

## March 2025 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 3</b> Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	<b>March 4</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	<b>March 5</b> Ash Wednesday Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding	<b>March 6</b> Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	<b>March 7</b> Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Strawberry Shortcake
<b>March 10</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	<b>March 11</b> Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	<b>March 12</b> Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	<b>March 13</b> Roast Pork Loin Gravy Mashed Potatoes Winter Squash Applesauce	<b>March 14</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>March 17</b> St. Patrick's Day Corned Beef & Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	<b>March 18</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>March 19</b> Greek Penne and Chicken Peas & Onions Peach Cobbler	<b>March 20</b> Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	<b>March 21</b>  <b>CHEF'S CHOICE</b>
<b>March 24</b> Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	<b>March 25</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Mandarin Orange	<b>March 26</b> Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	<b>March 27</b> Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	<b>March 28</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>
<b>March 31</b> Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple				Age 60 + suggested Contribution is \$3 Under Ave 60 required Contribution is

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 NUMBERS:

Bolton Landing: (518) 644-2368

Cedars: (518) 832-1705

Chestertown & Warrensburg (518) 824-6662

Indian Lake: (518) 648-5412

Jonhsburg: (518) 251-2711

Lake Luzerne: (518) 696-2200

Lake Pleasant & Wells: (518) 924-4066

Long Lake : (518) 624-5221

Solomon Heights/ Salvation Army  
(518) 832-1705



## WINTER EDITION

January, February, March 2025

### OFA 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

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— Aging Services Assistant

Lisa Pratt— Aging Services Assistant

Newsletters are available online at:

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

Or contact Mary Ann at

761-6347 to be added to our email list.

## Newsletter for Seniors

Warren Hamilton Counties Office for the Aging

1340 State Route 9, Lake George NY 12845

OFA 518-761-6347

Toll Free Number 1-888-553-4994

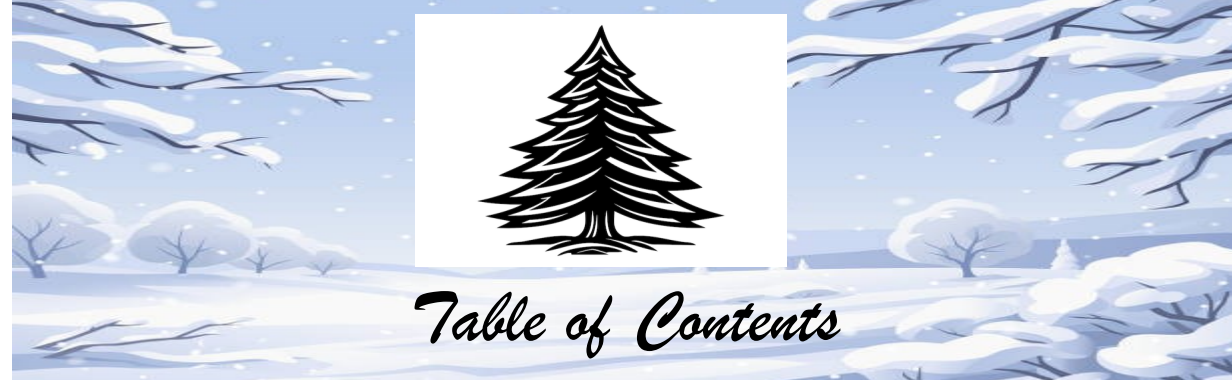
NY Connects 1-866-805-3931



### *Winter Reminders for Home*

### *Delivered Meals*

- Please be sure that your sidewalks, driveways and porches are free from snow and ice. Volunteers will not deliver meals if conditions are not safe.
- On the occasion that you need to cancel meals please contact the meal site as early as possible. The phone numbers for each meal site are on the last page of the Newsletter at the bottom.
- If there is bad weather call your local meal site to see if the meal site is closed. Phone Numbers of meal sites are on the last page of the Newsletter page 24
- We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers, oatmeal.



