and Education Program (NOEP), we are drawing attention to the challenges faced by many seniors in our community in accessing nutritious food. Food insecurity can have harmful impacts on the health of seniors, leading to an increased risk of diabetes, high blood pressure, poor cardiovascular health, and other chronic conditions.



The Supplemental Nutrition Assistance Program (SNAP) can play a vital role in addressing hunger among seniors. If you or an older person you know needs help buying food, SNAP may be able to help. In Warren County, during the month of February 2024, of the 4,189 households and 6,973 individuals that received monthly SNAP benefits, 2,340 were senior citizens. SNAP helps seniors stay healthy by improving nutrition and food security, leading to better medication adherence, reduced hospital and nursing home admissions, and lower healthcare costs.

SNAP income eligibility requirements are more generous for seniors than for others, and medical deductions may increase their monthly benefit amount. Many seniors can use a simplified application process that makes it easier to apply for SNAP and maintain benefits. SNAP works like Social Security or Medicare – everyone who is eligible can get their benefit without affecting benefits to others. The Nutrition Outreach and Education Program can help you learn if you/ your household may be eligible and complete and submit a SNAP application. These services are free and confidential. If you have trouble putting food on the table, please contact your local SNAP Coordinator, Ben Driscoll at Catholic Charities, 35 Broad Street, Glens Falls 12801; phone: (518) 793-6212 ext. 32 or (518) 424-7525 or email: [bdriscoll@swwcc.org](mailto:bdriscoll@swwcc.org).



2024  
SEP 25

at the **Queensbury Hotel**  
88 Ridge St  
Glens Falls, NY 12801

Check our website or visit us on Facebook  
for more details coming soon!

380 Glen St. Glens Falls, NY 12801  
www.gfseniors.com  
(518)793-2189



**Queensbury Senior Citizens**  
It's the Life in your Years that Count

**DON'T MISS THE FUN!**



**NEW Upcoming Events**

- July 17th—Paint N' Sip
- July 19th—Picnic in The Grove
- July 24th—Crafting w/Stephanie
- September 4-6th - Book Sale
- September 19th—Dining Out Benefit
- Cooper's Cave Ale Company

Please call 518-761-8224 for more information

Happy Birthday



# Happy Birthday Volunteers

| JULY                        | AUGUST                    | SEPTEMBER                     |
|-----------------------------|---------------------------|-------------------------------|
| Pat Huck.....2              |                           | Sally Gallup.....10           |
| Mary Smith.....5(B)         | Angela Butterworth .....8 | Lorna McCabe..... 11          |
| Sherry Williams.....8 (IL)  | Susan Brown .....10       | James Donnelly.....18         |
| Willie Ordway.....8 (J)     | Edythe Monroe.....14 (J)  | Kate Belden.....21            |
| Leo Guariglia.....9         | Jeff Hartig .....21(J)    | Peter Haggerty.....21 (W)     |
| Arlene Ordway.....11 (J)    | Paula Flint.....27(B)     | Jeff Hartig.....21 (J)        |
| John Monroe.....13 (J)      | Ellen Farley.....28       | Nancy Sylvester.....25 (J)    |
| Lois Zilm.....13 (LL)       |                           | Valerie Caron Burlett .....30 |
| Nathaniel Turner.....19     |                           |                               |
| Pat Huck..... 21(B)         |                           |                               |
| Art Yannotti.....22         |                           |                               |
| Crysti O'Connor.....23 (LP) |                           |                               |
| Pat Cianci.....27 (B)       |                           |                               |



**Meal Site Closed on the following Days**

Thursday, JULY 4th Independence Day

Monday, SEPTEMBER 2nd Labor Day



Tuesday, SEPTEMBER 24 Senior Picnic



**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



**TRI-COUNTY UNITED WAY IS LOOKING FOR VOLUNTEER INCOME TAX ASSISTANCE (VITA) VOLUNTEERS**

**5 REASONS TO BECOME A VITA PROGRAM VOLUNTEER**

1. **Flexible hours.**
2. **VITA sites are located throughout Warren, Washington, and Northern Saratoga Counties.**
3. **Volunteers receive specialized training to help low-to-moderate income families who need assistance.**
4. **Certified courses & materials are at no cost to you.**
5. **Continuing education credits for tax professionals.**

To learn about how you can get involved with Tri-County United Way's VITA program, contact Laura Jensen, Community Engagement at **(518) 793-3136** or visit **Tricountyunitedway.org**.



