

NEWSLETTER FOR SENIORS



Warren/Hamilton Counties Office for the Aging

1340 State Route 9, Lake George, NY 12845

Office 518-761-6347

Fax 518-761-6344

Toll Free 888-553-4994

NY Connects 866-805-3931

FALL EDITION

2025

OCTOBER, NOVEMBER, DECEMBER

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Stephanie Belden

Cindy Cabana

Cindy Coulter

Lisa Pratt

Catherine Keating

Kira Wilkins

Meal Site Staff

Ruth Mumblow

Lisa Barrett

Berniece Cummins

Colleen Smith

Christine Kostolni

Lauren Church

Fawn Millington

Isabel Simola

Linda Johnson

CONGRATULATIONS

*To Our 2025
Seniors of the Year!*

Hamilton County

*Sandra LaVarnway
Karen Hutchins*

Warren County

*Gail Ingleston
Dave Oberhelman*



Newsletter is available online at:
www.warrencountyny.gov/ofa/newsletters

Or contact the office to be added to
the mailing list.

****Please note changes
to the Nutrition Program
starting October 1st on
Page 3.**

Programs made possible through funding from the U.S.
Dept. of Health and Human Services-ACL, NYSOFA,
Warren County, and Hamilton County

Happy Birthday to our Volunteers!



October

Beth Schidzick-5
Bruce Onyon-8
Ellen O-Hara-10
Jane Guariglia-11
Justin Reyes-15
Mark Osborne-18
Bonnie Nadig-29
Chris Manney-30
Mike Erickson-31

November

Scott Rager-14
Lorrie Babbel-15
Patricia Paton-21
Jessi Ostrander-22
Noah Reyes-29

December

Henry DelGaudio-1
Liz Schuster-11
Bob Diamond-13
David Oberhelman-13
Marcia Kretchmer-13
Louisette Bureau-17
Mary Boucher-19
Joel Beaudin-21
Joan Bovee-25
John Dale-27

*All of our generous
volunteers are appreciated!*

Important Reminder for Home Delivered Meals Clients

In order to receive Home Delivered Meals, clients must be home at the time of delivery. Meals cannot be left outside if no one is home. One of the most important jobs of the volunteer is to ensure the client is safe. If clients are not home for delivery, the volunteer will notify the meal site and OFA.

In the event the client is not home, we will try calling the client and/or their emergency contacts. If the client cannot be located and the hospital cannot confirm admission, the Sheriff will be notified for a welfare check.

After 3 failed delivery attempts within one year, meal service will be discontinued.

Please notify the meal site to hold your meals when you will not be home. Thank you for your continued support towards making our Nutrition Program a success!

Meal Site Numbers:

Cedars: (Glens Falls/Queensbury) 518-832-1705

Bolton Landing: 518-644-2368

Johnsburg: 518-251-2711

Lake Luzerne: 518-696-2200

Solomon Heights: 518-832-1705

Indian Lake:

Lake Pleasant/Wells:

Long Lake:

Warrensburg:

518-648-5412

518-924-4066

518-624-5221

518-824-6662

Congregate Sites Open: 11:30am-1:00pm

NOTICE OF PUBLIC HEARINGS

We would love to see you there.

It is time for our annual **Public Hearing**. At the hearing we will be discussing the office's service plan for seniors for 2026. 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, at least one week in advance.

Hearings will be conducted on the following date:

OCTOBER 16th – VIRTUAL

Reservations are not necessary to attend the hearings. However, if you would like to attend, please send an email to the address above and we will send a link to the meeting. 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.



NUTRITION PROGRAM REVISIONS

Beginning October 1, 2025 please note the following changes that may affect you regarding the nutrition program. We apologize in advance for any confusion this may cause, but we are working on having each site do things the same way.

The changes are as follow:

All meal sites will be delivering frozen meals on Mondays and Wednesdays (with the exception of holidays).

Meals will be prepared based on the menu that is in the newsletter.

What this means for our Home Delivered Meals clients is that Tuesdays meals will be delivered on Wednesdays to be used on Thursday. Thursdays meals will be delivered on Mondays to be used on Tuesday.

For those individuals coming into the congregate sites or doing Grab-n-Go, the meal listed on the menu will be the one served that day.

If you have any questions, please feel free to call the main office at PH#(518) 761-6347. Thank you in advance for your understanding.



