

NEWSLETTER FOR SENIORS



Warren/Hamilton Counties Office for the Aging

1340 State Route 9, Lake George, NY 12845

Office 518-761-6347

Fax 518-761-6344

Toll Free 1-888-553-4994

NY Connects 1-866-805-3931

FALL EDITION

2026

OCTOBER, NOVEMBER, DECEMBER

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 Mumbrow Alicia McMahon

Mary Hutchins Linda Johnson

Kathy Simon Jessi Ostrander

Jan Gardner



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

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

Welcome Fall!

Family and friends are the heart of the holidays, turning seasonal celebrations into lasting memories of love, warmth, and togetherness.



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



In order to receive Home Delivered Meals, clients must be home at the time of delivery. Meals cannot be left outside unattended. 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

Lake Pleasant/Wells: 518-924-4066

Lake Luzerne: 518-696-2200

Solomon Heights: 518-832-1705

Indian Lake: 518-648-5412

Johnsburg: 518-251-2711

Long Lake: 518-624-5221

Warrensburg: 518-824-6662

Congregate Sites Open: 11:30am-1:30pm - Monday through Friday

MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:

Columbus Day
Monday, October 12th

Veterans Day
Wednesday, November 11th

Thanksgiving Day
Thursday, November 26th

Christmas Day
Friday, December 25th



ATTENTION HOME DELIVERED MEALS RECIPIENTS

Snowy Days Ahead! Please be sure your driveway and walkways are clear for the safety of our drivers. Meals will not be delivered if conditions are unsafe for our volunteers. Snow days will be announced on our Facebook page and on local news stations.

Wishing our volunteers a Happy Birthday!

October

Beth Schidzick-5

Ellen O'Hara-10

Justin Reyes-15

Mark Osborne-18

Bonnie Nadig-29

Chris Manney-30

November

Scott Rager-14

Lorrie Babbel-15

Patricia Paton-21

Noah Reyes-29

December

Henry DelGaudio-1

Liz Schuster-11

Bob Diamond-13

David Oberhelman-13

Marcia Kretchmer-13

Louissette Bureau-17

Mary Boucher-19

Joel Beaudin-21

Joan Bovee-25

John Dale-27

All of our generous volunteers are appreciated!



Virtual Senior Center & NYS Office for the Aging are Combating Social Isolation

Free Membership for New York Adults 60+

Thanks to a generous grant from the New York State Office for the Aging (NYSOFA), adults aged 60 and older across the state can now join the Virtual Senior Center for free. Call to register 1-718-559-4370 or OFA for more information 518-761-6347

Queensbury Senior Citizens

Community

HEALTH FAIR

TUESDAY, OCTOBER 27 • 1:00-4:00PM
742 Bay Road, Queensbury

Vaccinations, Insurance Information, Senior Housing Options, Community Services, Giveaways and much more!

queensburyseniors.org • 518-761-8224



NY Connects
Your Link to Long Term Services and Supports

WHAT IS ESTATE PLANNING?

Estate planning helps ensure your wishes are followed if you become incapacitated or after your death. It protects your loved ones, can reduce taxes and probate costs, and provides clear instructions for managing your affairs.

The Ultimate Estate Planning Checklist

☐ 1. Create a Will

- Name an executor
- Designate beneficiaries
- Appoint guardians for minor children or dependents

☐ 2. Consider a Living Trust

- Avoid probate
- Provide privacy
- Simplify management of assets if you become incapacitated

☐ 3. Establish Powers of Attorney

- Financial (General/Durable) Power of Attorney
- Medical (Health Care) Power of Attorney

☐ 4. Complete an Advance Health Care Directive

- Document your medical treatment preferences.
- Name a health care proxy to make decisions if you cannot

☐ 5. Organize Important Documents

Gather and store:

- Birth and marriage certificates
- Property deeds and mortgage documents
- Insurance policies
- Bank and investment records
- Military records (if applicable)

☐ 6. Review Beneficiary Designations

Update beneficiaries on:

- Life insurance
- Retirement accounts (401(k), IRA, pensions)
- Payable-on-death bank and brokerage accounts

☐ 7. Inventory Assets and Debts

List:

- Real estate and personal property
- Bank, investment, and retirement accounts
- Life insurance and business interests
- Mortgages, loans, and credit card debt

☐ 8. Document Funeral Wishes

Record your preferences for burial or cremation, memorial service, and consider preplanning or prepaying arrangements.

☐ 9. Store Documents Securely

Keep originals in a secure location and ensure your executor or trusted family members know where to find them.

☐ 10. Share Your Plan

Discuss your wishes with family and provide contact information for your attorney or financial advisor.

