



# September 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 1</b>  <b>Meal Site Closed</b>	<b>September 2</b> Beef Florentine Scandinavian Veggies Tropical Fruit Cup	<b>September 3</b> Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	<b>September 4</b> Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	<b>September 5</b> <b>Cold Plate</b> Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
<b>September 8</b> Chicken Alfredo over Pasta California Medley Chilled Pineapple	<b>September 9</b> Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	<b>September 10</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussels Sprouts Fruited Gelatin	<b>September 11</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	<b>September 12</b> <b>Cold Plate</b> Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
<b>September 15</b> CHEF'S CHOICE	<b>September 16</b> Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	<b>September 17</b> Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	<b>September 18</b> Meatloaf Mashed Potatoes Spinach Chilled Pears	<b>September 19</b> <b>Cold Plate</b> Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting <b>Happy Birthday!!</b>
<b>September 22</b> BBQ Chicken Potato of the Day Beets Mandarin Oranges	<b>September 23</b> Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	<b>September 24</b> . Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	<b>September 25</b> <b>Senior Fall Festival</b>  <b>Meal Site Closed</b>	<b>September 26</b> <b>Cold Plate</b> Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
<b>September 29</b> Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	<b>September 30</b> Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches			

### 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.**

# NEWSLETTER FOR SENIORS

Warren/Hamilton Counties Office for the Aging



1340 State Route 9, Lake George, NY 12845

Office 518-761-6347

Toll Free 888-553-4994

NY Connects 866-805-3931

## SUMMER EDITION

2025

JULY, AUGUST, SEPTEMBER

### OFA Office Staff

Deanna "Dee" Park—Director

Roseann Taft—Coordinator of Services

Sherry Hanchett

Hanna Hall

Jeffrey Haines

Cathy Bearor

Stephanie Belden

Cindy Cabana

Cindy Coulter

Lisa Pratt

Catherine Keating

Kira Wilkins

### Meal Site Staff

Ruth Mumblow

Dalton Arenas

Berniece Cummins

Colleen Smith

Christine Kostolni

Lauren Church

Fawn Millington

Kellie Aldous

Linda Johnson

Isabel Simola

Lisa Barrett



Newsletter is available online at:

[www.warrencountyny.gov/ofa/newsletters](http://www.warrencountyny.gov/ofa/newsletters)

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



SAVE THE DATE!

Senior Fall Festival

September 25, 2025

10 AM



See page 3 for more information.

\*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



## July

Joe Widay-2  
Pat Huck-2  
Mary Smith-5  
Willie Ordway-8  
Leo Guariglia-9  
Sherry Williams-19  
Nate Turner-19  
Samantha Brown-21  
Betty Brown-22  
Arthur Yannotti-22  
Josh Henderson-24  
Elaine Widay-27

## August

Paula Flint-25  
Susan Brown-10  
Angela Butterworth-9  
Patrick Fallon-20  
Jeff Hartig-21  
Ellen Farley-28  
Diane Ovitt-29  
Landon/Logan Reyes-12

## September

Tim Hausle-1  
Sarah Gallup-10  
Dan Freeburn-7  
Stacey Calogero-2  
Valerie Caron-Burlett-30  
Jim Donnelly-18  
Lorna McCabe-11

*All of our 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: 518-648-5412

Lake Pleasant/Wells: 518-924-4066

Long Lake: 518-624-5221

Warrensburg: 518-824-6662

**Congregate Sites Open 10:30am-12:30pm**



# August 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>August 1 Cold Plate</b>  Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup
<b>August 4</b>  Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	<b>August 5</b>  Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	<b>August 6</b>  Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	<b>August 7</b>  Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	<b>August 8 Cold Plate</b>  Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
<b>August 11</b>  Chicken Alfredo over Pasta California Medley Chilled Pineapple	<b>August 12</b>  Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	<b>August 13</b>  Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussels Sprouts Fruited Gelatin	<b>August 14</b>  Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	<b>August 15 Cold Plate</b>  Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
<b>August 18</b>  CHEF'S CHOICE	<b>August 19</b>  Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	<b>August 20</b>  Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	<b>August 21</b>  Meatloaf Mashed Potatoes Spinach Chilled Pears	<b>August 22 Cold Plate</b>  Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting <b>Happy Birthday!!</b>
<b>August 25</b>  BBQ Chicken Potato of the Day Beets Mandarin Oranges	<b>August 26</b>  Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	<b>August 27</b>  Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	<b>August 28</b>  Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	<b>August 29 Labor Day BBQ</b>  BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert

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# July 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>July 1</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>July 2</b> <b>4<sup>th</sup> of July Picnic</b> Hot Dog/Bun Hot German Potato Salad Baked Beans Independence Day Dessert	<b>July 3</b> Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	<b>July 4</b> <b>Independence Day</b>  <b>Meal Site Closed</b>
<b>July 7</b> Chicken Alfredo over Pasta California Medley Chilled Pineapple	<b>July 8</b> Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	<b>July 9</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussels Sprouts Fruited Gelatin	<b>July 10</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	<b>July 11</b> <b>Cold Plate</b>  Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
<b>July 14</b>  CHEF's CHOICE	<b>July 15</b> Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	<b>July 16</b> Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	<b>July 17</b> Meatloaf Mashed Potatoes Spinach Chilled Pears	<b>July 18</b> <b>Cold Plate</b>  Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting <b>Happy Birthday!!</b>
<b>July 21</b> BBQ Chicken Potato of the Day Beets Mandarin Oranges	<b>July 22</b> Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	<b>July 23</b> Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	<b>July 24</b> Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	<b>July 25</b> <b>Cold Plate</b>  Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
<b>July 28</b> Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	<b>July 29</b> Beef Florentine Scandinavian Veggies Tropical Fruit Cup	<b>July 30</b> Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	<b>July 31</b> Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	

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## Senior Fall Festival September 25, 2025



**Time:** 10 AM-Refreshment: Tea, Coffee & Donuts  
12PM-Lunch: Hamburgers, 3-Bean Salad, Macaroni Salad, Strawberry Shortcake

**Place :** Warren County Fish Hatchery  
145 Echo Lake Rd, Warrensburg, NY 12885

**Cost:** \$5 Tickets may be purchased at the Office for the Aging or your local meal site. Please keep your receipt for entry and a door prize.

**RSVP:** Purchase tickets by September 12th

**Highlights:** Blood Pressure Checks, Information Booths, Door Prizes, Raffle Baskets & Games



## AGING WELL IN THE ADIRONDACKS

Celebrating 45 years of friendship, fun, physical fitness, continued learning and giving back to our community.

*Join us today!*



742 BAY ROAD • QUEENSBURY  
518-761-8224  
SENIORSONTHEGO.ORG



**QUEENSBURY**  
Senior Citizens

Find 15  
Hidden  
Lady Bugs







## Farmers' Market Nutrition Program

Coupons are anticipated to be available July 1st. Look out for a special publication/application from the OFA.

### Farmers' Market Coupons Outreach Events\*

7/8/2025	11:00-12:30pm	Solomon Heights	*DATE ARE SUBJECT TO CHANGE
7/10/2025	11:30-1:00pm	Cedars Meal Site	
7/11/2025	11:30-1:00pm	White Water Manor	
7/15/2025	11:00-12:00pm	Village Green Apartments	
7/15/2025	11:30-1:00pm	Wells Meal Site	
7/18/2025	3:00-5:00pm	Warrensburg Farmers' Market	
7/24/2025	10:30-11:30am	Cronin Hi-Rise	
7/24/2025	12:00-1:00pm	Stichman Towers	
7/29/2025	11:30-1:00pm	Indian Lake Meal Site	
TBD	10:00-12:00pm	Chestertown Farmers' Market	



### Summer and Food Safety

Food safety is crucial for preventing food borne illnesses and ensuring that the food we consume is safe and nutritious. Foodborne germs can lead to illness, hospitalization and death.

Some key steps to prevent food poisoning- clean, separate, cook and chill.



- **Clean:** wash your hands and work surfaces often.
- **Separate:** don't cross contaminate.
- **Cook to the right temperature:** use a food thermometer to ensure foods are cooked to a safe internal temperature.
- **Chill:** refrigerate promptly.

To prevent food poisoning, some foods are safer choices than others. That's because some foods- such as undercooked meat and eggs, unwashed fruits and vegetables, and unpasteurized milk- are most often associated with foodborne illnesses. Some people are more likely to get sick and have a more serious illness from food poisoning. These include:

Adults 65 years or older  
Children under age 5  
People with weakened immune systems  
Pregnant women



Catherine Keating, RDN CDN Certified Dietician Nutritionist

## Creamy Chicken, Brussels Sprouts & Mushrooms One-Pot Pasta

**This Recipe can help Lower Cholesterol & Support Healthy Aging.**  
You'll only have to dirty one pot in this easy pasta recipe that cooks chicken and vegetables right along with the noodles. Plus, by using the exact amount of water you need to cook the pasta, the starch that usually gets drained off with your pasta water stays in the pot, giving you delectably creamy results.