Pseudodementia vs. Dementia

What's the Difference?

People often confuse pseudodementia with dementia, but understanding the distinction is vital for accurate diagnosis and treatment. Pseudodementia mimics the symptoms of dementia but has different underlying causes. It is typically linked to psychiatric conditions, such as depression or anxiety. Recognizing pseudodementia vs. dementia differences will ensure proper care and improve the quality of life for affected individuals and their loved ones.

Causes of Pseudodementia and Dementia Explored

The causes of pseudodementia and dementia differ significantly. Pseudodementia is primarily caused by severe depression, anxiety, or other mental health conditions. These psychological issues can affect cognitive functions, leading to memory loss and confusion. However, once the underlying psychiatric condition is treated, cognitive symptoms often improve or resolve entirely, distinguishing it from dementia. Dementia, on the other hand, is caused by physical changes in the brain. These changes can result from various diseases, such as Alzheimer's disease, vascular dementia, or Lewy body dementia. These conditions lead to progressive and irreversible damage to brain cells.

Differences in Symptom Presentation Noted

The symptoms of pseudodementia and dementia can appear similar but have notable differences. In pseudodementia, individuals often exhibit a lack of motivation and express a clear awareness of their cognitive issues. They might demonstrate significant mood swings, including persistent sadness or anxiety, which can affect their ability to concentrate and



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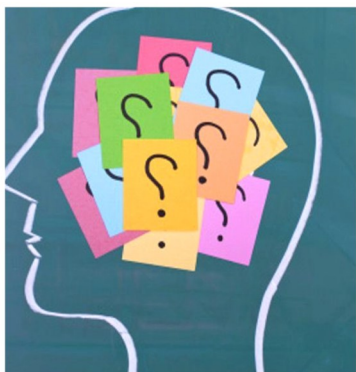
remember information. In contrast, dementia symptoms typically include progressive memory loss, disorientation, and difficulty with communication. Unlike pseudodementia, individuals with dementia may not be fully aware of their cognitive decline. Their symptoms gradually worsen over time, impacting their ability to perform daily activities independently. Recognizing these symptom differences is crucial for appropriate treatment and care.

Diagnostic Techniques for Accurate Differentiation

Diagnosing pseudodementia and dementia requires distinct approaches. For pseudodementia, a comprehensive psychiatric evaluation is necessary to identify underlying mental health conditions. This evaluation often includes detailed interviews, psychological tests, and medical history reviews. Treatment focuses on addressing the psychiatric disorder, which can lead to significant improvement in cognitive symptoms. Dementia diagnosis involves neurological assessments, brain imaging, and cognitive tests. These methods help identify the specific type of dementia and its severity. Neurologists may use MRI or CT scans to detect brain abnormalities, such as atrophy or lesions. Blood tests can also rule out other medical conditions that might mimic dementia. Accurate diagnosis ensures patients receive appropriate care and management for their condition.

Treatment Approaches for Each Condition Compared

Treatment for pseudodementia and dementia varies due to their different causes. Pseudodementia treatment focuses on addressing the underlying psychiatric condition. This may include antidepressants, psychotherapy, and lifestyle changes to improve mental health. Effective treatment can lead to a significant reduction in cognitive symptoms, allowing individuals to regain their cognitive abilities. Dementia treatment, however, aims to manage symptoms and slow disease progression. Medications like cholinesterase inhibitors and memantine are commonly prescribed to help maintain cognitive function.



Adopted from:
Dementia Friends USA

Pseudodementia Vs. Dementia: What's The Difference? | Discovery Commons by Discovery Senior Living

SUDOKU

Fill each box with a number between 1 & 9 in a manner that the same number does not appear twice in any specific row or column.



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					3	7		
				2			8	
			9			6	1	5



Legal Aid Society of Northeastern NY

Provides free civil legal services to low-income seniors in collaboration with Warren & Hamilton Counties

Warren/Hamilton County 518-587-5188
www.lasnny.org

Please call the Office for the Aging for more information and/or to start the referral process. 518-761-6347



Attention Veterans & Surviving Spouses

ARE YOU ELIGIBLE

For medical, disability, pension, property tax exemptions, and other discounts?

Let us complete a Veteran or Surviving Spouse review of your eligibility to local, state, and federal benefits.