Essential Estate Planning Documents

- ☐ Last Will and Testament
- ☐ Living Trust (if applicable)
- ☐ Durable Financial Power of Attorney
- ☐ Medical Power of Attorney
- ☐ Advance Health Care Directive (Living Will)
- ☐ HIPAA Authorization
- ☐ Asset and Debt Inventory
- ☐ Property Titles and Deeds
- ☐ Beneficiary Designations
- ☐ Funeral Instructions

Review your estate plan every 3–5 years or after major life events such as marriage, divorce, birth of a child, retirement, relocation, or the death of a beneficiary or executor.

Modified:

National Council on Aging [Estate Planning Checklist for Older Adults](https://www.ncoa.org/article/estate-planning-checklist/) <https://www.ncoa.org/article/estate-planning-checklist/>

Is Your Home Ready for Winter?





NY Connects
Your Link to Long Term Services and Supports

Single-digit temperatures and freezing water can wreak havoc on your house and yard. The first thing to know is that water damage, particularly damage linked to frozen and burst pipes, accounts for the majority of homeowners insurance claims.

1. **Protect indoor pipes**

– Insulate exposed pipes to prevent freezing and costly burst pipes, especially in unheated areas like basements, attics, and crawl spaces.

2. **Insulate your attic**

– Proper attic insulation helps keep heat inside, lowers energy costs, and reduces the risk of ice dams on the roof.

3. **Service your furnace and chimney**

– Have heating systems and chimneys inspected and cleaned to improve efficiency and reduce the risk of home fires.

4. **Repair roof damage**

– Fix loose, damaged, or missing shingles before winter to prevent leaks and damage from snow and ice.

5. **Clean and inspect gutters**

– Remove leaves and debris so water can drain properly-protecting your roof, foundation, and siding.

6. **Repair patios and pavers**

– Reset loose stones before winter to prevent frost heave from making the damage worse.

7. **Inspect tree limbs**

– Remove dead or weak branches that could break under snow or ice and damage property or power lines.

8. **Secure outdoor water sources**

– Drain hoses, sprinklers, and outdoor faucets to prevent freezing and burst pipes.

9. **Mark driveways and garden beds**

– Use snow markers to make edges visible, helping prevent damage during snow removal.

10. **Prepare for emergencies**

– Update smoke detectors, plan multiple escape routes, and consider wildfire preparedness as part of overall home safety.

There are organizations that may have grant monies available to assist with the cost of repairs based on eligibility and availability. Please contact the Office for the Aging at 518-761-6347 for information on available resources.



Opportunities to help your community are available:

Volunteers are needed for Medical Transportation and the Friendly Calls Program.

Call the Office for the Aging for more information. 518-761-6347

Free In-Home Fall Prevention Services

A new division of The Alzheimer's Disease Caregiver Support Initiative for residents of Essex, Hamilton, Warren, & Washington Counties

Most falls are preventable and can be kept well within your control. Our Fall Prevention Specialist can work with you to help optimize safety for the following elements of your home:

- Lighting
- Flooring
- Stairs/Steps
- Walkways
- Bathrooms
- Storage
- Doors
- And more!

To learn more about this program, or to schedule a free fall prevention assessment, contact **(518) 832-4990**.

Please consult your physician if repeated falls are occurring.

The Alzheimer's Disease Caregiver Support Initiative (ADCISI) is a program for caregivers in the North Country of New York State that offers support and direction to those caring for individuals with Alzheimer's disease & other forms of dementia. All services are available at no cost through grant funding; there are no insurance or income requirements for enrollment.

The Caregiver Support Initiative, SUNY Plattsburgh, 101 Broad St (#524 Sibley), Plattsburgh, NY 12901
1-800-388-0199 • www.wehelpcaregivers.com • Follow us on Facebook @WeHelpCaregivers

This flyer and the services listed are supported in part by grants from the NYS Department of Health. Images licensed by Shutterstock Photo.

There's no place like home--the place where we spend much of our time and are most likely to let our guard down in regard to safety. Many falls happen in our own homes, but they can easily be prevented if we are vigilant about ensuring our living environment is tailored to meet our current needs and capabilities.

The Caregiver Support Initiative is proud to offer free in-home education, consultations, and safety assessments, as well as facilitating access to safety-enhancing equipment.



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 518-683-5916	Lake George Senior Citizens Club 22 Schuyler St, Lake George 518-668-5722 Ext 2
Greater Glens Falls Senior Citizens Center 380 Glen Street, Glens Falls 518-793-2189 Website: gfseniors.com	Lake Pleasant Senior Citizens Group 2881 State Route 8, Speculator 518-548-7638
Horicon/Chester Senior Club 518-801-6297	Bolton Landing Senior Citizens Inc. 12 Cross St, Bolton Landing 518-644-2839
Hague Senior Citizens Club, Inc. 539 Lake Ave, Lake Luzerne 518-543-6502	Queensbury Senior Citizens 742 Bay Rd, Queensbury 518-761-8224
Indian Lake/Blue Mountain Senior Citizens 518-648-5130	Wells Senior Club 105 Buttermilk Hill Rd, Wells 518-924-2220
Lake Luzerne Senior Center 539 Lake Ave, Lake Luzerne 518-696-6451 Website: www.townoflakeluzerne.com	Get Involved! 



