

NEWSLETTER FOR SENIORS



Warren/Hamilton Counties Office for the Aging

1340 State Route 9, Lake George, NY 12845

Office 518-761-6347

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Toll Free 888-553-4994

NY Connects 866-805-3931

SPRING EDITION

2026

APRIL, MAY, JUNE

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

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

HAPPY NATIONAL VOLUNTEER WEEK



Volunteers are the Heart of OFA
 April 19th– 25th
 Thank you for your Service!

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

Important Reminders for Nutrition Program

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

In the event the client is not home, we will try calling the client and/or their emergency contacts. If the client cannot be located and the hospital cannot confirm admission, the Sheriff will be notified for a welfare check. After 3 failed delivery attempts within one year, meal service will be discontinued.

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

Meal Site Numbers:

Cedars: (Glens Falls/Queensbury) 518-832-1705
 Bolton Landing: 518-644-2368 Indian Lake: 518-648-5412
 Lake Pleasant/Wells: 518-924-4066 Johnsbury: 518-251-2711
 Lake Luzerne: 518-696-2200 Long Lake: 518-624-5221
 Solomon Heights: 518-832-1705 Warrensburg: 518-824-6662

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



MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:

April 30th-Staff Training
 May 25th- Memorial Day
 June 19th-Juneteenth

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.



The Alzheimer's Disease Caregiver Support Initiative (ADCSI) 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.

What Services are Available?

Caregiver Assessments: Caregiver assessments include planning, troubleshooting, follow-up, education, and support for the caregiver and/or family members of people with Alzheimer's disease or other forms of dementia.

Education and Training: Education and training is available to help caregivers of individuals with dementia to increase their skills and wellness. We offer online training as well as in-person classes and workshops. Education programs are offered in collaboration with the Alzheimer's Association of NENY.

Project Lifesaver: Project Lifesaver will be offered to individuals with dementia who are at risk of wandering. A small, personal transmitter can be worn on the wrist or ankle, allowing local authorities to track missing persons using radio frequency.

Support Groups & Memory Cafes: Caregivers can share ideas and experiences with other caregivers and family members of people with dementia. Memory Cafes feature light refreshments, a social hour, creative art projects, or group activities for individuals with Alzheimer's disease and other forms of dementia and their caregivers.

In-Home Fall Prevention: Free assessments are available through a trained specialist to maximize in-home safety and reduce the number of injuries sustained by common fall hazards.

Caregiver Wellness: The Wellness Program encourages support and engagement between caregivers through activities designed to promote emotional and/or physical well-being. These activities focus on the following categories of wellness: physical/relaxation, cognitive stimulation/learning, diet/nutrition, and social engagement. Activities may include weekly participation in classes such as tai chi, while others might occur on a monthly or seasonal basis, such as cooking classes and museum visits.

Respite: Respite offers relief to caregivers who provide care and support to people with dementia. Respite allows caregivers to safely leave their homes for short or long periods while a respite provider delivers care. Respite can include overnight stays and is provided by volunteers or paid individuals. Respite may be provided in a recipient's home, an adult day program, or another residential facility. Respite through ADCSI is designed for occasional use and is issued on a case-by-case basis. *Employment opportunities are available for respite providers at \$20/hr.*

Getting Started: Call our administrative office, located on the SUNY Plattsburgh campus, at 1-800-388-0199 to be connected with a Care Navigator located in your region. ADCSI maintains offices in Plattsburgh, Malone, and Queensbury. In-office visits are not required; our staff will travel to locations most convenient to you!

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.



Center of Excellence for Alzheimer's Disease at Glens Falls Hospital

The Center of Excellence at Glens Falls Hospital offers an interdisciplinary approach to diagnosing and managing Alzheimer's disease and related dementias. Our team is comprised of specialists who are trained to assess patients affected by cognitive decline, and offers a care management component to support the patient and caregiver when a diagnosis is made. The mission of the Center of Excellence is to promote earlier diagnosis, support patients and caregivers, act as a conduit to community resources, and serve as a leader in education for providers, patients and families.