WARREN COUNTY
VETERAN'S SERVICES
 518-761-6342

HAMILTON COUNTY
VETERAN'S SERVICE AGENCY
 518-736-5651



Senior Centers/Organizations

Senior centers provide structured social activities, health programs, and educational opportunities that address isolation among older Americans. These community spaces offer more than basic social interaction – they serve as vital hubs connecting seniors to essential services and support networks.

Johnsburg Senior Citizens Association 3584 State 28, North Creek 518-251-4199	Lake George Senior Citizens Club Schuyler St, Lake George 518-668-5722
Greater Glens Falls Senior Citizens Center 380 Glen Street, Glens Falls 518-793-2186 Website: gfseniors.com	Lake Pleasant Senior Citizens Group 2881 State Route 8, Speculator 518-548-7638
Horicon Senior Citizens, Inc 518-538-3901	Bolton Landing Senior Citizens Inc. 12 Cross St, Bolton Landing 518-644-3340
Hague Senior Citizens Club, Inc. Graphite Mountain Rd, Hague 518-543-6161	Queensbury Senior Citizens, Inc. 742 Bay Rd, Queensbury 518-745-4439
Indian Lake/Blue Mountain Senior Citizens 518-352-7784	Wells Senior Club 105 Buttermilk Hill Rd, Wells 518-775-6804
Lake Luzerne Senior Center 539 Lake Ave, Lake Luzerne 518-696-6451 Website: www.townoflakeluzerne.com	Senior Adult Community Center 6307 US 9, Chestertown 518-801-6297



GET INVOLVED!

In your Community

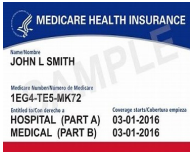


Volunteer opportunities are available including drivers for medical transportation and Home Delivered Meals. Call the Office for the Aging or your local meal site for more information.



MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:

Columbus Day– October 13th
Veterans Day-November 11th
Thanksgiving Day-November 27th
Christmas Day-December 25th



HIICAP Corner

Medicare Information and Updates



How Does Retiree Insurance Work with Medicare?

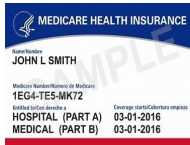
When you have both retiree insurance and Medicare, your coverage will depend on the type of retiree insurance plan you have. Below are a few common types of retiree plans and how they work with Medicare:

- **Employer-sponsored Managed care (HMO or PPO) plans:** These plans may require you to see in-network providers and facilities. Your costs are typically lowest when you see providers who take both Medicare and your retiree insurance. If you see Medicare providers who do not take your retiree insurance, you will pay regular Medicare cost-sharing amounts, and your retiree insurance might not pay at all.
- **Employer-sponsored Medicare Advantage Plans:** These plans offer both Medicare and retiree health benefits. Some employers require that you join their Medicare Advantage Plan to continue getting retiree health benefits after becoming Medicare eligible. You can choose not to take your employer's coverage and sign up for Original Medicare or a different Medicare Advantage Plan. Keep in mind that you might not be able to get your retiree benefits back later.
- **Employer-sponsored Medigap policies:** These plans offer supplemental insurance for Medicare-eligible individuals. You need to have Original Medicare to enroll in a Medigap plan. Remember, you can always choose not to take your employer's coverage and sign up for a Medicare Advantage Plan or a different Medigap. However, you might not be able to get your retiree coverage back later.

Retiree insurance is almost always secondary to Medicare. This means it pays after Medicare. Retiree insurance might provide coverage for Medicare cost-sharing, like deductibles, copayments and coinsurance. It might also pay for care or other items and services that Medicare does not cover. Examples include vision care, dental care and off-formulary or over-the-counter prescription drugs. For more information on your retiree insurance plan options, contact your benefits administrator or employer's human resources department.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program



HIICAP Corner

Medicare Information and Updates



2025 Annual Enrollment Period (aka Open Enrollment)

(October 15th through December 7th)

2025 brought significant changes to Medicare beneficiaries, and there will likely be more in the 2026 coverage year. Open Enrollment gives you the opportunity to make decisions about coverage for next year. All changes will take effect 1/1/26.

Review your coverage: During Open Enrollment Beneficiaries currently enrolled in a Medicare Advantage Plan (Part C) or a Part D Prescription Drug Plan (PDP) will be sent information from their current plan outlining changes for the new year. It is important to read these documents to help beneficiaries determine if they want to or need to change coverage.

