

NEWSLETTER FOR SENIORS



Warren/Hamilton Counties Office for the Aging

1340 State Route 9, Lake George, NY 12845

Office 518-761-6347

Fax 518-761-6344

Toll Free 888-553-4994

NY Connects 866-805-3931

SUMMER EDITION

2026

JULY, AUGUST, SEPTEMBER

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Meal Site Staff

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 Mary Hutchins Jan Gardner
 Linda Johnson Kathy Simon
 Jessi Ostrander



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

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



Fall Festival

Please Note
NEW LOCATION!
 North Creek Ski Bowl
 Town Park

More Information on Page 11



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 Indian Lake: 518-648-5412
 Lake Pleasant/Wells: 518-924-4066 Johnsburg: 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:

Friday, July 3rd
 Independence Day (observed)

Monday, September 7th
 Labor Day

Thursday, September 24th
 Senior Fall Festival (Rain Date Sept 25th)



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.

happy 4th of july
 INDEPENDENCE DAY



America's Semiquincentennial

As our nation marks the 250th anniversary of it's founding, we can celebrate by visiting the many attractions across New York State that honor our history. There are abundant

opportunities to explore historic sites, museums, and battlefields as well as cultural and artistic venues through the Empire State. Whether looking back to Revolutionary times or enjoying the many scenic and local communities of our area, the 250th anniversary of the United States is a great time to honor all that NYS has to offer.

Check with your local town office for any celebrations scheduled in your area. NYS and individual counties may also have events planned for residents to enjoy. Visit the following websites for organized events:

- www.iloveny.com—Guide to NYS's Can't-Miss America 250 Events
- www.warrenny250.com
- www.saratoga250.com
- www.hamiltoncountyhistorian.org/250-events
- www.experienceouradirondacks.com/events/summer-events-festivals
- America250.org



Benefits of Feeding the Birds

Few sights are as peaceful and uplifting as birds gathering in a garden, park, or backyard feeder. Feeding birds is more than just a pleasant hobby—it offers important benefits for wildlife, the environment, and even human well-being. Across cities, suburbs, and rural areas, bird feeding helps support local bird populations while bringing people closer to nature.

Research has shown that 70% of people who engage with birds in their yard will experience a lower risk of anxiety and stress. According to environmental psychologist at the University of Washington Gregory Bratman, "Evidence is there to support the conclusion that contact with nature benefits our mood, our psychological well-being, our mental health, and our cognitive functioning". Bird feeding encourages people to spend more time outdoors and pay attention to seasonal changes in nature. For elderly individuals or people with limited mobility, birdwatching from a window can provide comfort, entertainment, and a sense of connection to the natural world.

While feeding birds has many benefits, it is important to do so responsibly. Feeders should be cleaned regularly to prevent the spread of disease. Using quality birdseed and placing feeders in safe locations away from predators helps keep birds healthy.

Feeding the birds is a simple activity with far-reaching benefits. It supports wildlife survival, provides educational opportunities, and improves human well-being. Whether through a small window feeder or a large backyard feeding station, people who feed birds contribute to a healthier relationship between humans and nature. In return, birds bring beauty, song, and life into everyday surroundings.



Sources include: audubon.org; wbf.org



HOME FIRE SAFETY TIPS

FIRE IS HOT, FAST, DARK, AND PRODUCES DEADLY SMOKE AND GASES
 Within a couple of minutes, the temperature in a room with a fire can reach well over 1000 degrees. You cannot survive in this heat. A single breath of that super hot air will be fatal. Fire doubles in volume every 30-60 seconds. In just a couple of minutes, an entire room, or even multiple rooms, can be fully involved with fire. Can you beat it to the door? Fire is dark. You will be unable to see. Practice your escape blindfolded or in some other way without seeing. Smoke kills. Furniture, paints, carpeting, and many other materials give off deadly toxic gases when they burn. Most people who die in fire die from breathing in poison smoke.

You choose if you will be fire safe. By following some simple fire safety practices, you can help keep yourself and your family from being among the thousands who die in fires each year.