**Prep Time:** 40 mins    **Servings:** 5

### Ingredients

- 8 ounces whole-wheat linguine or spaghetti
- 1 pound boneless, skinless chicken thighs trimmed
- 4 cups sliced mushrooms
- 2 cups sliced Brussels sprouts
- 1 medium onion chopped
- 4 cloves garlic thinly sliced
- 5 tablespoons garlic-and-herb soft spreadable cheese (such as Boursin)
- 1¼ teaspoons dried thyme
- ¾ teaspoon dried rosemary
- 1 teaspoon salt
- 4 cups water
- 2 tablespoons chopped fresh chives



### Directions

- Combine pasta, trimmed chicken thighs, mushrooms, Brussels sprouts, chopped onion, sliced garlic, cheese, thyme, rosemary and salt in a large pot. Stir in 4 cups water.
- Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked, and the water has almost evaporated, 10 to 12 minutes.
- Remove from heat and let stand, stirring occasionally, until thickened, 3 to 5 minutes. Serve sprinkled with 2 tablespoons chives.

**Nutrition Information** Serving Size: 1½ cups - Calories 390, Fat 15g, Saturated Fat 6g, Cholesterol 78mg, Carbohydrates 41g, Total Sugars 4g, Added Sugars 0g, Protein 27g, Fiber 6g, Sodium 636mg, Potassium 667mg

Adopted by: Eating Well Magazine





## Farmers' Market Frittata

Frittatas are one of the most versatile egg dishes there are—even non-egg lovers can't resist. The ingredient options are truly endless which is half the fun! This recipe takes advantage of seasonal ingredients, but you can easily use whatever fresh toppings you have on hand for a delicious meal. Slice into this hearty frittata that's packed with peak-season produce and cheese.

**Active Time:** 20 mins    **Total Time:** 50 mins    **Servings:** 8

### Ingredients

- 12 large eggs, lightly beaten
- 8 oz. sharp Cheddar cheese shredded (about 2 cups)
- 1 cup heavy whipping cream
- 1 tbsp chopped fresh chives, plus more for garnish
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 2 tbsp olive oil divided
- 3/4 cup thinly sliced red onion (from 1 small onion)
- 2 mini sweet peppers
- 4 cups roughly chopped curly kale leaves (from 1 bunch)
- 1 large garlic clove grated
- Chopped fresh dill



### Directions

1. Preheat oven to 400°F. Whisk together eggs, cheese, cream, chives, salt, and black pepper in a large bowl until combined. Set aside.

2. Heat 1 tablespoon of the olive oil in a 10-inch cast-iron skillet over medium. Add sliced red onion and peppers; cook, stirring occasionally, until softened, 4 to 6 minutes. Transfer to a plate.

3. Heat remaining 1 tablespoon olive oil in skillet. Add kale and garlic; cook, stirring often, until kale is wilted, 1 to 2 minutes. Transfer half of kale mixture to a plate, and set aside. Return half of onion and peppers to skillet; stir to combine. Pour egg mixture over vegetables; sprinkle with reserved kale mixture, onion, and peppers. Cook on medium-low until edges are set, 1 to 2 minutes.

4. Transfer to preheated oven, and bake until center is set, about 20 minutes. Let stand 10 minutes before serving. Garnish with fresh chives and dill.

Adopted by: Southern Living

## THE IMPORTANCE OF HOUSE NUMBERS: WHY EVERY HOME NEEDS THEM?

**EMERGENCY RESPONSE & SAFETY** Firefighters, paramedics, and police officers rely on house numbers to locate your home quickly. In an emergency situation, having visible and easily identifiable house numbers can make all the difference.

**VISIBILITY & NIGHTTIME USE** House numbers are not just important during the day—they also need to be visible at night.

**HOUSE NUMBERS HELP WITH IDENTIFICATION & NAVIGATION** House numbers make your home easily identifiable for emergency personnel, postal delivery, family and friends. Without them, locating a specific property can be a frustrating and time-consuming task. 



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

*House numbers may seem like a small detail, but they play a crucial role in our daily lives. From helping visitors find your home to ensuring emergency responders can locate you in a hurry, house numbers are essential for safety, convenience, and even aesthetics.*

### CREATIVE WAYS TO DISPLAY HOUSE NUMBERS

**Mailbox Numbers:** Placing your house numbers on your mailbox works particularly well for homes set back from the street where the main entrance might not be as visible.

**Incorporating Landscaping:** Some people even incorporate their house numbers into their landscaping design. Whether it's placing the numbers on a garden wall, or having them made from stone or plants, this creates a unique, personalized look.