Termination Notice: Plan no longer available in coverage area. Beneficiaries will need new coverage.

ANOC (Annual Notice of Change): Sent by current plan to notify beneficiaries of changes next year.

What change options are available:

Beneficiaries can do the following during Open Enrollment: Join a new Medicare Advantage Plan or Part D Prescription Plan; Switch from Original Medicare to a Medicare Advantage Plan; or switch from a Medicare Advantage Plan to original Medicare (with or without Part D).

4 Things to do when deciding on Medicare Coverage:

Regardless of why or when you are making a change, the following list outlines steps to making an informed Medicare coverage choice. These steps apply to all Beneficiaries, including: those new to Medicare; those with terminated plans; those with medical changes that need or want to review coverage options; and those reviewing their coverage during the Annual Open Enrollment Period.

- 1) **Choose:** To add coverage to Original Medicare (Parts A and B), beneficiaries may enroll in either Medicare Advantage Plan (Part C) **OR** Medigap Supplemental Plan. Prescription coverage (Part D) can be added, if not already included in plan choice.
- 2) **Review Coverage:** Make sure your medications, providers and facilities are covered. Reach out to your Agent of Record (AOR), if you have one, for assistance with this process.
- 3) **Compare Costs:** Review co-insurance, copays, deductibles and premiums for your medical and prescription services. For updated information: contact your AOR, Medicare.gov, 1-800-Medicare, or the HIICAP program through your local Office for the Aging.
- 4) **Enroll:** Medicare.gov; 1-800-Medicare (1-800-633-4227); Trusted Broker/Agent; or direct through plan.



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Health Insurance Information,
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FALL WORD SEARCH

S G I V I S G W O R C E R A C S
 C O L L A H S C A E I T H R E W
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RED
 SCARECROW
 SWEATER
 THANKSGIVING
 YELLOW



Fun Facts From 1930:

Ruth Wakefield
 invented the chocolate
 chip cookie at the Toll
 House Inn in
 Massachusetts.



Notable films released
 in 1930 include
 "Whoopie!", "Animal
 Crackers", and "All
 Quiet on the Western
 Front".

"Happy Days Are Here
 Again" and "Puttin'
 on the Ritz" were
 influential
 songs of the
 year.



Office for
 the Aging

"LIVE with Greg" Olsen

New York State Office for the Aging (NYSOFA) presents
 monthly livestreams on YouTube. These programs

include **LIVE With Greg**, which is an interview show hosted by NYSOFA Director Greg Olsen. The programs are produced by NYSOFA Communications. Our programs involve lively Q&A conversations with guests who also field questions from viewers. To get more information please visit the NYSOFA website at: aging.ny.gov



Something New is Coming to the Office for the Aging!

Friendly Calls



Are you looking for a meaningful way to volunteer and connect with others from the comfort of your own home?

Our Friendly Calls Program is seeking compassionate volunteers to make weekly phone calls to individuals who may be experiencing social isolation. Imagine the impact you could have by simply offering a friendly voice and a listening ear!

As a Friendly Calls Volunteer, you will:

- ◆ Provide social support and help reduce isolation: Your calls can brighten someone's day and improve their outlook on life.
- ◆ Create meaningful connections: Build a relationship and engage in friendly conversations with someone who would benefit from regular social interaction.
- ◆ Make a difference in a manageable time commitment: Dedicate 20-30 minutes per week (or a similar agreed-upon schedule) to your calls.
- ◆ Volunteer remotely: Connect with your matched individual from your home at mutually convenient times.

Individuals are sought who:

- ◆ Are interested in forming a new friendship with someone outside their immediate circle.
- ◆ Possess strong listening and communication skills.
- ◆ Are reliable and committed to making regular calls.
- ◆ Have empathy and sensitivity for the needs of others.

To learn more and volunteer, call Warren and Hamilton Counties Office for the Aging at 518-761-6347!

Become a Friendly Caller today and spread connection and kindness, one phone call at a time!



Take Advantage of Your Backyard!

Seniors can enjoy the fall season in the Adirondacks with a variety of activities tailored to their interests. Here are some suggestions for seniors looking to make the most of the fall season in the Adirondacks:



Visit Local Activities: Participate in Fall Festivals, Oktoberfest, or the Balloon Festival, which offers food, culture, and fall colors. Also, visit nearby apple orchards or pumpkins farms for your favorite fruits and vegetables, and of course, cider donuts.