Dementia refers to a group of conditions where there is a progressive decline in memory and other brain functions. Dementia is not a disease; it is a symptom of an underlying brain disorder.

Conditions that can cause Dementia include:

- Alzheimer's disease
- Frontotemporal dementia
- Lewy body dementia
- Parkinson's disease
- Wernicke-Korsakoff syndrome
- Huntington's disease
- Creutzfeldt-Jakob disease

Appointments require a referral from a primary care provider. After the referral is received, our office will reach out to schedule an appointment.

To check the referral status, patients can call Glens Falls Neurology at 518-926-2940.

Early Warning Signs of Alzheimer's & Dementia:

The Alzheimer's Association has listed ten early warning signs of Alzheimer's disease and dementia. They encourage you to contact your physician if you notice any of these signs:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images or spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Adopted by: Center of Excellence at Glens Falls Hospital - Albany Med Health System

(Source: Alzheimer's Association)



NYSOFA and AAANYS is Empowering Older New Yorkers to Fight Scams and Fraud

PROTECT YOURSELF FROM SCAMS IN MINUTES

- Instant scam checks by text or email-NO app required
- Personalized guidance to help you stay safe
- Easy reporting to FBI and FTC

Ask about a **FREE 1-year subscription** through OFA

SilverShield is for someone who...

Typically deals with scams on their own	Frequently faces suspicious scenarios	Has been previously targeted by scams
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Call the Warren/Hamilton Counties Office for the Aging for more information at (518) 761-6347

SUDOKU

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



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Attention Veterans & Surviving Spouses

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

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

WARREN COUNTY VETERAN'S SERVICES
518-761-6342

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

Senior Centers/Organizations

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

Johnsburg Senior Citizens Association 3584 State 28, North Creek 518-683-5916	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. Graphite Mountain Rd, Hague 518-543-6502	Queensbury Senior Citizens, Inc. 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!
In your Community

2025 YEAR IN REVIEW

- 103,450 MEALS SERVED TO OUR SENIORS
- 77 TRIPS IN COLLABORATION WITH THE VA OFFICE FOR SOCIAL TRANSPORTATION TO NORTHERN WARREN COUNTY
- 2,941 INDIVIDUAL HIICAP CLIENT CONTACTS
- 36 LEGAL AIDE REFERRALS
- 44 PERSONAL EMERGENCY RESPONSE (PERS) UNITS PROVIDED
- 7,236 HOURS PROVIDED TO CLIENTS FOR PERSONAL CARE & RESPITE
- 56 REFERRALS MADE FOR EXPANDED IN-HOME SERVICES FOR ELDERLY PROGRAM (EISEP)

CONTACT OFA TO INQUIRE ABOUT THE PROGRAMS WE OFFER!
518-761-6347

HIICAP Corner
Medicare Information and Updates

Medicare Hot Topics

2026 Income Limits for the Medicare Savings Program

Program	New York gross monthly income limits		New York asset limits	
	Individuals	Couples	Individuals	Couples
QI	\$2,494	\$3,375	No limit	No limit
QMB	\$1,856	\$2,509	No limit	No limit
Medicaid	\$1,856	\$2,509	\$33,038	\$44,796

Medicare Savings Program benefits:

- No Part B premium (currently \$202.90/month)
- Removal of Part B Late Enrollment Penalty
- Automatic Enrollment into Extra Help, which provides savings for Part D prescriptions:
 - *No Part D deductible
 - *Medication costs capped at \$12.65, all tiers on formulary of current Part D plan
 - *Removal of Part D Late Enrollment Penalty

Medicare Fun Facts

- Medicare does not offer a family plan. Every Medicare beneficiary needs to enroll individually.
- Social Security assists with enrollment and payments for Medicare, but do not provide coverage information. Beneficiaries must contact Medicare or their Medicare plan for support.
- Not all of those eligible for Medicare need to enroll. Those eligible for Medicare that have active employer insurance MAY be able to defer enrollment into Medicare.
- Medicare terms that mean the same thing:
 Part A = Hospital Coverage; Part B = Medical Coverage; Part C = Medicare Advantage;
 Part D = Prescription Coverage; Medicare Supplement = Medigap;
 Original Medicare (Parts A and B) = Traditional Medicare; Extra Help = Low Income Subsidy

This project was supported in part by the U.S. Administration for Community Living, Dept. of Health and Human Services, and the NY State Office for the Aging.