**Mounted on a Post or Column:** You can mount your house numbers on a decorative post or column near your front door or driveway. This can help draw attention to the numbers and make them easier to spot from a distance.

**Use of Lighting:** If your house number is placed on a porch or near a door, consider adding outdoor lighting to highlight it. It not only increases visibility but also adds a welcoming touch to your home.

# 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.

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



CATHERINE'S CORNER



Catherine Keating, RDN CDN Certified Dietician Nutritionist

## Raspberry Crumb Bars



These bake-sale blue-ribbon staples are perfect keep-around treats. Bake a big batch and leave them on the counter for summer afternoon snacks.

**Yields:** 16 servings **Total Time:** 1 hr. 50 mins

### Ingredients

- **1 cup** all-purpose flour spooned and leveled
- **12 tbsp** (1 1/2 sticks) cold unsalted butter, cut into pieces
- **1/2 cup** plus 1 tablespoon, sugar, divided
- **1/4 cup** toasted almonds roughly chopped
- **1 1/2 cups** old-fashioned rolled oats, divided
- **1/2 tsp** baking soda
- **1/2 tsp** kosher salt
- **2** (6-ounce) containers fresh raspberries



### Directions

**Step 1** - Preheat oven to 375°F. Line an 8-inch-square baking pan with parchment paper, leaving a 1-inch overhang on two sides.

**Step 2** - Pulse together flour, butter, and sugar in a food processor until a sandy texture forms, 10 to 12 times. Transfer 1/3 cup to a bowl, and fold in almonds and 1/2 cup oats. Squeeze together to form small clumps; chill.

**Step 3** - Add baking soda, salt, and remaining 1 cup oats to mixture in food processor. Pulse until incorporated, 12 to 15 times. Press into bottom of prepared pan. Bake until golden brown, 14 to 16 minutes.

**Step 4** - Mash together 1 container raspberries and remaining tablespoon sugar in a bowl. Spread over prebaked crust. Scatter remaining container raspberries and chilled crumb mixture on top.

**Step 5** - Bake until golden brown, 40 to 45 minutes. Cool in pan 30 minutes, then use overhang to transfer to a wire rack to cool completely.



## September is National Cholesterol Education Month

Here are 10 foods to add to your diet for a healthier you!

**Cholesterol** is one of the ways your doctor can measure your heart health. High cholesterol levels mean you are at an increased risk of heart disease and stroke.

Certain foods are linked to high cholesterol. Those include processed foods like chips and cookies, fast food, processed meats like bacon and sausage, and fried foods. On the other hand, the right foods can lower your cholesterol, especially when combined with a healthy lifestyle that includes regular exercise and managing your stress.

### 10 Foods That Lower Cholesterol



**CHOLESTEROL**

**1. Oats and whole grains-** Oats and other whole grains such as barley and brown rice contain fiber that can help reduce your “bad” cholesterol known as LDL.

**2. Omega-3 fatty acids-** Certain fish including salmon, mackerel, sardines, and trout are important to include in your diet because they contain what is known as Omega-3 fatty acids. This type of fat can help lower triglycerides in the blood and can also reduce inflammation.

**3. Nuts-** Go nuts for these little nutrient-rich powerhouses! Almonds, walnuts, pistachios, and other nuts are a great snack or a delicious and healthy addition to a salad or even yogurt.

**4. Avocados-** These delicious and versatile fruits pack a punch when it comes to nutrition. They’re a great source for monounsaturated fats, which can help raise your “good” (HDL) cholesterol while lowering your LDL cholesterol too.

**5. Beans and legumes-** Beans, lentils, peas, and chickpeas are plant-based sources of protein that are high in fiber. They can help lower your bad cholesterol and fight heart disease.

**6. Leafy green vegetables-** Whether it’s broccoli, spinach, kale, or Brussels sprouts, these fiber-rich veggies lower your cholesterol and help keep your heart healthy.

**7. Fruits-** You can think of fruit as nature’s healthy candy. Whether you opt for apples, berries, oranges, kiwi, or dragon fruit, fruits offer a delicious and sweet treat that’s loaded with fiber and antioxidants that can lower cholesterol and improve heart health.

**8. Olive oil-** Rich in monounsaturated fats and antioxidants, extra virgin olive oil is the only oil that has been shown to help raise HDL cholesterol and lower LDL cholesterol. Choose this healthy fat for cooking or salad dressings.

**9. Soy-** Foods like tofu, tempeh, and soy milk contain plant-based proteins called soy proteins, which can help lower LDL cholesterol levels when eaten as part of a balanced diet.