Explore Nature: Take a scenic drive which offers stunning views without much physical exertion. Look for pull-off spots for photo-ops and leaf viewing. Take a hike through the Adirondacks, where the foliage changes into brilliant shades of scarlet, gold, and orange. Choose nature spots with easy, flat, or short trails (or harder trails if you prefer).

Enjoy Outdoor Activities: Engage in outdoor activities like fishing, bird watching, or simply relaxing in the natural beauty of the region.

Senior Centers: Connect with your local Senior Center or find groups that may host various fall theme activities. Visit local craft shows to explore new hobbies or find inspiration for creative projects.

These activities not only provide entertainment but also foster social interaction and community engagement, making the fall season in the Adirondacks a memorable experience for seniors.

ATTENTION HOME DELIVERED MEALS RECIPIENTS

Snow is right around the corner! Please be sure your driveway and walkways are clean for the safety of our volunteers. Meals won't be delivered if it's unsafe for the volunteers. Snow days will be announced on our Facebook page and the local news stations.





Winter is coming!!! Be Prepared for the Cold Weather

We all know winters here in the North Country can be long and unpredictable. When temperatures drop older adults run a higher risk of health problems and injuries related to the weather. This includes hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Staying warm:

- According to the National Institute on Aging you should be keeping your home heated to at least 68°F to prevent hypothermia.
- Wear multiple layers of warm, loose-fitting clothing, even indoors, to trap body heat and stay warm.
- Use throw blankets indoors and extra covers on your bed at night for added warmth.
- Drink plenty of fluids and eat nutritious meals to help maintain your weight and body fat, which provides insulation.
- Perform light indoor exercises like stretching or walking to promote circulation and generate body heat.

Preventing Slips & Falls:

- Take slow, small steps particularly on icy surfaces.
- Have your walkways, steps, and mailboxes shoveled and sprinkled with salt or sand to provide traction on icy surfaces.
- If you use a cane or walker, don't leave it at home, and consider getting one with a rubber base for better traction.
- Use ice grips for boots to prevent falls on ice and snow.

Staying Healthy:

- Avoid overexertion when shoveling or walking in deep snow, especially for those with heart conditions.
- Be aware of the signs of hypothermia— shivering, cold skin, slurred speech, confusion, fatigue and loss of coordination.
- Get indoors if you feel cold or are wet.
- Check on your vulnerable neighbors and stay in touch with loved ones to prevent loneliness, especially for homebound individuals.



NY Connects
Your Link to Long Term
Services and Supports

The Caregiver Column

The Warren and Hamilton Counties Office for the Aging is now offering a

Caregiver Support Group

Please join us on the 4th Thursday of every month at 2:00 pm at:

Warren County Municipal Center

Human Services Building

1340 State Route 9, Lake George

*We will not be meeting on Thursday, September 25th due to the Senior Fall Festival

We ask that you call (518) 761-6347 to register. There is also a virtual option available.



Caregiver Spotlight...

recognizing the caregivers in our community!

My name is: **"K.B."**

I am providing care for: ***My 87 year old mother with mild dementia.***

The thing I find most challenging about being a caregiver is:

Not knowing if my Mom is just not understanding something or if she no longer has the memory anymore.

The think I enjoy most about being a caregiver is:

When my mother looks relaxed and her stress is reduced by me doing things for her she can no longer do for herself.

How do you make sure you are taking care of yourself as a caregiver?:

I'm learning to notice my own needs, even for things like quiet time or creative outlets, and do these things for myself happily.

What would be one piece of advice you would give anyone else embarking on their caregiving journey?:

I'm really being helped by Lisa at the Caregiver Support Group at the Office for the Aging at Warren County. It's been so helpful to not feel alone in the caregiver journey.

Expanded In-home Services for the Elderly Program

TRANSITION UPDATE!

As many of you know, Greater Adirondack Home Aides will no longer be contracting with our office to provide aide services to our EISEP clients. Warren and Hamilton Counties Office for the Aging would first like to thank the aides and administration at “GAHA” for their many years of service to our community!

We would also like to thank our current EISEP clients for their patience as we navigate this transition. Many of the aides that worked at GAHA have found a home at the new agency we are contracting with, which will go a long way toward continuity of care for those clients!