HIICAP Corner Medicare Information and Updates

How do I Stop Unwanted Outreach from Medicare Advantage Companies?

Many people experience unsolicited advertisements or other communication from Medicare Advantage Plans as they approach Medicare eligibility. These calls can be overwhelming, especially when you're trying to make informed decisions about your healthcare coverage.

If you are receiving unwanted marketing calls from insurance companies, you can register with the **Do Not Call Registry**. This is a free federal service that stops sales calls from legitimate businesses that follow the law. However, keep in mind that you may still get calls from scammers or those not following the rules. Join the list at www.donotcall.gov or by calling **1-888-382-1222** from the phone you want to register.

If you are getting repeat calls from the same callers, you should block those specific phone numbers. Also know that by engaging with these callers, you may get more calls in the future. So when possible, do not pick up calls that are likely unwanted, hang up immediately if you realize this is a call that you didn't want to get, and report the number to the Federal Trade Commission at www.donotcall.gov.

It is also helpful to be aware of Medicare marketing rules that private plans must follow when promoting their products. These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits. Medicare private plans can market their plan through direct mail, radio, television, and print advertisements. Agents can also visit your home if you invite them for a marketing appointment.

However, insurance agents cannot:

- Call you if you didn't give them permission to do so
- Visit you in your home, nursing home, or other place of residence without your invitation (An invitation may be signing and returning a postcard you received in the mail)
- Offer you gifts or prizes worth more than \$15 to encourage you to enroll
- Market their plans at educational events or in health care settings (except in common areas)
- Sell you life insurance or other non-health products at the same appointment (known as cross-selling), unless you request information about such products
- Use the term "Medicare-endorsed" or suggest that their plan is a preferred Medicare plan
- *Plans can use Medicare in their names as long as it follows the plan name (for example, the Acme Medicare Plan) and the usage does not suggest that Medicare endorses that particular plan above other Medicare plans
- Imply that they are calling on behalf of Medicare

If Medicare Advantage Plans or their agents engage in prohibited activity, you can report that behavior to the **NYS Senior Medicare Patrol (SMP)** at **1-800-333-4374** and to **1-800-MEDICARE (633-4227)**.



WARREN COUNTY HEALTH SERVICES

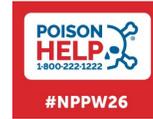


UPSTATE NEW YORK
POISON CENTER

Did you know that unintentional poisoning is the leading cause of injury-related death in the United States? The Upstate New York Poison Center is a free helpline for poison emergencies and questions. From exposure to medications, household products, personal care items, plants, and more – our toxicology experts are here for people of all ages, 24/7. Our team of nurses, physicians, and pharmacists provide fast, free, and confidential advice that can help keep people safe, avoid unnecessary visits to the emergency room, and reduce healthcare costs.

To help prevent poisonings, be sure to:

- Store medicine and products up, away, out of sight and reach of children
- Keep all medicine and products in their original, labeled containers
- Read the label and follow directions on all products
- Dispose of expired or unused medicine safely



For more information, visit our website www.upstate.edu/poison and follow us on social media @UpstatePoison. Save our number (1-800-222-1222) by scanning the QR Code.



WARREN/WASHINGTON RSVP

MEDICAL TRANSPORTATION

Are you unable to get to medical appointments due to lack of transportation?

RSVP can help. We have senior volunteers who provide rides to other seniors in our community.

- Medical appointments
- Lab work/ Physical Therapy
- Vaccinations/ Prescription pick up
- Dental Appointments
- Vision appointments

518-743-9158
Transportation@warrenwashingtonnys.org

Countryside Adult Home

A Caring Community in Warrensburg

If you're thinking about senior residential care, respite stays, or adult day services, be sure to learn about Countryside Adult Home, a warm and supportive adult home located at 353 Schroon River Road, Warrensburg, NY 12885.