*Table of Contents*

1. Winter Reminder for Home Delivered Meal Safety
2. Table of Contents and Important Reminder for Meals
3. & 4. Senior of the Year
5. & 6. HIICAP CORNER
7. Winter Safety Tips Snow Removal
8. Sudoku, Legal Aid, Veterans & Surviving Spouses
9. Glens Falls Senior Center
10. Tri County United Way Vita Program
11. Birthdays
12. Winter White Word Search
13. & 14 Embracing the Winter Months
15. Queensbury's Seniors
16. 5 Winter Healthy & Safe Tips
17. Veterans & Senior Transportation
18. February is American Heart Month
19. March National Nutrition Month
20. & 21. Recipes
- 22., 23., & 24 Menus for January, February and March

**February 2025 - Altered Delivery Schedule**

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 3 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	February 4 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	February 5 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	February 6 Roast Pork Loin Gravy Mashed Potatoes Winter Squash Applesauce	February 7 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
February 10 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	February 11 Swedish Meatballs Over Noodles California Veggies Cookie	February 12 Greek Penne and Chicken Peas & Onions Mandarin Orange	February 13 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	February 14 <b>Happy Valentine Day</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
February 17 <b>Meal Site Closed</b> 	February 18 <b>CHEF'S CHOICE</b>	February 19 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	February 20 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	February 21 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>
February 24 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	February 25 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	February 26 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries and Granola	February 27 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	February 28 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
Age 60+suggested contribution is \$3 Under Age 60 required contribution is \$7				

**Important Reminder for Home Delivered Meal Clients**



In order to receive a Home Delivered Meal the client must be home at the time the meal is delivered. The Volunteers are not allowed to leave a meal outside of your home. One of the most important jobs of the volunteer is to ensure the client is home and safe. If you are not home to accept meal the OFA Volunteer will notify the meal site and OFA. In order to complete a check on the meal recipient we must contact the clients emergency contact person, the hospital, and 911 to have the POLICE complete a wellness check by visiting the Client's home. We have had numerous instances of clients going out to appointments without notifying us they will not be home for the meal. We want to remind you that after 3 instances of someone not home without prior notification to the meal site, home delivered meals will be **DISCONTINUED**. Thank you for your Cooperation.

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 op 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.**



## January 2025 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60 + suggested contribution is \$3 Under Age 60 required contribution is \$7		January 1  Meal site Closed	January 2 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	January 3 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
January 6 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	January 7 Swedish Meatballs Over Noodles California Veggies Cookie	January 8 Greek Penne and Chicken Peas & Onions Mandarin Orange	January 9 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	January 10 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
January 13 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	January 14 <b>CHEF'S CHOICE</b>	January 15 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	January 16 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	January 17 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>
January 20  Meal Site Closed	January 21 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	January 22 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries and Granola	January 23 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	January 24 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
January 27 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	January 28 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	January 29 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	January 30 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	January 31 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding

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.**

## SENIOR OF THE YEAR 2025

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.  
FROM: Deanna Park, Director, Office for the Aging  
RE: **NOMINATIONS FOR SENIOR OF THE YEAR**  
DATE: October 29, 2024

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

I have enclosed a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov). Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination to me or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by **Wednesday, February 12th**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. **Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Wednesday, February 12th.**

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me.

Thank you,  
Deanna

**2025 Senior of the Year**

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

**NOMINEE'S INFORMATION**

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

**Organizations for which the nominee volunteers/has volunteered:**

---



---



---

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

---



---

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

---



---

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

---



---



---

**Sweet Potato and Black Bean Chili with Ground Beef**

National Nutrition Month encourages all of us to be mindful of what we eat and how our Diet iDiet Diet impacts our health and general well-being. *Eat Right* has a wealth of information related to food, nutrition, fitness and the dietary needs of children, adults and seniors, including recipes,

**Ingredients:**

- 1 Tbsp. olive oil
- 1 small onion diced
- 1 medium-size sweet potato diced
- ½ cup ground beef

- 1 tsp. salt
- 1 Tbsp. chili powder
- 1 Tbsp. cumin powder
- ¼ tsp. black pepper
- ½ tsp. smoked paprika
- 2 Tbsp. tomato paste
- 1 15 oz. can chopped tomatoes

**Instructions:**

Diet impacts our Health and general wellbeing. *Eat Right* has a wealth of information related to food, nutrition, fitness and dietary needs of children, adults and seniors including recipes.