A Tri-County United Way Collaborative

**ARE YOU A VETERAN?**  
**OR A SURVIVING SPOUSE OF A VETERAN?**

ARE YOU RECEIVING ALL THE BENEFITS YOU'RE ENTITLED TO???

**CALL US FOR YOUR ~ *free* ~ 360 REVIEW!**

Warren County Veterans' Services  
1340 Route 9 ~ Lake George NY 12845  
Phone 518/761-6342 ~ Fax 518/761-7683

Web-site: [www.warrencountyny.gov/veterans](http://www.warrencountyny.gov/veterans)

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




**Kiwaniis**  
 CLUB OF GLENS FALLS

**A Putt Above Golf Classic**  
 - \$10,000 PUTT for CASH *sponsor TBA*  
 - Hole in one *sponsor TBA*  
**CRONIN's Golf Resort**, Warrensburg N.Y.  
 - 4 person scramble, shotgun start 12:30  
 - Including lunch, dinner, prizes

Presenting Sponsor  

**ALBANY MED**  
 Health System  
**GLENS FALLS**  
 HOSPITAL

**SAVE THE DATE** Friday, Aug 16<sup>th</sup>  
 Golf registration and sponsorship opportunities available at: [tricityunitedway.org](http://tricityunitedway.org)

**VOLUNTEER DRIVERS NEEDED**


The Warren/Washington RSVP program is looking for volunteer drivers for the Medical Transportation Program.

**JOIN US & HELP LOCAL SENIORS**

If you are 55 or over and interested in helping others, please call RSVP at (518) 793-3136 ext. 104 to volunteer.

*You decide your level of commitment. Mileage reimbursement is available.*



**RSVP**




## When It's Too Hot for A Fan

Heat waves are the leading cause of illness- and even death. Not all methods for keeping cool are effective during a heat wave. Using a fan can be more harmful than helpful when the indoor air temperatures are hotter than your body temperature.

It may be helpful to have an indoor thermometer or thermostat with a temperature display to tell you the actual temperature inside your home. This is especially helpful if you are or care for someone at higher risk for heat related illness.

### How can I prevent heat related illness?

- Spend at least 2 hours in air-conditioned places (friend or family member's home, shopping mall, cooling center, etc).
- If air conditioning is unavailable, spend more time on the lower levels of buildings.
- Close window blinds and curtains.
- Drink plenty of nonalcoholic and caffeine free liquids throughout the day.
- Take a cool shower or bath. You can also place a cold, damp washcloth over your body.
- Limit strenuous physical activity to the morning or evening when temperatures are cooler
- Wear light and loose clothing.

### Should I Use A Fan?

| <input checked="" type="checkbox"/> Yes!                                                                                                                                                                                                                                                                                                          | <input checked="" type="checkbox"/> No!                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When indoor air temperatures are cooler than about 95°F</b><br><br>Use a fan when outdoor air temperatures are cooler than indoor air temperatures (fans in windows can blow cooler air into a room from outside). Fans do not cool the air, so air currents flowing over the body must be cooler than your body temperature to cool you down. | <b>When indoor air temperatures are hotter than about 95°F</b><br><br>On very hot, humid days, sweat evaporates off the skin slower than normal. Blowing very hot, humid air over the body makes it even more difficult for the body to lose heat by sweating. Fan use may cause your body to gain heat instead of lose it. This may cause dehydration to occur more quickly. |

### Check on your neighbors, friends, and family members who may be at higher risk of heat-related illness:

- Babies, young children, and adults over age 65 who are often less able to regulate body temperature, cool down from sweating, and can get dehydrated more quickly than others
- People with mental or physical disabilities, or who are dependent on others for daily care
- People who have preexisting health conditions, especially those who have diabetes or heart disease, have experienced a previous heatstroke, or are overweight.
- People who live alone or do not leave their homes daily.
- People who live in upper-level or top floor apartments.
- People without air conditioning.

### If You Need Assistance

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. The 2023-2024 Cooling Assistance benefit opened on April 15th, 2024. If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstances where an air conditioner cannot be safely installed, a fan will be provided. For more information, please visit: <https://otda.ny.gov/programs/heap/>