Office for the Aging
Services and Supports for You



Office for the Aging supports 2 million older New Yorkers and those who care for them annually. Below are some of the services provided in your community through local offices and partners.

Find your local office at: <https://aging.ny.gov/local-offices>

Nutrition & Health

- Home delivered meals-hot, nutrition meals for eligible individuals at home
- Congregate meals at community dining sites
- Nutrition counseling & education
- Health promotion and wellness
- Falls prevention and chronic-disease self-management

Social Services & Supports

- Volunteer opportunities
- Respite for caregivers
- Senior center programming
- Adult day services
- Transportation to medical appointments, services, & activities

Information, Assistance, Counseling, & Advocacy

- Information and assistance on benefits you may be eligible for
- Application assistance
- Objective Medicare counseling (HIICAP)*
- Advocacy for residents of nursing homes & other facilities (LTCOP)*
- Legal services

In-Home Supports

- Personal care for eligible individuals at home, such as help to bathe, toilet, eat, shop & prepare meals, & pay bills
- Ancillary services, such as PERS (personal emergency response systems) and assistive devices
- Referrals for home modifications and repairs
- Case management (based on program)

*HIICAP: Health Insurance Information, Counseling and Assistance Program | *LTCOP: Long Term Care Ombudsman Program

NEED HELP? There's just one phone number to remember. Call NY Connects and name the county where you need assistance.

 **1 (800) 342-9871**
www.aging.ny.gov

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.



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

SENIOR CITIZEN TEXTING CODE

BFF

Best Friend Fell

LOL

Little Old Lady

BTW

Bring The Wheelchair

TTYL

Talk To You Louder

BYOT

Bring Your Own Teeth

LMDO

Laughing My Dentures Out

WAITT

Who Am I Talking To?

OMSG

Oh My! Sorry Gas

GGPBL

Gotta Go Pacemaker Battery Low

ROFLACGU

Rolling On The Floor And Can't Get Up



Attention Veterans & Surviving Spouses

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

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

WARREN COUNTY
VETERAN'S SERVICES
518-761-6342

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

Take advantage of some NEW Technologies and Innovations available at the Office for the Aging

The World's Smartest Toilet Seat with Seniors, People with Disabilities, and Patients in Mind:

With the push of a button, this system thoroughly cleans and dries the user using clean, instantly heated tap water and warm air instead of abrasive toilet paper. It easily retrofits onto an existing toilet bowl for added comfort, convenience, and hygiene.



	Traditional Toilet	Electronic Bidet	AI Bidet™
HYGIENE LEVEL	MINIMAL	GOOD	EXCELLENT
ECONOMICAL	X	✓	✓
IDENTIFY ANATOMY & DETECT FECES	X	X	✓
2-DIMENSIONAL WATER NOZZLE	X	X	✓
SIMPLE & EASY TO USE	X	X	✓
ENSURES COMPLETE CLEANING	X	X	✓
ERROR/ACCIDENTS FREE	X	X	✓



SCC MedQR Bracelet

SCC MedQR is wearable technology that stores your medical profile in an easy-to-scan QR code, providing emergency responders, caregivers, and healthcare professionals with quick access to vital information. It helps bridge communication gaps for individuals who may be unable to advocate for themselves, enabling timely and informed care during critical moments.



The following information can be displayed when the QR code is scanned:

*Name	*Medical Conditions	*Additional Notes
*Address	*Insurance Details	*Current Medications
*DOB	*Preferred Language	*Emergency Contacts
*Medical Aids	*Allergies	



COMPANION PETS®

The perfect gift for older adults with Alzheimer's or other dementias, they also alleviate feelings of isolation or loneliness, without expensive vet bills!



Currently available: Companion Cats and Walker Squawkers

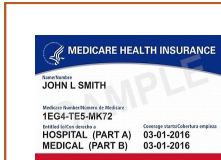


Empowering Older New Yorkers to Fight Scams and Fraud

Protect yourself from scams with easy text or email checks, personalized guidance, and simple FBI/FTC reporting. People who may benefit include those who typically handle scams alone, frequently encounter suspicious situations, or have been targeted by scams before.

A FREE 1-year subscription through OFA is available for those who may be at greater risk of scams.

Contact the Office for the Aging at (518) 761-6347 for more information and eligibility. First come, first serve-supplies are limited.



HIICAP Corner Medicare Information and Updates



Medicare Open Enrollment Checklist

Medicare plans change every year (drug formularies and provider networks) making Open Enrollment a good time to determine if new coverage would be best for you.