We are very happy to let folks know that, going forward, we will be working with Fort Hudson Health System to provide care for those clients in Warren County who qualify for in-home care through EISEP. There are many people who have worked diligently to make this partnership happen and we are grateful to all!

If you have any questions regarding EISEP or the transition, please feel free to contact Lisa Pratt, EISEP Case Manager at the Office for the Aging at (518)761-6347.



“Fort Hudson Home Care is proud to be a new partner with Warren County and its EISEP program and its clients. As a provider of a wide range of community-based programs, Fort Hudson looks forward to continuing the high quality of service Warren County clients have come to expect and richly deserve.”

Andrew Cruikshank, Chief Executive Officer
Fort Hudson Health System

Sheet Pan Pork Chops with Sweet Potatoes and Apples



Head to your local farmers market, pick some tasty fall produce, and cook up a healthy meal today! Sheet pan pork chops is a simple and healthy dish all made on one pan. The pork chops are seasoned with a bold dry rub and paired with tender roasted sweet potatoes and apples.

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 4 people

INGREDIENTS

Spice Rub

- 1 tablespoon coconut sugar (or brown sugar)
- 2 teaspoons paprika
- 1 1/2 teaspoons chili powder
- 2 teaspoons fresh thyme (or 1 teaspoon of dried thyme)
- 2 teaspoons fresh chopped rosemary (or 1 teaspoon of dried rosemary)
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper

Sheet Pan Pork Chops

- 3 large sweet potatoes peeled and diced small
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1 tablespoon fresh chopped rosemary (or 1 teaspoon dried rosemary)
- 4 pork chops at least 1 inch thick
- 1 large apple (or 2 small apples) diced

INSTRUCTIONS

1. Preheat the oven to 425°F and line sheet pan with parchment paper or aluminum foil.
2. Spread the sweet potatoes on a large sheet pan and drizzle with olive oil, salt and pepper. Roast in the preheated oven for 15 minutes.
3. While they're roasting, prepare the pork chops. Combine the spice rub in a small dish. Rub the spices into both sides of the pork chops.
4. When the potatoes are done, push them to one side then place the pork chops on the other side. Add the apples to the sweet potatoes and toss. Roast again for 12-15 minutes or until the sweet potatoes are tender and the pork reaches an internal temperature of just before 145°F to account for carryover cooking. Cook time will vary based on the size of the pork chops.

Notes-Storage: Store any leftover in an air tight container for up to 5 days. Reheat everything in the oven at 350°F or in the microwave until warmed all the way through.

NutritionServing: 1serving | Calories: 478kcal | Carbohydrates: 33g | Protein: 49.5g | Fat: 16g | Cholesterol: 132.2mg/Sodium: 511.4mg | Fiber: 5.4g | Sugar: 13.2g

Adopted by: By Molly Thompson

Bacon Green Bean Bundles

Prep Time: 5 minutes Cook Time: 25 minutes Yield: 12

These Green Bean Bundles are the ultimate holiday side dish – fancy, elegant, flavorful and super easy to make! Fresh green beans wrapped in bacon, seasoned with garlic powder, brushed with maple syrup and then oven-roasted to perfection.

Ingredients

- 1 lb. French green beans
- 1/2 teaspoon baking soda
- 6 strips of bacon
- 3/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 teaspoon bacon fat
- 1 tablespoon maple syrup
- optional: garnish with parsley



Instructions

Preheat oven to 400°F.

Place bacon on a wire rack lined baking sheet.

Bake for 7 minutes. Remove, let cool keeping any bacon fat dripping. Cut bacon in half.

Fill a large pot with water. Bring to a boil. Add in 1/2 teaspoon baking soda and green beans. Blanch green beans for 3 minutes.

Immediately place green beans in an ice water bath to stop the cooking process. Drain the water and pat green beans dry.

Add green beans to a large bowl along with melted bacon fat, garlic powder and salt. Toss to coat.

Wrap 6-8 green beans with a piece of bacon and secure with a toothpick. Place green bean bundles on a parchment paper lined baking sheet.

Brush each green bean bundle with a little bit of maple syrup.

Bake for 15 to 20 minutes or until bacon is crispy.

Optional: garnish with parsley

Notes - To Store: Refrigerate cooled leftovers in an airtight container for up to 3 days. Reheat in a 350°F oven until warmed through. **To Freeze:** Place in a freezer-safe container and store for up to 5 months. Thaw in the fridge before reheating.