**Instructions:**

- Brown ground beef and drain excess fat.**
- Sautee onions in olive oil until starting to soften.**
- Add water and diced sweet potatoes and cook 20 minutes, stirring often. Add more water if needed.**
- Add seasonings, tomatoes and molasses.**
- Bring to a boil and let simmer for 10 minutes.**
- Stir in drained beans, heat thoroughly. Adjust seasonings if necessary.**

Adopted by: [national nutrition month, spoon FULL](#)  
shopping ideas and cooking tips.



# Mustard-Maple Pork Tenderloin

Pork tenderloin is about as lean as it comes so it's a great healthy option, but it shouldn't be overcooked as it can dry out. Maple and mustard make a sweet-and-savory mahogany-colored sauce. A delicate note of sage gives it a wintery touch. Fresh thyme or rosemary also work if you prefer. Serve with barley and roasted squash.

**Cook Time:** 30 mins    **Additional Time:** 15 mins    **Servings:** 4  
**Yield:** 12 to 8 oz. pork tenderloin & Tbsp. sauce

## Ingredients

- 3 tablespoons Dijon mustard divided
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 1-pound pork tenderloin trimmed
- 2 teaspoons canola oil
- ¼ cup cider vinegar
- 2 tablespoons maple syrup
- 1 ½ teaspoons chopped fresh sage



## Directions

1. Preheat oven to 425 degrees F.
2. Combine 1 tablespoon mustard, salt and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides, 3 to 5 minutes. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 145 degrees F, about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon, about 30 seconds. Whisk in maple syrup and the remaining 2 tablespoons mustard; bring to a boil, reduce heat to a simmer and cook until the sauce is thickened, about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.

Originally appeared: EatingWell Magazine

## Heart Healthy Recipe for Heart Month

The month of February is Heart Month, a time to focus on maintaining a healthy heart through lifestyle choices that contribute to strong cardiovascular health. One of the most important factors that affect heart health is a well-balanced, nutritious diet. Incorporating heart-healthy recipes into your meals can be a delicious and simple way to prioritize your health and keep your heart healthy

### Chicken & Spinach Skillet Pasta with Lemon & Parmesan

#### Ingredients

- 8 oz gluten-free penne pasta or whole-wheat penne pasta
- 2 Tbsp extra virgin olive oil
- 1 lb. boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 Tbsp grated parmesan cheese divided



#### Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes.
3. Add garlic and cook, stirring until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.
4. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 Tbsp parmesan.

Source: <https://www.eatingwell.com/recipe>

## HIICAP Corner Medicare Information and Updates



### Happy New Year!

2024 brought significant changes to Medicare beneficiaries, some of which are still having impacts. It is recommended that you take a moment to review your coverage and confirm it is not only active, but the coverage that you chose.

**Terminations:** In 2024 there were 17 plans that ended coverage in our area. Beneficiaries in these plans are required to choose a new plan and were alerted to this by Termination Notices mailed from their plan in the fall. Members in terminated plans who did not make a new plan choice during Open Enrollment will have only Original Medicare as of 1/1/25.\*

**Negotiations:** As of 12/6/24 there have been no updates on the contract discussions between CDPHP and Albany Medical Health System. If they are unable to resolve their issues, beneficiaries enrolled in CDPHP will have the ability to change using MAOEP.\*

\*See next page for Special Enrollment Periods (SEPs) that allow beneficiaries to change coverage outside of the Annual Fall Open Enrollment Period.

### 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.
- 3) **Compare Costs:** Review co-insurance, copays, deductibles and premiums for your medical and prescription services.
- 4) **Enroll:** Medicare.gov; 1-800-Medicare (1-800-633-4227); Local, trusted Broker/Agent; or contact the plan directly.