Understand your current coverage: Review the plan you currently are enrolled in to determine if it is meeting your health and budget needs

Read your ANOC or Plan Non-Renewal Notice for important changes to current coverage. Beneficiaries covered by a Medicare Advantage Plan (MAP) or Prescription Drug Plan (PDP) receive an **Annual Notice of Change** (ANOC) in September notifying them of coverage and cost changes for the coming year. If your MAP or PDP is no longer offered in the coming year, you will receive a **Plan Non-Renewal Notice** (termination letter), indicating that you must choose other coverage or risk being covered by Original Medicare (Parts A and B) only.

- Do you have Medicare Advantage, Medicare Prescription (Part D), Medigap Supplemental?
- Is your coverage provided through Employer (active or retiree)?
- Review the Summary of Benefits which details current coverage information.

Prepare for Plan Review: Gather the following information for coverage comparisons; Medication lists (name, quantity/frequency, and dosage)

- Providers —Primary Care and Specialists that you see or would like to work with
- Facilities —Hospitals, pharmacies that you use or want in network
- List of health changes and/or concerns that may need more or less coverage

Compare Options: To narrow down the list of available plans, consider the following

- Review total costs of coverage including premium, deductibles, copays, and coinsurances for both medical and prescription needs.
- Extra Benefits (not covered by Medicare, but offered to a limited degree by some Part C Advantage Plans), such as dental, vision, and hearing.

Take Action: Use the following resources to research options and enroll in new plan

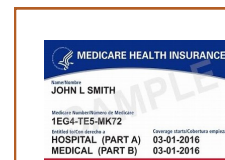
- Medicare.gov/1-800-Medicare (1-800-633-4227)
- Your Agent of Record or other local, trusted Broker/Agent

After Enrollment:

Look for documentation arriving from plan that will be a yearlong resource for you to get the best use of your 2027 coverage.



Office for the Aging
Health Insurance
Information, Counseling
and Assistance Program



HIICAP Corner Medicare Information and Updates



It's That Time Again!

Medicare Annual Enrollment Period (AEP)

October 15th—December 7th

(New coverage will take effect 1/1/2027)

Warren/Hamilton Office for the Aging offers HIICAP (Health Insurance Information, Counseling, and Assistance Program) is New York State's free, objective counseling program for Medicare beneficiaries. Due to a high demand of calls during AEP, individual counseling appointments with HIICAP representatives are limited. Below are some recommendations during AEP for beneficiaries to review coverage options and enroll in their chosen plan.

Medicare.gov This official website offers you the ability to search Medicare Advantage Plans, Prescription Drug Plans, and Medigap Plans using the **Plan Finder**. Enter your medications and pharmacies to compare prescription costs and to make sure they are covered. You should enter your doctors to make sure they are in-network with the plan, and it is advised when you have narrowed down plan options to contact the plan directly to confirm your findings. **Important!** Confirm with your doctors that they accept the plan! You can **Enroll** directly through Medicare.gov.

1-800-MEDICARE (1-800-633-4227) Similar to **Medicare.gov**, this number connects you to a Medicare representative who can help you review the options specific to your County. They can enter your medications, offer options, and assist with enrollment. **A note of caution:** the Medicare representative on the phone may be in another state and may not be aware of network issues with plans that are offered in your area. It is very important that you have the Medicare representative confirm that all your providers and facilities are in-network.

Calling the Medicare Company Directly When calling the company directly to enroll into a plan make sure you are calling the official company number and not a third-party marketing line.

Medicare Agents/Brokers Finding a qualified Medicare insurance agent does not have to be complicated. Ask friends and family. Local agents offer face-to-face meetings and personalized guidance. Once enrolled, the agent becomes your 'Agent of Record' and should stay in touch throughout the year and contact you before each Annual Enrollment Period. **Red flags to look for in a Medicare agent:** High pressure tactics, unsolicited door-to-door visits, promising "the best" plan without asking questions, refusing to explain details, and/or showing only one option.



Office for the Aging
Health Insurance
Information, Counseling
and Assistance Program

SOCIAL TRANSPORTATION

Transportation is provided to residents of certain towns in Northern Warren County to those over 60 years or a Veteran. The van will transport individuals on set days to Glens Falls/Queensbury area for shopping, nursing home visits, salon appointments, pharmacies, etc.



Monthly Trips Are As Follows:

Bolton/Hague—1st & 3rd Tuesday
Johnsburg/North Creek—2nd (Local) & 4th (Glens Falls) Tuesday
Warrensburg/Chestertown/Brant Lake—1st & 3rd Thursday
Thurman/Stony Creek—2nd & 4th Thursday
Lake Luzerne—Call the Senior Center
Lake George—Call the Town Hall

Call Warren/Hamilton Counties Office for the Aging to reserve a ride at (518) 761-6347 by noon the day before.