Nutrition - Serving Size: 1 bundle - **Calories:** 55, **Sodium:** 211 mg, **Fat:** 4 g, **Carbohydrates:** 2 g, **Fiber:** 1 g, **Protein:** 3 g, **Cholesterol:** 8 mg

Adopted by: Joyful Healthy Eats

Caprese Baked Tomatoes

Prep Time: 5 minutes Cook Time: 10 minutes Yield: 20-25 slices

These Italian-style caprese baked tomatoes with mozzarella and parmesan are an easy appetizer or side dish for your Holiday dinner parties. They're topped with fresh basil for a herby finishing bite! This baked tomato recipe with melty mozzarella, parmesan, and herby basil is an easy 15-minute appetizer packed with fresh Italian flavors.

Ingredients

- 5 tomatoes, 1/4" slices (on-the-vine kind or beef steak)
- 1/2 cup grated parmesan cheese
- 8 oz. fresh mozzarella sliced
- 1 tablespoon olive oil
- 1/2 cup fresh basil chopped
- Salt & pepper

Instructions

Preheat oven to 400°F.

Slice your tomatoes in 1/4" slices and place on parchment paper-lined baking sheet.

Sprinkle each tomato with parmesan cheese and top with a slice of mozzarella. Then drizzle with olive oil and season with salt and pepper.

Bake for 8-10 minutes, until cheese is melted.

Remove from oven and turn on the broiler. Place tomatoes back in the oven and broil until cheese is slightly browned, about 2-3 minutes.

Remove from oven and top with basil. Serve.

**Nutrition - Serving Size: 4 slices - Calories: 264,
Sodium: 473 mg, Fat: 17 g, Carbohydrates: 13 g,
Fiber: 3 g, Protein: 16 g, Cholesterol: 51 mg**





SURPRISING HEALTH BENEFITS OF YOUR FAVORITE FALL FOODS

As leaves turn red, orange and yellow, the produce aisles take on the same vibrant hues.

This season brings us a bounty of delicious and nutritious foods. From apples and squash to pumpkins and sweet potatoes, fall foods are packed with flavor and health benefits. As we welcome the cooler weather, let's also embrace the warmth and comfort of healthy fall seasonal foods!

HEALTH BENEFITS OF EATING WHAT'S IN SEASON

The health benefits of seasonal foods are numerous. They are fresher, more nutritious, and often have a superior taste compared to foods grown out of season. Fruits and vegetables that are picked for consumption at the peak of their ripeness contain more nutrients compared to those that are picked early to be shipped and distributed. Seasonal eating also supports our bodies' nutritional needs. For instance, fall foods are typically high in vitamin C and fiber, helping to boost our immune system and keep us full during the colder months.

EXPLORING THE HEALTH BENEFITS OF YOUR FAVORITE FALL FOODS

When we talk about the health benefits of your favorite fall foods, it's important to recognize that these foods are not just delicious, they're also incredibly good for you! Pumpkin, squash, apples, sweet potatoes, and cinnamon, among others, are fall foods that are packed with essential nutrients. Apples, for instance, are high in dietary fiber and vitamin C. They promote heart health and support a healthy immune system. Pumpkins and squash are rich in vitamins A and C, boosting vision health and immunity. Sweet potatoes are a powerhouse of fiber, vitamin A, and potassium. And cinnamon, a staple spice in fall, has anti-inflammatory and antioxidant properties.

So, as you enjoy the fall colors and cooler weather, remember to also take advantage of the health benefits of your favorite fall foods.

Incorporating Fall Foods into Your Diet

1. Start your day with a bowl of oatmeal topped with diced apples and a sprinkle of cinnamon.
2. Add roasted squash or sweet potatoes to your salads or use them as a side dish.
3. Make a hearty soup with pumpkin and spices.
4. Snack on roasted pumpkin or squash seeds.
5. Bake a batch of apple muffins or make a sweet potato pie for dessert.

Conclusion: Enjoy Fall Flavors for Health Benefits

Eating seasonally means we are consuming foods when they are at their peak in terms of both flavor and nutrition. It's a way to enjoy the diversity of nature's offerings while also supporting our health and the environment.



November is National Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. Focus on acting 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 38 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.

Tips to get started

Know your risk for developing diabetes.