PLAN AHEAD-GET OUT ALIVE
IF YOU GET CAUGHT IN A FIRE SITUATION, SURVIVAL IS YOUR FIRST PRIORITY

- Know two ways out of every room
- Feel the door, if it's hot, don't open it
- Use the second way out or go to a window and call for help
- If the door is cool, stay low and open it slowly check for smoke and fire before going out
- Get out before phoning for help. Call 911 or the appropriate emergency number, from a safe place outside of the building
- If a fire alarm is available, pull the alarm on the way out
- Close the door behind you, this helps keep the fire from spreading and you may protect possessions from the fire and smoke damage
- Don't search for other people or try gathering your things
- Crawl low to the floor **GET LOW AND GO**
- If you can't get out, get someone's attention

FIRES CAN BE PREVENTED BY TAKING A FEW SIMPLE PRECAUTIONS:
TAKE PERSONAL RESPONSIBILITY FOR FIRE PREVENTION

- Keep from overloading electrical outlets
- Keep space heaters and halogen lamps away from things that can burn
- Put out candles and incense when unattended
- Extinguish all smoking materials thoroughly
- Don't smoke while tired or impaired
- Keep grills away from buildings
- Keep matches and lighters out of reach of children

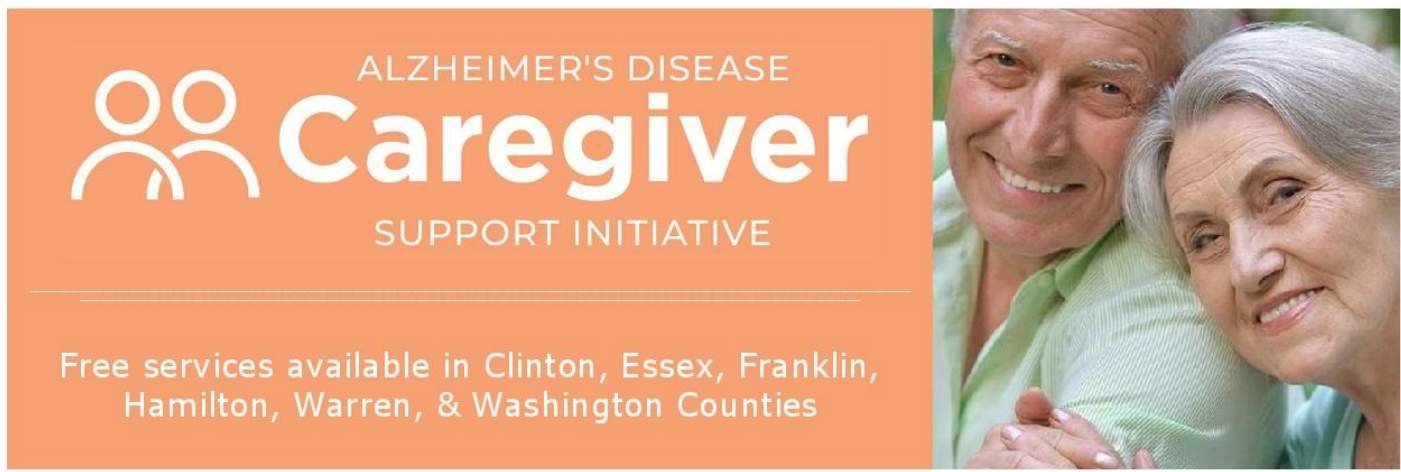


PROTECT YOURSELF FROM BECOMING TRAPPED IN A FIRE

- **HAVE WORKING SMOKE ALARMS**
 - ◊ Test smoke alarms monthly
 - ◊ Install new batteries twice each year
 - ◊ Never remove batteries to use for any other purpose
 - **PLAN ESCAPE ROUTES**
 - ◊ Know where all exits are located in the building
 - ◊ Know 2 ways out of every room
 - ◊ Make a home escape plan and practice
 - ◊ Designate a safe meeting place outside so that everyone can assemble & be accounted for
 - ◊ Most fires occur at night when it's dark and hard to see
 - **TAKE ALL FIRE ALARMS SERIOUSLY**
 - ◊ Never ignore a fire alarm
 - ◊ Do not wait to see fire or smoke
 - ◊ Do not try to get your things
 - ◊ Respond to every alarm as a real fire
- *Change your clocks- Change your batteries***

Summarized: Home Fire Safety Pamphlet from NYS Office of Fire Prevention and Control dfs.tips.pdf

FIRE SAFETY IS YOUR RESPONSIBILITY



Free services available in Clinton, Essex, Franklin, Hamilton, Warren, & Washington Counties

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 Cafés: Caregivers can share ideas and experiences with other caregivers and family members of people with dementia. Memory Cafés 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.