Fall Foliage in the Adirondacks

The Adirondacks offer one of the longest fall foliage seasons in the country, with peak colors historically appearing from late September through mid-October. The change begins at higher elevations and gradually moves into lower areas, with peak color lasting only a few days in each location. Visitors can enjoy the vibrant colors through hiking, scenic drives, railroad excursions, gondola rides, and aerial activities.



Popular ways to experience the season include:

- Find hiking trails for all abilities from scenic walks to more challenging mountain hikes
- Driving the Whiteface Mountain or Prospect Mountain scenic highways
- Riding the Adirondack Scenic Railroad or pedaling along bike trails
- Taking gondola rides at Gore Mountain or Whiteface
- Exploring the treetop trails at The Wild Center
- Taking a hot-air balloon ride over Lake George or scenic flights out of Inlet or Saranac Lake



Planning tip: Since peak foliage is brief and weather can affect timing, check the 2026 Fall Foliage Report* before heading out.

*NY Fall Foliage Report | Fall Colors New York State Map,
NY Fall Foliage Report | Fall Colors New York State Map

NOTICE OF PUBLIC HEARINGS

We would love to see you there.

It is time for our annual **Public Hearing**. At the hearing we will be discussing the office's service plan for seniors for 2027. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice, as well as interpretation services. All sites are handicap accessible. If you need special accommodations, please call Deanna Park, at (518) 761-6347 or email parkd@warrencountyny.gov, at least one week in advance.

The hearing will be held on:

October 15, 2026 @11:00 AM
(In-person & Virtual Options Available)

At the following location:

1340 State Route 9, Lake George, NY 12845
Human Services Building
OFA Conference Room

Please email parkd@warrencountyny.gov one week in advance for link to the virtual meeting.

Reservations for the in-person option are recommended so we have enough seating available. Hope you can join us!

Deanna Park, Director
Warren/Hamilton Counties Office for the Aging

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



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

PEZ
MOOD RING
CHOCOLATE
GOLDCOINS
CHARLESTON

CHEW
CHERRY SLICES
ATOMIC FIREBALL
BLACK TAFFY
CANDY NECKLACE

CERTS
CUP O GOLD
DUM DUMS
FIZZIES
HOT TAMALES

PEEPS
SPACEMAN
WAFERS
LONG BOYS
PIXY STIX



SAIL is here for you. Whether you need help navigating Medicare, understanding your health insurance options, accessing free durable medical equipment, or exploring community living supports, our team is ready to walk alongside you.

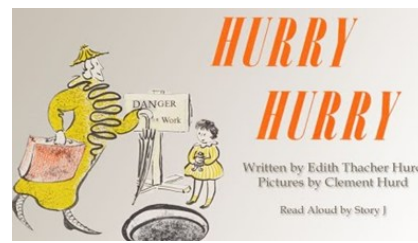


Slow down...it's ok!

When I was a little girl, my mother used to read me a book called *Hurry Hurry* by Edith Thacher Hurd. It was about a nanny, Miss Mugs, who was taking care of little Suzie while her parents were away. The only thing Suzie didn't like about Miss Mugs is that she was always in such a hurry! What follows are some crazy hijinx, including a run in with some wallpaper glue and a glimpse into what it looks like when you are *forced* to slow down and rely on those you may have passed by for help.

I've thought about that story a lot over the years. When my own mother got ill many years ago, I experienced first hand what that "slow down" looks like. When someone ages, or has an illness, slowing down is part of the process. As caregivers, we sometimes get wrapped up in making sure it all gets done and we forget. We forget that this is a sacred time in the life of our loved one. We forget that they are watching us, seeing our "busy-ness" and perhaps wishing you would take a moment for a sit down and a cup of tea, watch a favorite show with them, or work on a puzzle. Meeting a care receiver where they are is one of the most gracious thing we can do for them.

"But, there's SO much to do!" You are absolutely right! Caregiving is not for the faint of heart. If you must, build that special one-on-



one slow time into your schedule! You will not regret it!

Lisa Pratt
Caregiver Support

The Warren and Hamilton Counties
Office for the Aging

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, NY

To register or for more information, please
call (518) 761-6347

*Please call the office if you plan to attend.
November support group will be held the 3rd
Thursday of the month (the 19th) and we will
not have group in December!

*"Adopt the pace of nature:
her secret is patience."*

~Ralph Waldo Emerson

Mindfulness Exercise: Body Scan

Sit or lie down comfortably, close your eyes, and take several deep breaths to center your thoughts.

Starting at the top of your head, go through each part of your body. Your head, your eyes, your mouth, your neck, etc., etc. all the way down to your toes. Give each part a little wiggle and really appreciate what your body does for you.