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

**When to Change a Medicare Health or Drug Plan if you Missed the Annual Enrollment Period**

You can only join, switch, or drop a Medicare Advantage Plan (Part C) or Medicare drug plan (Part D) at certain times, called enrollment periods. Now that the Medicare Annual Enrollment Period is over, you can drop or change Medicare Advantage Plans during the Medicare Advantage Open Enrollment or if you qualify for a Special Enrollment Period.

**The Medicare Advantage Open Enrollment Period (MA OEP) is January 1–March 31 each year.**

During this time, Medicare Advantage enrollees can:

- Switch to a different Medicare Advantage plan
- Return to Original Medicare with or without a Part D prescription drug plan.

Changes made during the MA OEP take effect on the first day of the month after the request is received. For example, if you switch plans in January, your new coverage will begin on February 1.

You can only use this enrollment period if you have a Medicare Advantage Plan.

**Important note:** You can only make one change during this period

**Special Enrollment Periods (SEP)**

You can make changes to your Medicare Advantage (Part C) or Medicare drug coverage (Part D) when certain events happen in your life. Opportunities to make changes are called Special Enrollment Periods. Below are three common SEPs that can be used if a plan change is needed, or wanted, during the coverage year.

**1) Your Medicare Advantage Plan or Medicare drug plan’s contract with Medicare is Terminated.**

You can switch from your Medicare Advantage Plan or Medicare Drug Plan to another plan. You’ll be enrolled into Original Medicare if you do not join another Medicare Advantage Plan before your current plan ends. This SEP runs from December 8 through the last day in February of the following year.

**2) You are in a State Pharmaceutical Assistance Program (EPIC).** As an EPIC member you can either join or switch a Medicare Advantage Plan or a prescription drug plan once during a calendar year.

**3) You gain, lose, or have a change in your Medicaid, Medicare Savings Program (MSP) or Extra Help status.** If you have a change of status in any of these programs, you have a one-time SEP to disenroll from or switch your Medicare Advantage Plan or Part D plan within three months after you are notified. You can apply for these programs through your Local Department of Social Services. Income eligibility: Medicaid - \$1,752 (asset limit- \$31,175); MSP - \$2,355 (no asset limit); Extra Help - Automatic with Medicaid or MSP.

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

**How to Celebrate National Nutrition Month**



**Get on board celebrating this month for 31 whole days in a variety of ways! Try out these interesting ideas to enjoy this month and sharing it with others as well:**

**Eat More Fresh Foods**

This is a great month to begin finding fresh fruits, veggies and other foods at a local grocery store. Even better, visit a farmers’ market if the weather permits in the area. Don’t be afraid to ask the vegetable seller to share ideas for ways that certain foods should be prepared or look up some recipe ideas online.

**Avoid Fast Food**

One way that many people can make an easy change is by cutting out fast food during National Nutrition Month. If it’s a matter of convenience, either take a few minutes to pack a lunch in the morning or choose a quick meal at a place that serves a healthy salad or soup option.

**Choose Whole Grains**

One simple but super healthy substitute that doesn’t require much effort is trading out the empty calories of white rice, white bread and plain pasta for whole-grain versions. Brown rice and whole wheat or oat bread don’t spike the blood sugar as much and take longer for the digestive system to break down. A great way to sneak a serving of vegetables into a meal is by serving healthy spaghetti squash instead of pasta that is filled with empty calorie

**Learn Fun Facts About Foods**

To make eating healthily more interesting, consider learning some fun food facts that will keep things interesting and aid anyone in eating in a more nutritional manner:

**Banana plants are members of the herb family.**

**Strawberries contain more vitamin C than oranges.**

**Coffee beans are the seeds of the fruit of the coffee plant.**

**One can of soda contains around 10 teaspoons of sugar.**

**A hardboiled egg will spin but a soft-boiled one won’t.**

**A medium-sized potato is a similar size to a computer mouse.**

**Only wash grapes just before you eat them as they keep better unwashed**

**Enjoy National Nutrition Month every March, eat well and live healthy**

**and then carry it on for the rest of the year!**

**This year’s theme is "Food Connects Us" - Highlighting the connection between food, health, access, traditions, and different life stages.**