**10. Dark Chocolate-** When you’re craving something sweet, reach for some dark chocolate, with a cocoa content of at least 70%. This delectable treat offers rich chocolate flavor while giving your body a way to lower LDL cholesterol and reduce inflammation. Enjoy!

Adopted by: Brown University Health



## 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*



**Be Tick Free!** <https://www.warrencountyny.gov/healthservices>

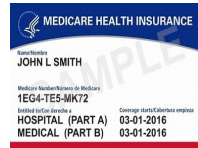
Ticks are already abundant around our region. Warren County Public Health launched a new tick reporting system to collect data about local tick encounters. Visit Warren County Health Services website.

### Tick Removal Kit - Distribution Events in Hamilton County

Tues, July 1st 10am-12pm-Hamilton Mercantile  
1359 NY-30, Wells, NY

Tues, July 8th 12pm-2pm-Campstore  
104 Page St, Lake Pleasant, NY





# HIICAP Corner

## Medicare Information and Updates



### Will Medicare Cover my Durable Medical Equipment?

Yes, Medicare Part B covers durable Medical Equipment (DME). DME is equipment that serves a medical purpose, can withstand repeated use, and is appropriate for use in the home. Examples of DME include wheelchairs, walkers, and oxygen equipment. Medicare also covers prosthetics, orthotics, and some medical supplies. Below is an overview of the Medical coverage rules for these products:

#### Eligible equipment:

Medicare's DME benefit does **NOT** cover all medical equipment. Medicare covered DME:

- Is durable, meaning it can be used many times
- Serves a medical purpose
- Is for use in the home, although you can use it outside the home
- And is likely to last for three years or more

Medicare does **NOT** cover:

- Equipment mainly for outside the home, such as motorized scooters or stair elevators
- Most items intended only to make things more convenient or comfortable, like air conditioners or grab bars
- Items that get thrown away after use or that aren't used with equipment in most cases, such as incontinence pads or surgical facemasks/gloves
- Modifications to your home, like ramps or widened doors for improving wheelchair access

Whether you have **Original Medicare** or a **Medicare Advantage Plan**, the types of equipment covered are the same.

#### Coverage requirements:

Covered DME must:

- Be ordered by a provider who says it's **medically necessary for use in the home**
- Be obtained from suppliers who contract with Original Medicare or your Advantage Plan

#### Coverage method:

Depending on the type of equipment you need, you may need to either rent or buy the DME. Medicare typically only pays for standard equipment that meets your health needs. If you want special features or upgrades, you may have to pay more.

#### Coverage cost:

Medicare Part B typically covers 80% of the cost of DME after you meet your Part B deductible, if you have one. You are responsible for the remaining 20% coinsurance.

To find out if Medicare covers the equipment or supplies you need, or to find a Medicare approved DME supplier in your area, call 1-800-MEDICARE, your Advantage Plan or visit [www.medicare.gov](http://www.medicare.gov)



One of the joys of summer is Farmers' Markets and gardens bursting with fresh fruits, vegetables, and herbs.

Fresh produce is packed with vitamins, minerals, and nutrients that can support better health. Summer can be a great time to try new foods that have been recently picked.

### Fruits and vegetables that can pack a nutritional punch and taste good too:

**Water-dense fruits**-Watermelon, cantaloupe, honeydew, cucumber, oranges, and peaches are just a few fruits that are high in water content in addition to nutrients. This can make staying hydrated on hot summer days easier. While drinking plenty of water is important, you can also increase your fluid intake by snacking on fresh fruit. A few slices of cucumber, orange, or peach can also add natural flavor to plain water.

**Berries**-Strawberries, blueberries, blackberries, raspberries, and cherries are relatively low in calories and high in fiber. They also contain antioxidants that can help reduce inflammation, improve circulation, and reduce free radicals. Berries may also support heart health and brain health.

**Dark Green and Orange Vegetables**-Kale, spinach, collard greens, carrots, orange bell peppers, and sweet potatoes are full of different carotenoids, vitamin C, and vitamin A. These veggies help combat cell damage, support better eye health, and may reduce risk of cataracts and age-related macular degeneration.

**Fresh Herbs**-Instead of using salt to bring out the flavor in foods, try sprinkling some on freshly chopped vegetables. Oregano, basil, thyme, rosemary, and cilantro are just a few herbs that can be incorporated into different meals, side dishes, and beverages to enhance flavor while limiting excess sodium.

### Incorporating Fresh Produce into your Diets

Eating fruits and vegetables doesn't have to be boring. Create a colorful, flavor-packed fruit salad that is fresh, crisp, and refreshing. Make fruit kabobs and healthy dips using low-fat yogurt.