Sweet Potato Salad

YIELDS: 6 SERVING(S) PREP TIME: 10 MINS TOTAL TIME: 40 MINS

If you need an easy fall side for meal prep, weeknight dinner, or even your Thanksgiving feast, then this sweet potato salad is the answer. Filled with the perfect balance of textures and sweet-tangy flavors, this superfood salad has everything I could ever want in a sweet potato dish. Ready in under an hour, this recipe is not only an ideal last-minute side, but makes for great lunch leftovers throughout the week. Plus, it requires minimal ingredients and is endlessly versatile based on what you have on hand.

Ingredients

- 3 large sweet potatoes (about 2 lb.), peeled, cubed
- 1 small red onion thinly sliced into half moons
- 2 Tbsp. plus 1/4 cup extra-virgin olive oil, divided
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey
- 1/2 tsp. ground cumin
- 1/4 tsp. ground paprika
- 1/2 cup dried cranberries
- 1/2 cup crumbled feta
- 1/4 cup freshly chopped parsley
- Kosher salt
- Freshly ground black pepper



Directions

Step 1 Arrange a rack in center of oven; preheat to 400°. On a large baking sheet, toss potatoes and onion in 2 Tbsp. oil; season with salt and pepper. Arrange in a single layer.

Step 2 Bake potatoes and onion until tender, about 20 minutes. Let cool 10 minutes, then transfer to a large bowl.

Step 3 Meanwhile, in a small bowl or in a medium liquid measuring cup, whisk vinegar, mustard, honey, cumin, and paprika. Gradually pour in remaining 1/4 cup oil, whisking constantly, until emulsified; season with salt and pepper.

Step 4 Add dressing, cranberries, feta, and parsley to potato mixture and toss to combine. Serve warm or at room temperature.

Adapted by: Delish

Spicy Turkey Sausage & Kale Chili

YIELDS: 6 SERVING(S)

PREP TIME: 20 MINS

TOTAL TIME: 1 HR

This Italian-inspired chili is packed with spicy turkey sausage and leafy kale for a tomato-y chili that is anything but boring. While we love classic turkey chili, when we're looking to spice things up, we turn to this recipe. Spicy ground turkey, red bell peppers, cannellini beans, tomatoes, and kale all combine for a cozy soup that will warm you up all winter long. If you're a fan of beans in your chili (or chili with a thinner consistency), then this should be next on your chili rotation.

Ingredients

- **1 Tbsp.** extra-virgin olive oil
- **1 lb.** ground spicy turkey sausage
- **1 large** yellow onion finely chopped
- **1** red bell pepper, seeds and ribs removed, finely chopped
- **2** cloves garlic finely chopped
- **1 Tbsp.** chili powder
- **1 tsp.** cayenne pepper
- **1 tsp.** dried oregano
- **2 Tbsp.** tomato paste
- **3 cups** low-sodium chicken broth
- **1 (15-oz.)** can cannellini beans, rinsed, drained
- **1 (15-oz.)** can diced tomatoes
- **1 large bunch** Tuscan kale stems and large center ribs removed, leaves torn into pieces
- Sour cream for topping (optional)
- Kosher salt



Directions

Step 1 -In a large pot or Dutch oven over medium heat, heat oil. Add sausage and cook, stirring occasionally, until browned and cooked through, about 6 minutes. Add onion, bell pepper, garlic, chili powder, cayenne, and oregano; season with salt. Cook, stirring, until tender, 6 to 7 minutes. Add tomato paste and cook, stirring, until slightly darkened, about 1 minute.

Step 2 -Add broth, beans, and diced tomatoes and bring to a boil. Reduce heat to medium-low, bring to a simmer, and add kale; season with salt. Simmer, stirring occasionally, until chili is thickened, about 30 minutes.

Adapted by: Delish

Easy, Creamy Pumpkin Sage Soup (with canned pumpkin)

This Easy, Savory Pumpkin Soup Recipe takes only 15 minutes since it uses canned pumpkin puree, flavored with fresh sage and pumpkin pie spice.

Prep Time 5 minutes

Cook Time10 minutes
Servings: 4 servings

Total Time15 minutes



Ingredients

- 2 tablespoons butter
- 1 onion diced (*yellow, white, or sweet*)
- 1 tablespoon chopped fresh sage (*or 1 teaspoon dried*)
- 1 teaspoon pumpkin pie spice
- 4 cups chicken or vegetable broth
- 30 oz. pumpkin puree (*two small or one big can, or homemade*)
- 1/2 cup heavy cream
- kosher salt and black pepper to taste
- more fresh sage, heavy cream, and fresh cracked pepper for garnish (*optional*)

Instructions

1. In a large pot, melt the butter (*2 tablespoons*) over medium heat. Add the diced onion and sauté until softened and starting to brown. Add the chopped fresh sage (*1 tablespoon*) and pumpkin pie spice (*1 teaspoon*) and stir until onions are coated and spices are fragrant.
2. Add the chicken or vegetable broth (*4 cups*) and the pumpkin puree (*30 oz.*). Bring to a gentle boil. Turn off the heat and puree the soup, using an immersion blender or standing blender. Stir in the heavy cream (*½ cup*). Season to taste with kosher salt and black pepper.
3. Serve, garnishing with fresh cracked pepper, fresh sage, and a swirl of heavy cream if you like.