Adopted by: eatright.org

# FEBRUARY

## HEART AWARENESS MONTH



### February is American Heart Month

A time when all people can focus on their cardiovascular health. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

Consider making one, or several, of the below lifestyle changes. Here's how to start:

- **Move more**
  - Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week.
  - Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.
- **Eat healthy foods**
  - A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.
  - Such as eating vegetables, fruits, whole grains (high in fiber), vegetable oils, and fat-free or low-fat dairy products.
  - Limiting sugar and other sweeteners.
  - Do not drink too much alcohol, which can raise your blood pressure.
- **Aim for a healthy weight**
  - Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high

- blood pressure, and diabetes.
  - Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.
  - **Quit smoking**
    - The chemicals in tobacco smoke harm your heart and blood vessels in many ways.
    - Quitting is hard, but many people have succeeded, and you can too. Ask your family and friends for support in your effort
  - **Reduce stress and improve sleep**
    - Stress can contribute to high blood pressure and other heart risks.
    - Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–9 hours of sleep a night.
  - **Know your numbers**
    - Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing.

**Adopted by: CDC**



## Safe Snow Removal Tips

'Tis the season of snowstorms and freezing temperatures, which means that many of us will be out several times in the next few months shoveling driveways and sidewalks as the snow begins to fly. Unfortunately, thousands of people are injured every year as a result of shoveling snow, and some even lose their lives. This year, let's make sure we are staying healthy and safe while clearing snow with these helpful tips.



### Warm Up

By warming up before going out, you slowly increase blood flow and warm up the muscles and joints that will be engaged in the shoveling process. This helps protect against injury and heart attack. Before heading outside to shovel, do some light stretches and body movement exercises to get the body ready and the blood pumping.

### Dress Appropriately

Dressing in layers will allow for adjustments to the temperature outside making it possible to shed layers as necessary to prevent overheating. Make sure to cover your mouth to protect your lungs from the cold air. Wear waterproof boots to keep your feet warm and dry in addition, non-skid boots can help to prevent falls on slick snow or ice.

### Take Frequent Breaks

Shoveling snow is hard work. Every 20-30 minutes, set the shovel aside and go inside to warm up before heading back out to finish the job. Shoveling heavy, deep snow poses a serious risk for seniors. If a big storm is forecasted, try and shovel every time the snowfall is about 2 inches. This will help make snow removal more manageable.

### Lift with the legs, not the back

The legs have very strong muscle groups so make sure the legs carry the brunt of the lifting. Bend and straighten the knees when shoveling and make sure the back is not bending. Push! It's easier to push a shovel full of snow instead of lifting and throwing.

### Stay Hydrated

Shoveling snow is exercise. Make sure to drink plenty of water before heading out to shovel. Avoid drinking caffeine or taking any form of nicotine before shoveling, since these increase the heart rate and constrict blood vessels, which can add to the danger of shoveling.

### Know Your Limits

If you don't exercise on a regular basis and have preexisting health conditions, check with your doctor before you head out to do any strenuous shoveling. If at any point shoveling becomes too much, try reaching out to family, friends or neighbors to help.



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

Adapted from the following websites:  
<https://sauconvalleymanor.com/tips-safe-shoveling-seniors/>  
<https://www.comfortkeepers.com/>  
<https://www.friendslifecare.org/safe-snow-removal-tips/>

# SUDOKU



## Sudoku Game

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

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

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

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

When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County).



## Attention Veterans and Surviving Spouses

ARE YOU ELIGIBLE...