About the Home:
Countryside is a public, non-profit adult residential care facility licensed by the New York State Department of Health and operated by Warren County. The facility has a 48-bed capacity and provides long-term residential care and personal support for adults who do not require around-the-clock skilled nursing care.

Comfort, Care & Community:
The home's mission is to offer quality, compassionate care in a peaceful mountain setting where residents are treated with dignity and respect. A dedicated, experienced staff is available 24 hours a day to assist with personal care and supervision.

Services & Amenities Include:

- Three nutritious home-cooked meals and snacks daily
- Assistance with daily living (bathing, dressing, medication management)
- Activity programs designed to promote physical, social, and emotional well-being (arts & crafts, exercise, games, outings, picnics)
- Transportation services for medical appointments, shopping, and local trips
- Adult day care program – social model available Monday–Friday for seniors who enjoy daytime activities and companionship
- Respite care options for caregivers needing temporary support
- On-site beauty/barber services, laundry, Wi-Fi, and religious services

A Renewed Facility:
Recent renovations have modernized the building — including a new dining area, activity spaces, and resident lounges — enhancing comfort and community life.

Contact & Visits:
To inquire about placement, tours, or eligibility, call (518) 623-3451. Visits are welcome (appointments not always required).

Whether you're exploring long-term residential care or looking for engaging daytime programs, Countryside Adult Home provides a nurturing environment for seniors in the North Country.

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

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

Wishing our volunteers a Happy Birthday!

<p>April</p> <p>Dorothy Petrie-6 Karen Hutchins-7 Bernice Mennis-7 Sharon Clark-20 Kathy Hutchins-29</p>	<p>May</p> <p>Diane Collins-6 Tom Ives-9 Gary Brown-22 Nancy Stedman-24 Gary Constant-27 Mary Orange-28 Theresa Devlin-31</p>	<p>June</p> <p>Janet Early-2 Seth Vanderkar-5 Leanna Lenhart-10 Mary Osborne-25 Lloyd Burch-25 Tom Judkins-27 Francis Angelo-28</p>
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All of our generous volunteers are appreciated!



Friendly Calls Testimonials

What People Are Saying?

"What a wonderful program... Friendly Calls has been great! Just love hearing from my new "friend" every week! Feels like we've been friends for a long time. Getting to know her and her experiences have been fun. Such an uplifting woman!"

"This has been a much appreciated service from the County, and I believe it's a much needed service. Especially for folks that don't have families or many other people who take their time to brighten their day."

"The Friendly Calls Program, I believe, is a valuable asset for the aging community. For those who are isolated, the program helps them maintain a sense of balance and a sense of connectedness to their community."

Make a Difference from Home: Join Our Friendly Calls Program

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

Would you enjoy **receiving a friendly phone call** or offering one to someone who needs it?

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



Why Volunteer?

- Brighten someone's day with a simple conversation.
- Build connections and foster community—even from home.
- Make a real difference in a manageable time commitment: Dedicate 20-30 minutes per week for 8 weeks.

Interested in Receiving Calls? Reasons to Participate Include:

- An interest in meeting new people.
- A desire to share and reflect on stories and life lessons.
- A need or preference for activities and social opportunities that can take place from home.

Whether you'd like to **volunteer** or **receive calls**, we'd love to hear from you! Sign up today and help create a network of care and companionship.

Ready to Get Started? Call Warren/Hamilton Office for the Aging at 518-761-6347



What can travel around the world while staying in a corner?
I have branches, but no fruit, trunk or leaves. What am I?
What is always in front of you but can't be seen?