Start with a bed of dark leafy greens and pile on a variety of different colored vegetables such as carrots, bell peppers, tomatoes, broccoli, cucumber, and radishes. Add some protein with grilled chicken or fish, chickpeas, hardboiled egg, edamame, or black beans for a more filling and nutrient-packed meal.

Blend up different combinations of fruits – and even vegetables – with Greek yogurt, low-fat milk, or water to create delicious smoothies. This can also help increase fluid intake and reduce dehydration. Plus, they are easy to sip and don't require chewing.

**Summer is a wonderful time to start making positive changes and creating healthier, more well-balanced meals.**

Adopted by: [alwaysbestcare](http://alwaysbestcare)



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



Summertime is here and with it comes the desire to get outdoors and be active. From golfing to gardening, there is no lack of excuses to get outside and soak up some sun.

## If You Keep Moving...You'll Keep Improving!

You hear all the time of the benefits of exercise, but there always seems to be something from getting you started or keeping you going. Consider these points:

### Creating and sticking to your exercise plan

- ⇒ Make exercise fun - do things you enjoy.
- ⇒ Get a friend to join you. Exercise early in the day.
- ⇒ Start slow and know: three 10-minute periods throughout the day has the same benefit as 30 minutes of exercise at one time.

### Exercising without spending money

All you need for walking is a pair of comfortable, non-skid shoes.

For strength training, you can make your own weights using soup cans or water bottles.

Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

### Increasing your energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress.

Once you become active, you're likely to have more energy than before.

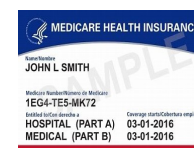
As you do more, you also may notice that you can do things more easily, faster, and for longer than before.

**\*Remember to always check with your doctor before starting any new exercise regime.**

### Tips for staying cool while you exercise

- **Stay hydrated** – make sure you drink plenty of water when working up a sweat. Carry a water bottle with you when you leave the house, especially if you are gone for most of the day, and drink from it regularly.
- **Avoid exercising** between 10:00 am and 2:00 pm when the sun is at its strongest.
- **Use sunscreen with an SPF** of at least 15 or higher—applying it liberally and often.
- **Apply insect repellent** to protect yourself from insect bites that spread illnesses.
- **Wear protective clothing**, a wide-brimmed hat, and sunglasses.

Adapted from [www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov)



## HIICAP Corner

### Medicare Information and Updates



### Frequently Asked Question:

#### What is the difference between an Appeal and a Grievance for Medicare Beneficiaries?

**Appeal** refers to a formal request for review of a decision made by Medicare. Whether your Medicare coverage is Original Medicare, administered through a Medicare Advantage Plan, or combined with other insurance (such as retiree coverage), you have the right to request an appeal for the denial of health services or items.

Medicare beneficiaries have the right to appeal if they are denied any of the following:

- \*Request for services, supplies, or medications they should be able to get;
- \*Request for payment of services, supplies or medications they have already received;
- \*Request to change the amount they must pay for services, supplies or medications.

**Note:** Beneficiaries can resolve one of the more common issues before filing an Appeal by closely reviewing any request for payment from their provider or facility.

The most frequent, correctable billing issue involves confirming all appropriate insurance sources were applied for the date/dates of service. Some beneficiaries may have changed or added insurance since last seeing their provider and may receive denial as a result. To correct this issue, contact the provider or facility to update your current, active source/sources of insurance and request that they process the claim again before making any payments.

- \*To file a Medicare appeal, follow directions in the Medicare Summary Notice (MSN)
- \*To file a Medicare Advantage or Drug Plan appeal, contact the plan directly

**Grievance** refers to a formal complaint you file with your Medicare Advantage or Drug Plan if you are unhappy with the ability to reach the plan or how you have been treated by the plan.

- \*To file a grievance, contact the plan or review plan documents received after enrollment.

#### **Appeals/Grievances during admission to a Hospital or Skilled Nursing Facility (SNF)**

When beneficiaries are admitted to a hospital or SNF, they have the right to receive care necessary for diagnosis and treatment. If they believe they are not being given all medically necessary services, not being involved in decisions, or are being discharged too soon, they can request review by Medicare's Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO). In NYS contact Livanta @ 1-866-815-5440 or [www.livantaqio.cms.gov](http://www.livantaqio.cms.gov)

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



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

# SUMMER WORD SEARCH

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

AUGUST	ICE POP	SHORTS
BARBECUE	JULY	SPRINKLER
BEACH	JUNE	SUMMER
FAMILY	OCEAN	SUNGLASSES
FLIPFLOPS		SUNSCREEN
FUN	POOL	SUNSHINE
HOT	RELAX	SWIMMING
ICE CREAM	SEASIDE	VACATION