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

Let us complete a Veteran or Surviving Spouse 360° review of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS' SERVICES

Call 518/761-6342

# WARREN COUNTY VETERANS & SENIORS TRANSPORTATION



FREE transportation from northern and western Warren County communities to Queensbury/Glens Falls for veterans and seniors

Veterans and their spouse (widows) of any age are eligible - call Warren County OFA for a reservation at 518-761-6347

Bolton/Hague - 1st and 3rd Tuesday  
 Chestertown/Brant Lake/Horicon - 2nd & 4th Tuesday  
 Warrensburg/Johnsburg - 1st & 3rd Thursday  
 Thurman/Stony Creek - 2nd & 4th Thursday





# 5 Winter Health & Safety Tips for Seniors



## 1. Ward Off Seasonal Depression

Winter can be hard on all of us... It's cold, gloomy, and there's no sun to give us our daily dose of vitamin D. There are 2 major ways to combat the gloom and isolation of winter: visiting with friends and family and staying active. Even just taking a stroll each day is enough for seniors to feel like they're part of a community, plus walking is great exercise! Since it's difficult for seniors to leave the house during winter, it's important that friends and family make frequent visits or calls to remind them that they are loved.

## 2. Protect from the Cold

While it may seem obvious that you should dress warm in the winter, this is especially important for older adults as they are more prone to hypothermia. When seniors go outside in freezing temperatures, it's important to wear layers, cover the head and hands, and breathe through a scarf to prevent lung damage. Layers should be worn in any kind of cold weather, freezing or not, as shivering puts extra stress on the body.

## 3. Wear Proper Footwear

Snow and freezing temperatures make for dangerous situations that can lead to serious falls. Any time an older adult goes outside, even if it's just to get in the car or check the mail, they should ensure they are wearing proper non-slip footwear with plenty of tread. After all, it's much easier to prevent a fall than to recover from one.

## 4. Eat a Balanced Diet

Vitamin D deficiency is one of the biggest concerns during winter. To make up for the lack of vitamin D we normally receive from the sun, it's important that seniors eat a varied diet that includes vitamin D and calcium-rich foods such as milk, eggs, and fish. It may be beneficial for seniors who aren't taking a multivitamin to start now to ensure they're getting all the vitamins and minerals necessary for good health and a strong immune system.

## 5. Monitor Temperatures

Take special care to monitor temperatures both indoor and outdoor, as well as internal body temperature. Indoor temperatures should stay consistently warm, never dropping too low at night. Seniors should stay away from any drafty areas in the home or facility where they stay or wear extra layers or blankets to compensate.

Body temperature should never drop below 95 degrees Fahrenheit as that is a sign of illness. Seniors should seek medical attention if they are exposed to cold temperatures for a long period of time, or if your body temperature begins to drop.

Adopted by: *Welcome Home Care, Healthy Aging*



GLENS FALLS  
**SENIOR CENTER**

*Come Join Our Family!*

**Take Part In All Of The Fun Things  
We Offer:**

- Health Fair
- Hospitality Committee
- Reading/Book Club
- Crafts
- Full Woodshop
- Day Trips
- Grocery Shopping
- Ukulele Band
- Chair Yoga
- Osteobusters
- Bingo
- Movies
- Monthly Lunches
- Senior EXPO
- Thrift Shop
- Line Dancing
- Wii Bowling
- Adventure Awaits
- Transportation

And more!

**380 Glen St. Glens Falls, NY 12801  
(518)793-2189**



**PRESS RELEASE FOR IMMEDIATE RELEASE**

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

**TRI-COUNTY UNITED WAY’S VITA PROGRAM EARNS PRESTIGIOUS NATIONAL IRS “HALL OF FAME” AWARD**

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

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

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

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

The IRS-sponsored VITA program offers free tax preparation to eligible residents nationwide. Locally, the Tri-County United Way, Cornell Cooperative Extension — Washington County, and the Moreau Community Center have partnered to create a network of VITA volunteers. Volunteers, who come from diverse backgrounds, typically commit four to eight hours per week from mid-January to April 15. Comprehensive training and user-friendly software empower them to provide effective tax assistance.

Congratulations to the dedicated staff and volunteers of the Tri-County United Way VITA program. To learn more about the VITA program, connect with Laura Jensen, Director of Community Engagement at [Ljensen@tricountyunitedway.org](mailto:Ljensen@tricountyunitedway.org) to sign up.