All Things Spring

ANT
APRIL
BABY ANIMALS
BASEBALL
BEE
BIKE RIDE
BIRD
BLOOM
BREEZE
BUNNY
BUTTERFLY
CAMPING
CHICK
CHIRPING
DUCKLING
EARTH
EGG
FAWN
FLY
FRESH AIR
FROG
GALOSHES
GARDENING
GRASS
GREEN
GROUNDHOG
HAPPY
HAT
HATCH
HOPE
INSPIRE
JUNE
KITE
KITTEN
LAMB
MAPLE
MARCH
MAY
MELT
NEST
PASTEL
PEACEFUL
PICNIC
PLAY
PLEASANT
PRETTY
PUDDLE

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

PUPPY
PURE
RABBIT
RAIN BOOTS
RAINBOW
RAINCOAT
RENEWAL
ROBIN
ROMP

SAPLING
SHOWERS
SUNSHINE
TADPOLE
THAW
TREE
UMBRELLA
WARM
WIND



Riddle Answers: A Stamp, A Bank, The Future



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.

Give us a call and let us show you how SAIL Helps:
(518) 792-3537 or SAILhelps.org

The Caregiver Column

Managing Emotions: A Series For Caregivers

Being a caregiver comes with a myriad of emotions. In this series, we will look at some of those emotions, and ways to understand and manage them. Remember, feelings are never wrong, they are lessons, ideas, and insight, but not wrong!

Anger is a completely normal part of our life. We get angry about being stuck in traffic, running out of milk, or stubbing our toe. Feeling "angry" can be a catch-all emotion for some feelings that are sometimes more nuanced and harder to name. Are you really angry about being caught in a traffic jam, or are you frustrated because you're going to be late for a meeting? Are you angry about not having milk or annoyed with yourself for forgetting to stop at the store? Are you angry about stubbing your toe or are you in pain? Very often, emotions like guilt, fear, sadness, or even physical pain can present as feelings of anger.

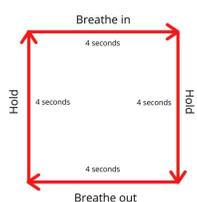
The most important thing to do is identify what you are REALLY feeling and why, and then address what you can do, if anything to alleviate those feelings. One thing that has been shown to regulate the nervous system is "box breathing". The diagram at the right will walk you through the process. Remember, your feelings are valid, and learning how to manage them is something we can do at any age!

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

*"Feelings are some-
thing you have, not
something you are."*
~Shannon L. Alder



*Please only engage in box breathing to your comfort level!



Any Fruit Crisp

This light, tart dessert has rolled oats, a touch of brown sugar, and whatever fresh fruit your heart desires!

This easy-peasy "recipe" works with whatever's in season (or in the fridge). Fruit crisps seem a lot more difficult than they really are. It's a bit of tossing together with a bit of baking, with no extra bother. This customizable recipe allows you to do whatever you want with it!

Yields: 6 - 8 servings Prep Time: 10 mins Total Time: 40 mins

Ingredients

- 1/2 cup (1 stick) unsalted butter, melted, plus more at room temperature for baking dish
- 7 cups cut fruit of choice, frozen or fresh
- 2 Tbsp. granulated sugar
- 2 Tbsp. cornstarch
- 1/2 tsp. kosher salt
- 1 cup old-fashioned rolled oats
- 1/2 cup packed light brown sugar
- 1/2 cup all-purpose flour spooned and leveled
- Whipped cream or ice cream, for serving

Think
Spring!

Directions

1. Preheat oven to 425°F. Lightly butter a 10-inch ovenproof skillet or 9-by-13-inch baking dish. Add fruit, granulated sugar, cornstarch, and salt to skillet and toss to combine.
2. Stir together oats, light brown sugar, and flour in a bowl. Stir in melted butter until fully combined and crumbly. Pour over fruit, trying to cover most of it.
3. Bake until topping is golden brown and fruit is bubbling, 30 to 35 minutes. Let sit for 10 minutes before serving. Serve with whipped cream or ice cream.

Adopted by: Country Living

Spring Veggie Pasta

Yields: 4 servings Total Time: 30 mins

Packed with asparagus, leeks, garlic, and lemon, we'll be eating this easy vegetarian dinner all season. Or you can also serve it with chicken, sausage, seafood, or steak. Pass the Parmesan, please!