Notes

- **Make it vegan:** make sure to use vegetable broth, use olive oil or coconut oil instead of butter, and use a can of full-fat coconut milk instead of heavy cream.
- **Leftovers can be frozen** in an airtight container for up to 6 months, **or refrigerated** for up to 3-5 days.
- **Soup too thin or thick?** If it's too thin, let it simmer for a while (*before adding the cream*) until it thickens. If it's too thick, just add more broth or some water.
- **Use fresh pumpkin** by peeling and dicing it and adding it to soup after bringing the broth to a boil. Simmer until the pumpkin is tender then use your immersion blender or standing blender to puree it. You can also roast the pumpkin and then add it to the soup as well.
- **Like things sweet?** Add 1-2 tablespoons of honey, maple syrup, or brown sugar to the soup to add a hint of sweetness.

Nutrition Serving: 2cups | Calories: 276kcal | Carbohydrates: 24g | Protein: 8g | Fat: 19g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 56mg | Sodium: 144mg | Potassium: 711mg | Fiber: 7g | Sugar: 9g | Vitamin A: 33704IU | Vitamin C: 11mg | Calcium: 99mg | Iron: 4mg

Adopted from: www.bowlsofdelicious.com/pumpkin-soup/



Catherine's Corner

Catherine Keating, RDN CDN Certified Dietician Nutritionist

TIPS,
NUTRITION, &
WELLNESS



Fall Nutrition Tips for Seniors: Boosting Health with Seasonal Foods

1. Take Advantage of Seasonal Produce
Eating what's in season isn't just fresher—it's also more nutrient-rich and affordable. Farmers' markets and grocery stores are brimming with fall favorites that pack a nutritional punch:

- Apples** – High in fiber and antioxidants, apples support heart health and digestion. Try them baked with a sprinkle of cinnamon for a cozy, low-sugar dessert.
- Pumpkin** – Loaded with vitamin A and potassium, pumpkin supports vision and healthy blood pressure. Add puréed pumpkin to oatmeal or smoothies.
- Sweet Potatoes** – A great source of fiber, beta-carotene, and vitamin C, sweet potatoes can replace white potatoes for a more nutrient-dense option.
- Squash and Root Vegetables** – Butternut squash, carrots, and beets are full of immune-boosting nutrients and can be roasted or blended into soups.
- Leafy Greens** – Kale, Swiss chard, and spinach are still in season and help maintain bone health thanks to calcium and vitamin K.

When possible, shop local produce markets—fresh, locally grown foods are not only delicious but also support the community.

2. Warm Up with Soups and Stews
As the temperatures drop, a hearty soup can become both a comfort and a health booster. Soups are an easy way to pack in vegetables, lean proteins, and grains—perfect for seniors who may have smaller appetites.

Consider these ideas:

- Hearty Vegetable Soup** – Combine seasonal veggies like carrots, potatoes, and kale with a low-sodium broth for a filling meal.
- Lentil or Bean Soup** – High in fiber and plant-based protein, legumes help manage blood sugar and cholesterol.
- Chicken and Wild Rice Stew** – A cozy classic that provides lean protein and essential B vitamins.

Care Tip: Prepare soups in large batches and freeze single servings for quick, easy meals that don't compromise on nutrition.

3. Focus on Immune-Boosting Foods
Cold and flu season often peaks in the fall, making immune health a top priority for older adults. A diet rich in vitamins and minerals helps strengthens natural defenses.

- Vitamin C:** Found in oranges, bell peppers, and broccoli.
- Zinc:** Found in beans, nuts, and whole grains.
- Vitamin D:** Especially important in the darker months—found in fortified dairy or plant-based milks and safe sun exposure when possible.
- Probiotics:** Found in yogurt, kefir, and fermented foods like sauerkraut, which support gut and immune health.

In Summary - Fall is a beautiful reminder that change can be nourishing. By embracing the season's natural abundance, seniors can strengthen their bodies, lift their spirits, and enjoy a richer, more flavorful approach to wellness.

Adapted from: CarePatrol of East Ohio



Catherine's Corner

Catherine Keating, RDN CDN Certified Dietician Nutritionist

TIPS,
NUTRITION, &
WELLNESS



November is National Diabetes Month

A time when communities across the country seek to bring attention to diabetes. This year's focus is on acting to preventing diabetes. The good news: Taking charge of your health may help you prevent diabetes health problems.