**About Tri-County United Way:** Tri-County United Way is an organization dedicated to helping people. We work to improve lives and make a positive impact in our communities by raising resources, both monetary and volunteer. We strive to do this through collaboration with others, encouraging volunteerism, and resolving community problems through identifying and communicating our community’s priority issues.

# EMBRACE WINTER

*with the Queensbury Senior Citizens*

**JOIN US FOR THESE UPCOMING EVENTS!**

- Chair Yoga**  
The next session of our popular Chair Yoga Class with Tobey Gifford begins on Tuesday, January 14 and runs thru June 17!
- Soup-er Bowl**  
Join us on Friday, February 7 at 12:30pm for our Annual Soup-er Bowl! Warm up on a cold day with all you can eat soup or chili, bread, crackers, and dessert.
- Valentine’s Day Lunch**  
Friday, February 14, 12:00pm  
All you need is love - and pizza! Join your friends at QSC for pizza, salad, and dessert.
- St. Patrick’s Day Lunch**  
Monday, March 17, 12:00pm  
Enjoy Corned Beef and Cabbage along with live music - don’t forget to wear your green!
- Health + Wellness Classes**  
Stay well in the cold months with a variety of classes and events, including low impact exercise, positivity workshops, and healthy cooking demonstrations.



742 Bay Road, Queensbury  
(518) 761-8224  
[seniorsonthego.org](http://seniorsonthego.org)

Some of you “go getters” may want to feel more productive - although I think that is highly overrated. Nevertheless, here are some options for the ambitious souls:

**Freshen up the kitchen with some baking soda, vinegar and lemon (Solution - Combine 1 teaspoon baking soda, 2 teaspoons vinegar, 1/4 teaspoon dishwashing liquid, 1 teaspoon lemon juice and 2 cups hot water in a spray bottle and shake well). This classic all-purpose cleaner is a smart, sustainable choice over chemical-laden products and a way to make a positive impact on the environment (and your wallet)! Wipe out those drawers, cabinets and refrigerators and leave everything sparkling and smelling fresh.**

**Tame the “junk” drawer. Begin by emptying the drawer and creating a “keep” pile and “discard” pile. Have an old muffin tin? A muffin tin provides a handy single-step solution to rallying the bits and baubles that live in your junk drawer.**

**Give Your Bookshelf a Makeover. Organize your books by size, color or alphabetical by Author – whatever is most appealing to you.**

**For those who are tech-savvy, there are ways to stay entertained through the winter months on your laptop, smartphone or iPad. You can take virtual tours of museums, zoos and aquariums right from the comfort of your couch, read an e-book, or expand your access to movies beyond your cable service. Here are a few options for free virtual tours, eBooks, and online movies:**

**Museum Tours:**

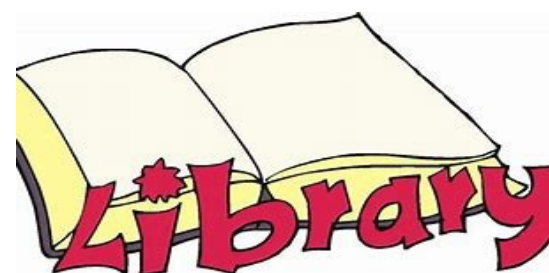
- Houston Zoo:** <https://www.houstonzoo.org/explore/webcams/>
- National Aquarium:** <https://aqua.org/explore/virtual-tour>
- Museum of the American Revolution:** <https://www.amrevmuseum.org/virtual-museum-tour>
- National Gallery of Art:** <https://www.nga.gov/features/raphael-virtual-tour.html>
- NASA’s Glen Research Center -** <https://www.nasa.gov/nasa-glenn-virtual-tours/>

**eBooks:**

- Libbyapp.com (Use with your library card)**
- Standardebooks.org**
- Manybooks.net**
- Openlibrary.org**

**Free Movies:**

- YouTube (ads without a subscription)**
- Plex.tv/watch-free**
- Watchnow.one** However, you decide to spend the winter, remember, there is nothing like a hot cup of tea or cocoa and a pair of fuzzy slippers to end the day. And when you do feel up to venturing out, there is always something to do at the Queensbury Senior Center.