INGREDIENTS

- 12 oz. fettuccine
- 1 lb. asparagus trimmed and sliced on a diagonal
- 1/4 cup olive oil divided
- 2 cloves garlic pressed
- 1 large leek, white and light green parts only, sliced into half-moons
- 2 Tbsp. fresh thyme leaves
- 1/8 tsp. red pepper flakes
- Kosher salt
- 1 Tbsp. grated lemon zest plus 3 Tbsp juice
- 2 oz. Parmesan shaved with peeler



DIRECTIONS

1. Cook pasta per pkg. directions, adding asparagus during last 2 minutes of cooking.
2. Meanwhile, in a large skillet, heat 2 Tbsp oil with garlic, leek, thyme, red pepper flakes, and 1/4 tsp salt on medium-low and cook, stirring occasionally, until very tender, 12 to 15 minutes.
3. Reserve 1 cup pasta cooking water, then drain pasta and asparagus and add to leek mixture. Add lemon juice, remaining 2 Tbsp oil, and 1/4 cup reserved cooking water, tossing to coat. Fold in half of Parmesan, adding more cooking water if pasta seems dry. Top with lemon zest and remaining Parmesan.

BY WOMAN'S DAY KITCHEN

Crunchy Chopped Salad

This chickpea-cabbage salad features carrots and cucumbers, giving it a quartet of ingredients that all begin with the letter "C"! This chopped salad is loaded with fiber and prebiotic chickpeas, promoting a healthy gut. Green cabbage keeps the color vibrant and fresh, though red cabbage works just as well.

Active Time: 20 mins Total Time: 20 mins Servings: 6

The C's rule in this Crunchy Chopped Salad! Crunchy antioxidant-filled cabbage, carrots and cucumber and creamy protein-rich chickpeas create the foundation for this chopped salad—and add fiber-filled gut benefits. Spicy red onion and herby fresh cilantro add more layers of flavor that are all brought together in the dressing that has the perfect balance of acidity and umami flavors. The white miso tames the strong tanginess of the vinegar and saltiness of the soy sauce while also complementing the warm brightness of the ginger. Keep reading for our expert tips, including the best way to grate ginger.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon cider vinegar
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon white miso
- 2 teaspoons grated lime zest
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 2 cups finely chopped green cabbage
- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- 1 cup finely chopped unpeeled, seeded cucumber
- 1 cup finely chopped carrots
- 1/2 cup minced red onion
- 1/4 cup chopped fresh cilantro



Directions

Whisk 3 tablespoons oil, 1 tablespoon each vinegar, soy sauce and miso, 2 teaspoons lime zest, 1 teaspoon each garlic and ginger, 1/2 teaspoon pepper and 1/4 teaspoon salt in a large bowl until combined.

Add cabbage, chickpeas, cucumber, carrots, onion and cilantro; toss until evenly coated. Serve immediately or cover and refrigerate for up to 5 days.

Adopted by: Eatingwell

CATHERINE'S CORNER *Catherine Keating, RDN CDN Certified Dietician Nutritionist*

Scientific Secrets to Healthy Aging

The second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines, but you can grow older with your body and mind as healthy as they can possibly be.

Here are science-backed secrets to do just that.

Take Stock -Staying on top of your health is much more than getting care when you don't feel good. See your doctor for regular checkups. (And don't forget about your dentist and eye doctor.) These visits can help find problems early or even before they start. The tests you need depend on things like your age, gender, family history, and whether you smoke or exercise.

Eat Whole Foods -It's more a way of eating than a formal diet. You load up on veggies, fruits, whole grains, nuts, and low-fat dairy. **You eat less** fatty meats, butter, sugar, salt, and ultra-processed packaged foods.

Many studies have found that this diet can help you live longer and protects against heart disease, cancer, Parkinson's, and Alzheimer's disease. Researchers believe one way it works is by physically changing parts of your chromosomes linked to age-related diseases.

Walk -Aim for 30 minutes every day. If that's too much, break it up into shorter strolls. Regular exercise—especially if you do it briskly enough to feel a little breathless—delivers huge health benefits. It helps keep brain cells healthy by delivering more blood and oxygen. In fact, research suggests aerobic exercise may delay or improve symptoms of Alzheimer's disease.