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

**MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:**

**Friday, July 4th-Independence Day**

**Monday, September 1st-Labor Day**

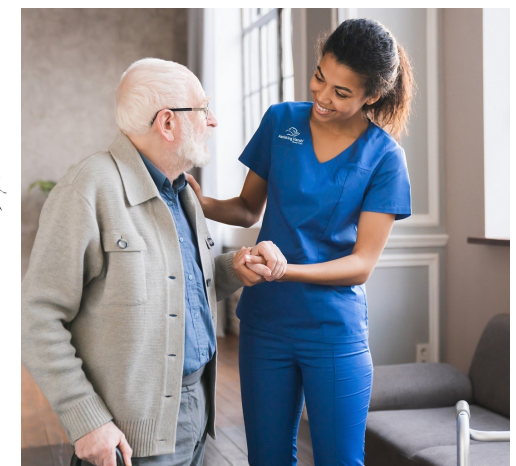
**Thursday, September 25th-Senior Fall Festival**

## In-home support... Is it for me?

When considering if having someone assist you in your home is right for you, it is important to consider several factors. Making the transition can be difficult, but the following tips might make it a bit easier to navigate!

- \* **Be honest with yourself and your loved ones.** Really think about what your needs are and if they are being met by your current situation. A conversation with your loved ones may reveal concerns they are having about your needs being met as well.
- \* **Consider how you feel about someone you don't know in your home.** Most personal care aides provided by reputable agencies are well trained and considerate of their client and their needs. However, if you are not comfortable with a stranger in your home, you may have difficulty accepting their help or trusting the individual.
- \* **Weigh the benefit against the discomfort.** Is it worth it to have someone in your home helping you with every day tasks and caring for your personal needs if it means you are able to stay safely in your home longer? What is the alternative if you choose not to have someone come in to assist you?
- \* **Understand your rights and what your decisions may mean for the future.** Under typical circumstances, you can not be forced to accept help. That being said, should your situation become dangerous, or you are no longer able to live independently, your loved ones, physician, or care providers, may become concerned about your welfare and feel the need to step in.
- \* **Think about your caregivers.** It may be easy to think you don't need help because you have someone (spouse, family member, or neighbor) who is assisting you with your needs. It is recommended to consider if outside help may take some of the strain of caregiving off that person, which can ultimately help both of you, and may even strengthen your relationship.
- \* **Know your options.** Depending on the level of care you require, what type of insurance you have, your income and assets, there are programs and resources that can help you.

For more information about in-home care options, contact the Warren and Hamilton Counties Office for the Aging at (518) 761-6347.





# The Caregiver Column

## A Guide to the Patient File

*Maintaining a well-organized patient file is one of the most crucial tasks you can undertake as a caregiver. The purpose of a patient file is to provide a detailed and well-organized record to make things like emergency visits, coordinating care, and tracking changes in health easier.*

### Essential Contents of a Patient File

- ♦ **Medical History and Diagnoses:**
  - \* Past Diagnoses and Surgeries
  - \* Ongoing medical Conditions
  - \* Allergies
- ♦ **Contact Information:**
  - \* Detailed information for all emergency contacts
  - \* List of all providers (primary and specialists) with their contact information
  - \* Allergies
- ♦ **Medication Lists:**
  - \* Maintain an up to date list of all medications including dosage, frequency, and prescribing physician
  - \* Be sure to include any over the counter (OTC) medications as well as supplements such as vitamins, probiotics, or homeopathic treatments
  - \* Note any medication allergies on this list as well
- ♦ **Insurance Information:**
  - \* Include copies of all medical insurance cards including Medicare, Medicaid, prescription, supplemental, long-term care, dental and vision
- ♦ **Legal Documents:**
  - \* Health Care Proxy
  - \* Do Not Resuscitate (DNR)
  - \* Living Will
  - \* Estate Will
  - \* Financial information
  - \* Contact information for care recipient's lawyer

Being an informed caregiver and being prepared for any situation will bring peace of mind to both you and the person you are giving care.

**Important Documents** 

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 the Warren County Municipal Center

Human Services Building  
1340 State Route 9, Lake George.

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

\*Please note change of day from Wednesday!