**JANUARY**

- James O’Hara ..... 3
- Ann Blanchard..... 8
- Frank O’Keefe..... 14



**FEBRUARY**

- Gary Willett.....1
- Barbara VanSlyke.....2 (LL)
- Philip Nadig.....18
- Don Kline..... 26(LL)
- Key
- (W) -Warrensburg
- (LL) Lake Luzerne



**MARCH**

- Liz Ferry.....1(W)
- Vanessa Judkins.....6
- Tom Kurimski.....8
- Tadd Casey.....10
- Braur Jones.....14
- Susan Ogden.....16



**Attention Meal Recipients**

**No Meals will be delivered on the following dates:**  
**Wednesday, January 1 for New Years Holiday Observing**  
**Monday, January 20, Dr. Martin Luther King Jr. Day**  
**Monday , February 17 Presidents’ Day**

# THE WHITE WINTER STUFF



Embracing the Winter Months  
By Stephanie Smith, Director, Queensbury Senior Citizens

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

<b>ACCUMULATE</b>	<b>BOOTS</b>	<b>FREEZE</b>	<b>SCARF</b>	<b>SOFT</b>
<b>ANGEL</b>	<b>CHRISTMAS</b>	<b>FROSTY</b>	<b>SHOE</b>	<b>SPORT</b>
<b>AVALANCHE</b>	<b>COLD</b>	<b>INCHES</b>	<b>SHOVEL</b>	<b>STORM</b>
<b>BALL</b>	<b>DRIFT</b>	<b>MELT</b>	<b>SKI</b>	<b>TOBOGGAN</b>
<b>BLIZZAED</b>	<b>FLAKE</b>	<b>PARKA</b>	<b>SLED</b>	<b>WHITE</b>
<b>BLOW</b>	<b>FLU</b>	<b>PLAY</b>	<b>SLIDE</b>	<b>WINTER</b>

Many of us tend to dread the dark and cold weeks that stretch between New Year's and Easter. It's common to experience a bit of "post-holiday blues" after the rush and excitement of Thanksgiving and Christmas festivities have ended. But after years of traveling in the snow and ice to get to and from work, school drop-offs and pick-ups, errands, and appointments, I challenge you this year to embrace the coziness of the season and enjoy the luxury of hibernation. Here is a list of ideas to make the most of these winter months. Read-A-Thon. Stock up on books from your favorite author or try one you haven't read before. Some popular authors from the QSC library (which is free for members to borrow!) are Lee Child, Elin Hilderbrand, Kristin Hannah, and JD Robb.

Try a new recipe or make an old favorite and invite a friend to share. A home-cooked meal or pie can warm the home and heart. The QSC seniors rely on family favorites like stews, soups, and casseroles that can be shared or frozen for the future.

Start a journal. Use journaling as an opportunity to reconnect with yourself. Write down your thoughts and feelings that day, or begin with little memories that have stayed with you through the years. This is about you and only you, and you'll find that you will settle down into your own sense of journaling style quickly.

Soak in a hot bubble bath (with Epsom salt for those sore muscles). Do you remember the commercial, "Calgon take me away?" – well a long soak in a hot bubble bath can renew any tired spirit.

Write letters to family and friends. Holiday cards are always nice, but it would be truly special to receive a letter from a loved-one or friend in January when the mailbox is full of bills and junk mail. This is a great way to reconnect, and you don't need anything fancy to send a letter – paper, an envelope, and a stamp will do. The most important part of the letter is what you put in it.

Movie marathon! We love the Turner Classic Movie channel (TCM), American Movie Classics (AMC) and the Hallmark Channel.

Homemade popcorn and a puzzle. There are so many great puzzles at the QSC, which are free for members to borrow. Settle in and make stovetop popcorn with extra butter.

Host a neighbor for a game of cards, scrabble, boggle or chess. Play some of your favorite tunes for background music and don't forget to have a few snacks!

Organize family photos. This is a nice way to reflect on precious memories in a productive way. You can organize by categories like holidays, family, friends, or