- It also helps:
- Boost your mood
 - Control your weight
 - Makes you less likely to get heart disease, type 2 diabetes, high blood pressure, and high cholesterol
 - Keep bones and muscles strong
 - Helps you sleep better

Try Tai Chi - This gentle Chinese exercise combines slow movements and deep breathing. It's like meditating while you move. Tai chi may help older people avoid falls, a top cause of injury among seniors.

- It also helps:
- Ease stress
 - Improve balance
 - Lessen arthritis pain
 - Increase flexibility
 - Strengthen muscles

Challenge Your Mind - Things like crossword puzzles, Sudoku, chess, or reading are all good for your brain. Keep learning and trying new things to boost your brainpower. It may help lower your chances of Alzheimer's disease.

Curb Bad Habits - Tobacco kills, it harms almost every organ in your body. Too much alcohol can harm your liver and cause some kinds of cancer.

Adopted By: WebMD

CATHERINE'S CORNER *Catherine Keating, RDN CDN Certified Dietician Nutritionist*

Tips for Older Adults to Stay Healthy and Active This Spring

Spring is here! The change of season often brings moments of reflection, and in this case, warmer weather and renewal. It's the perfect time of year to start anew and refocus your wellness priorities, whether that means eating better, exercising more, or both.

Here's how older adults can stay healthy and active this spring:

Eat Seasonal Foods

It's always important to eat well—with lots of nutrient-rich foods including **lean proteins, fruits and vegetables, whole grains, and low-fat dairy**, taking into account your health needs and goals. This spring add seasonal foods into your diet as well. When foods are growing in their peak season, they're fresh, taste best and are the most **nutritionally dense**.

Apples, avocados, bananas, kale, spinach, mushrooms, and other fruits and vegetables are all perfect foods to add to your meals in the coming weeks of spring. These foods are packed with nutrients, which are vital for our health as we age. For instance, **apples** are great for heart health and lung strength. Apples also can help lower the chance of Type 2 diabetes and ease age-related memory loss and Alzheimer's symptoms. **Kale** is one of the most nutrient-dense foods around! Among its many benefits, it can help lower cholesterol and the risk of heart disease. There are benefits to eating all of these foods year-round, but especially when it comes to your health as an older adult, get the most out of them this season!

Enjoy Exercise and the Outdoors

In addition to eating well year-round, it's important to exercise and spend time outdoors all year long. Springtime might come along with rainy weather, but it also comes with plenty of sunshine.

On inclement days, opt for indoor movement. **Doing a walking workout inside your home** provides beneficial exercise, and there are many great **seated exercises**, too. **Low-intensity exercises** are best for older adults to avoid injuries. If you're a beginner, remember to start slowly and build up your fitness level over time.

When the weather is nicer, opt for outdoor movement. Or simply enjoy the sunshine, which our body absorbs and makes into **vitamin D**—it's good for our health, especially our bones. But, always remember to wear sunscreen that **blocks both UVA and UVB rays**, to **reduce the risk of sunburn and skin cancer**.

Dehydration

As you get busy with spring cleaning and clearing your garden, pay attention to the early signs of dehydration. If you notice that your urine is dark yellow, your mouth and lips feel dry, or you feel more tired than usual, these are clear signs that you're not drinking enough fluids. Recovering from mild dehydration is relatively easy. Move indoors, rest, and drink plenty of fluids.

Adopted by: Shelby Fisk - Right at Home

CATHERINE'S CORNER *Catherine Keating, RDN CDN Certified Dietician Nutritionist*

How to Get More Probiotics into Your Diet

Our gut does more than digest food; it's a powerhouse for overall health, from boosting immunity to supporting mental well-being. Probiotics — the "good" bacteria in our systems — play a key role in maintaining this balance and are essential for keeping your body and mind thriving.

There are two ways to get more good bacteria into your gut: fermented foods and dietary supplements. Probiotic supplements, which are typically sold over the counter, are reserved to treat specific ailments as suggested by your doctor. They are not recommended for everyday use. Plus, supplements do not have the same FDA oversight as medications do.