Tips to get started

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

Manage your blood glucose, blood pressure, and cholesterol levels.
Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs. Ask your health care team what your ABCs goals should be.

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

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

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

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

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

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

Adopted by: NIH





5 Christmas Safety Tips for Seniors to Enjoy the Holidays

The Christmas season is a time of joy, connection, and celebration. For seniors, however, the hustle and bustle of the holidays can sometimes pose unique challenges. Here are five essential Christmas safety tips for seniors to make the most of the season while staying safe and healthy.

1. Bundle up to Stay Warm - Winter weather can be unpredictable and harsh. Seniors are especially susceptible to the dangers of cold temperatures, including hypothermia and frostbite. To stay warm:

- Dress in layers, including hats, scarves, and gloves.
- Limit time outdoors during extreme cold or icy conditions.
- Keep your home's temperature consistent and use blankets to stay cozy indoors.

2. Enjoy Holiday Meals Mindfully - Holiday gatherings often come with delicious feasts and sweet treats. While indulging is part of the fun, maintaining a balanced diet is essential for seniors. Here's how to enjoy the best of both worlds:

- Include nutrient-rich foods like vegetables, whole grains, and lean proteins in your meals.
- Limit sugary and high-fat dishes to avoid energy crashes or health issues.
- Stay hydrated by drinking plenty of water, especially if you're enjoying caffeinated or alcoholic beverages.

3. Stay Connected and Socialize Safely - The holidays are about spending time with loved ones, but for some seniors, this season can bring feelings of loneliness. Combat isolation by:

- Attending family gatherings or holiday events.
- Using technology, like video calls or social media, to connect with friends and family.
- Participating in community activities designed for seniors, such as holiday craft workshops or virtual meetups.

4. Prioritize Home Safety - Decorating your home can bring festive cheer, but it's crucial to prioritize safety:

- Avoid tripping hazards by keeping walkways clear of decorations and wires.
- Use LED lights, which stay cool and reduce the risk of fire hazards.
- Ensure proper installation of Christmas trees to prevent tipping.
- Check smoke detectors and carbon monoxide alarms to ensure they're functioning properly.

5. Maintain Your Health Routine - Amid the excitement of the holidays, it's easy to let health routines slide. To stay on track:

- Stick to your regular medication schedule and avoid skipping doses.
- Attend any scheduled doctor's appointments or check-ups.
- Take time to rest and recharge to avoid holiday-related fatigue or stress.

Prioritize a mix of gentle movement, comforting nostalgic activities, and community connection to create a festive season filled with Good Health and Happiness.
Adapted from: Girling Healthcare



November 2026				
Warren/Hamilton Counties Office for the Aging				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2	November 3	November 4	November 5	November 6
Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
November 9	November 10	November 11 Veterans Day	November 12	November 13
Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	Manicotti with Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	 Meal Site Closed	Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
November 16	November 17	November 18	November 19	November 20
BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	CHEF'S CHOICE	Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Thanksgiving Dessert	Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Happy Birthday Birthday Cake
November 23	November 24	November 25	November 26 Happy Thanksgiving	November 27
Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	Beef Stroganoff over Noodles Broccoli Apple Crisp	 Meal Site Closed	Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
November 30				
Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple				

Menus are subject to change without notice!

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

October 2026				
Warren/Hamilton Counties Office for the Aging				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1	October 2
			Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 5	October 6	October 7	October 8	October 9
Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	Manicotti with Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	CHEF'S CHOICE	Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
October 12 Columbus Day	October 13	October 14	October 15	October 16
 Meal Site Closed	Quiche of the Day California Medley Muffin of the Day Fresh Fruit	Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Happy Birthday Birthday Cake
October 19	October 20	October 21	October 22 Staff Training	October 23
Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin <i>this will be October 27th meal</i>	Beef Stroganoff over Noodles Broccoli Apple Crisp	 Meal Site Closed	Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
October 26	October 27	October 28	October 29	October 30
Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	Hungarian Goulash Japanese Medley Beets Mandarin Orange	Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake

Menus are subject to change without notice!

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

December 2026				
Warren/Hamilton Counties Office for the Aging				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 1	December 2	December 3	December 4
	Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	Hungarian Goulash Japanese Medley Beets Mandarin Orange	Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
December 7	December 8	December 9	December 10	December 11
Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
December 14	December 15	December 16 CHRISTMAS DINNER	December 17	December 18
Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	CHEF'S CHOICE	Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	Manicotti with Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
December 21	December 22	December 23	December 24	December 25 Christmas
BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	Quiche of the Day California Medley Muffin of the Day Fresh Fruit	Roast Pork Loin with Gravy Mashed Potatoes Green Beans Happy Birthday Birthday Cake	Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	 Meal Site Closed
December 28	December 29	December 30	December 31	
Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	Beef Stroganoff over Noodles Broccoli Apple Crisp	Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	

Menus are subject to change without notice!

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