You are more likely to develop type 2 diabetes if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

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

Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

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 **B**lood pressure.

C is for **C**holesterol.

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 prevent diabetes or 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.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the Diabetes Risk Management Calculator to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes. Adopted by:NIH



Holiday Desserts Made Healthier By Ingredient Swaps

First, there's absolutely nothing wrong with having the real-deal dessert on occasion! In fact, you may find that you eat less of the original than of the "lighter" version since the substitutions may give you license to overindulge. That said, there are many ways we can lighten up our sweet treats. Just keep in mind that making changes may affect measurement ratios, taste, texture, and possibly cooking time. So, don't combine too many of the below changes per recipe. Pick one or two areas to adjust and keep the rest the same. As always, being mindful of portion sizes will still be key.

To limit fat, swap:

- Butter for a heart-healthy oil like avocado oil or olive oil
- Oil or butter for applesauce without added sugar, canned pumpkin puree, or plain low-fat Greek yogurt
- Full-fat dairy products for reduced-fat dairy products (think sour cream and milk)
- Heavy cream for half-and-half, fat-free evaporated milk, or light coconut milk
- Whole eggs for egg whites
- Peanut butter for powdered peanut butter

To limit carbs and starches:

- Swap all-purpose white flour for whole wheat pastry flour or pulverized oats.
- Swap all-purpose white flour for almond flour.
- Make pies crustless.
- Use bean "flour" (dried beans ground to a powder) in place of some or all flour to boost fiber and protein. Chickpeas or white beans could be used in blondies or chocolate chip cookies.

To limit added sugar:

- Cut the sugar content in half.
- Swap the added sugar for natural sugar from fruit (applesauce, mashed banana, or dates).
- Make pies crustless.
- Use jams or preserves that don't contain added sugar.

To add protein:

- Add an extra egg.
- Swap water for milk or a protein drink.
- Add a nut butter (this will also add flavor and healthy fat).
- Add Greek yogurt or cottage cheese.

Adopted by: Healthline



October 2025

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 1 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	October 2 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	October 3 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 6 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	October 7 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	October 8 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	October 9 CHEF's CHOICE	October 10 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
October 13 Indigenous People/ Columbus Day  Meal Site Closed	October 14 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 15 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	October 16 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	October 17 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake
October 20 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	October 21 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	October 22 Beef Stroganoff over Noodles Broccoli Apple Crisp	October 23 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	October 24 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
October 27 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	October 28 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	October 29 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	October 30 Hungarian Goulash Japanese Medley Beets Mandarin Orange	October 31 Soup of the Day (congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake

Menus are subject to change without notice!

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

Frozen dinner heating instructions: Oven: Loosen aluminum foil or puncture film seal, heat on 350 degrees for 30-45 min. or until food has reached 165 degrees. Microwave: Loosen film seal, heat on high 5-6 min. or until food has reached 165 degrees. Stir contents half way through cooking cycle. Let stand for 2-3 minutes prior to serving.

Caution contents will be hot.

****Beginning October 1, 2025 please note the following changes that may affect you regarding the menu. For HDM clients only, Tuesdays meals will be delivered on Wednesdays to be used on Thursday. Thursdays meals will be delivered on Mondays to be used on Tuesday.**

November 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 3 Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	November 4 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	November 5 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	November 6 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	November 7 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
November 10 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	November 11 Veterans Day  Meal Site Closed	November 12 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	November 13 CHEF's CHOICE	November 14 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
November 17 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	November 18 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	November 19 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Thanksgiving Dessert	November 20 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	November 21 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake
November 24 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	November 25 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	November 26 Beef Stroganoff over Noodles Broccoli Apple Crisp	November 27 Happy Thanksgiving  Meal Site Closed	November 28 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake

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December 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 1 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	December 2 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	December 3 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	December 4 Hungarian Goulash Japanese Medley Beets Mandarin Orange	December 5 Soup of the Day (congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
December 8 Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	December 9 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	December 10 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	December 11 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	December 12 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
December 15 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	December 16 Manicotti with Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	December 17 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 18 CHEF's CHOICE	December 19 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
December 22 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	December 23 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	December 24 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	December 25 Christmas  Meal Site Closed	December 26 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday
December 29 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	December 30 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	December 31 Beef Stroganoff over Noodles Broccoli Apple Crisp		

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