Fermented foods, on the other hand, are an excellent natural source of probiotics. Fermenting is one of the oldest techniques for food preservation.

This process creates an environment that preserves the food and promotes beneficial enzymes, B vitamins, and omega-3 fatty acids, as well as various species of good bacteria. Another way to look at fermentation is that it takes one type of food and transforms it into another kind. For instance, cabbage becomes sauerkraut, cucumbers become pickles, soybeans turn into miso, and milk can be made into yogurt, cheeses, and sour cream.

Not all fermented foods contain probiotics. Some foods undergo steps that remove the probiotics, as with beer or wine, or make them inactive, like baking and canning.

Good probiotic food choices

The most common fermented foods that naturally contain probiotics, or have probiotics added to them, include yogurt, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread, and some cheeses.

Yogurt is considered the go-to player of probiotic foods because it has a flavor and texture that are generally appealing to Western palates. The number and type of bacteria species can vary depending on the yogurt brand. The probiotic content of yogurt products can range from 90 billion to 500 billion CFU per serving. (CFU stands for colony-forming units, which is how many bacteria divide and form colonies.) Look for the words "live and active cultures" on the label.

It's easy to add yogurt to your diet. Besides having it for breakfast or a midday snack, you can substitute yogurt whenever you use mayonnaise in egg salad or potato salad, or in almost any baking recipe. Yogurt also can be the basis for sauces, salad dressings, or marinades.

How many probiotic foods do you need? That's not easy to answer, as there is no recommended daily intake for probiotics, so there is no way to know exactly which fermented foods or what quantity is best. Therefore, the general guideline is to just add as many fermented foods to your daily diet as possible.

Adopted By: Harvard Medical School



April 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		April 1 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Dinner Roll Easter Dessert	April 2 American Goulash Broccoli Corn Chilled Pineapple	April 3 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
April 6 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	April 7 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	April 8 Pork Chops Sweet Potatoes California Medley Chilled Pears	April 9 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	April 10 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
April 13 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	April 14 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	April 15 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	April 16 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	April 17 Cold Plate Chef Salad – (Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/ Frosting Happy Birthday!!
April 20 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	April 21 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	April 22 Spanish Rice with Beef Italian Veggies Corn Bread Fruited Gelatin	April 23 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	April 24 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches
April 27 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	April 28 CHEF'S CHOICE	April 29 Meat Lasagna Green Beans California Medley Mandarin Oranges	April 30 Meal Site Closed Staff Training 	

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!



May 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				May 1 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
May 4 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	May 5 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	May 6 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin	May 7 American Goulash Broccoli Corn Chilled Pineapple	May 8 Happy Mother's Day Pork Chops Sweet Potatoes California Medley Mother's Day Dessert
May 11 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	May 12 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	May 13 Chicken & Stuffing Casserole Oriental Veggies Carrots Fresh Fruit Tropical Fruit Cup	May 14 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	May 15 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
May 18 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	May 19 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	May 20 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	May 21 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	May 22 Memorial Day BBQ Hot Dog/Bun Baked Beans Hot German Potato Salad Memorial Day Dessert
May 25 Meal site Closed Memorial Day 	May 26 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	May 27 Spanish Rice with Beef Italian Veggies Corn Bread Fruited Gelatin	May 28 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	May 29 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Birthday Cake w/ Frosting Happy Birthday!!

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Caution contents will be hot!



June 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 1 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	June 2 CHEF'S CHOICE	June 3 Meat Lasagna Green Beans California Medley Mandarin Oranges	June 4 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	June 5 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
June 8 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	June 9 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	June 10 Pork Chops Sweet Potatoes California Medley Chilled Pears	June 11 American Goulash Broccoli Corn Chilled Pineapple	June 12 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
June 15 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	June 16 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	June 17 Happy Father's Day Meatloaf Mashed Potatoes Winter Squash Apple Crisp	June 18 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	June 19 Meal Site Closed Juneteenth
June 22 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	June 23 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	June 24 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	June 25 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	June 26 Cold Plate Chef Salad – (Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/ Frosting Happy Birthday!!
June 29 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	June 30 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit			

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