*"End of life decisions should not be made at the end of life."*

*~Jody Piccoult*

*"The time to repair the roof is when the sun is shining."*

*~John F. Kennedy*



*Celebrating*  
**40** YEARS

*Sam Allison*

*Sam is a retired school teacher with Johnsbury Central School in North Creek, NY. He has volunteered at the Johnsbury Meal Site as a Home*

*Delivered Meal driver for 40 years! Sam feels the most rewarding part of volunteering is making sure the seniors are okay and they are provided a meal. We sincerely thank you for your many years of service and we hope you enjoy your second retirement!!*



**Aging  
In Place**

Serving the Glens Falls Region

Aging Place Glens Falls is a mutual self-help organization oriented to helping seniors remain in their homes as they get older. Helping with small chores, providing transportation to doctor's appointments and shopping

trips. We also provide opportunities for connecting with others with our monthly potluck and educational programs and encouraging members to participate in a buddy telephone partner communication program. Our programs and activities are open to anyone interested. Our transportation services are arranged for members only. Anyone in the greater Glens Falls area of any age is welcome to join us. Dues are \$35/ year.

For more information contact: Robert Rockwell  
(518) 796-9879 or [robertrockwell1938@gmail.com](mailto:robertrockwell1938@gmail.com)  
[aipgf.org](http://aipgf.org)

Helping persons age  
in their own homes  
with dignity





## A Message from NYSOFA Director Greg Olsen on Federal Actions and Agency Restructuring Efforts (May 2025 Update)

*By NYSOFA Director Greg Olsen*

I know that there is unease and uncertainty about the status of programs and services in the federal budget that supports older adults and their families, regardless of age. While there have been no actions that directly impact NYSOFA at this time, the U.S. Health and Human Services (HHS) Fiscal 2026 budget request provides details on what HHS is proposing to continue to fund, versus what it is proposing to eliminate. The information below is factual and comes directly from the HHS proposed budget, but it must be approved by Congress and signed by the President in order for it to become law beginning October 1, 2025, which is the start of the federal fiscal year.

By way of background, NYSOFA learned a month or so ago that our federal administrating agency, the Administration for Community Living (ACL), has been dissolved and that 50% of ACL staff were terminated. The Administration on Aging, which implements the Older Americans Act, provides NYSOFA and all the other states with funding to support older adults, such as funds for home delivered and congregate meals, transportation, personal care, case management, evidence-based programs, support for caregivers and more. Some of ACL's functions have been moved to different parts of HHS.

NYSOFA and the Association on Aging in New York presented at the national American Society on Aging (ASA) conference last week to show our many innovative projects, and to provide a more in-depth conversation on the proposed Federal FY 2026 budget request from HHS. Below is a small snapshot of the HHS request for FY 26 that we are paying attention to. We will continue to analyze all departments at the federal level to better understand additional possible impacts being proposed that affect older adults and their families.

### ***Administration for Community Living***

The following programs are proposed to be eliminated in the federal budget:

- ❑ **Title IIID** – evidence-based programs to improve overall health, manage chronic conditions, prevent falls, etc.
- ❑ **Title VII** – the Long Term Care Ombudsman Program, which provides staff and volunteers for nursing homes and residential facilities to assure quality of care on behalf of the residents.
- ❑ **Title VII** – Elder Abuse prevention and mitigation.
- ❑ **Lifespan Respite** to provide respite services to individuals caring for someone else.
- ❑ **SHIP/HIICAP** – programs that provide objective information and assistance to help individuals on Medicare choose their coverage and prescription plans, problem solve, assist with benefit applications, etc.

### ***Additional Programs Proposed Eliminated***

- ❑ **Adult Protective Services** – investigates and helps solve elder-abuse cases.
- ❑ **Fall prevention** programs that reduce the fear and risk of falls for older adults.
- ❑ **CDSME** – chronic disease self-management programs to help older adults manage their conditions and remain healthy.
- ❑ **LIHEAP** – the Low Income Home Energy Assistance Program, which provides assistance with heat in the winter and cooling in the summer.
- ❑ **CSBG** – The Community Services Block Grant (CSBG), which provides financial assistance to states, territories, and tribes to support services aimed at alleviating poverty and improving the conditions of low-income communities.
- ❑ **Title V** – Older worker program helps individuals age 55+ access employment and teach employment skills.
- ❑ **Alzheimer's disease research**
- ❑ **Rural hospital grants**
- ❑ **Mental health and substance abuse programs**, including overdose prevention
- ❑ **Health care workforce programs**
- ❑ **National Center for Chronic Disease Prevention and Health**
- ❑ **Cuts to food banks**

I have used the words “proposed” many times because, at this time, that is exactly what these are: proposed program eliminations. The beauty of living in a democracy is that we all have a voice.

***To learn more and advocate on the behalf of aging New Yorkers and their families, visit <https://agingny.org/>.***