ALZHEIMER'S DISEASE
Caregiver
 SUPPORT INITIATIVE

**Traveling Together:
 Caregiver Support**

A new, whole-family recreation and support program offered by The Alzheimer's Disease Caregiver Support Initiative for visiting families and seasonal residents of Hamilton County

Caregivers can feel torn between meeting the needs of a loved one with dementia and making time for recreation with the rest of the family. Life moves fast, and the opportunities to engage in meaningful activities as a whole family can seem limited. Through *Traveling Together*, caregivers, their care-recipients, and other family members can enjoy events and activities together within Hamilton County at no cost.

Family is forever, so let us help you make lasting memories with the ones who matter most!

Traveling Together is open to full-time and part-time residents of Hamilton County, as well as visiting families from other areas. Our free, family-friendly and accessibility-friendly event offerings include, but are not limited to:

- Boat Cruises
- Live Performances
- Dining Events
- Nature Walks
- Museum Tours
- And More!

Traveling Together also offers education and support from trained staff members within facilitated groups where open discussions may be had with others in similar caregiving situations.

To learn more about program eligibility, please contact us at (800) 388-0199.



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 and other forms of dementia. All services are available at no cost through grant funding within Clinton, Essex, Franklin, Hamilton, Warren, & Washington Counties. 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 iStock.



Farmers' Market Nutrition Program

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

Farmers' Market Coupons Outreach Events*

7/10/2026	11:30-12:30pm	White Water Manor
7/10/2026	12:30-1:00pm	Johnsburg Meal Site
7/13/2026	11:30-12:30pm	Solomon Heights
7/14/2026	11:00-12:00pm	Cedars Meal Site
7/16/2026	11:30-1:00pm	Wells Meal Site
7/17/2026	3:00-5:00pm	Warrensburg Farmers' Market
7/21/2026	11:30-1:00pm	Indian Lake Meal Site
7/30/2026	10:30-11:30am	Stichman Towers
7/30/2026	12:00-1:00pm	Cronin Hi-Rise

***DATES ARE SUBJECT TO CHANGE—WE WILL DO OUR BEST TO NOTIFY THE SITES WITH CHANGES**

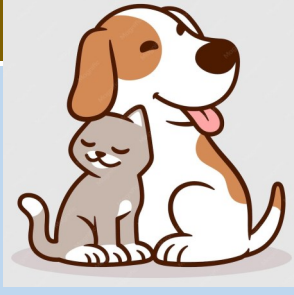
SENIOR CENTERS provide structured social activities, health programs, and educational opportunities that address isolation among older Americans. These community spaces offer more than basic social interaction – they serve as vital hubs connecting seniors to essential services and support networks.

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!



"The best things in life are old, loved, and rescued."

-Dog Lover



The Benefits of Pets for Seniors

Pets can be wonderful companions for seniors, providing emotional, physical, and social benefits that improve overall well-being.

Companionship: Pets help reduce loneliness by offering unconditional love, comfort, and a sense of purpose.

Physical Health: Caring for a pet encourages activity through walking, playing, and daily routines, which can improve heart health, mobility, and overall fitness.

Mental Stimulation: Interacting with pets keeps the mind engaged and can help support cognitive health.

Stress Relief: Spending time with pets can promote relaxation, reduce stress, and improve mood.

Social Connection: Pets often encourage conversations and interactions with others, helping seniors stay connected to their communities.

Emotional Support: Pets provide comfort during difficult times and offer loyal companionship through life's challenges.

Sense of Purpose: Caring for a pet creates routine and responsibility, giving seniors structure and meaning in their daily lives.

Whether it's a dog, cat, bird, or other pet, animal companionship can help seniors live happier, healthier, and more fulfilling lives. Choosing a pet that matches one's lifestyle and abilities can make the experience even more rewarding.

Warren County Public Health
2026 Rabies Vaccination Clinics

Pre-Registration is Required, No Walk-Ins
Go to <https://www.warrencountyny.gov/healthservices> or Use QR Code
Registration will only be open during registration dates.
If the clinic fills up before registration end date, the registration will close.
Call Warren County Public Health at 518-761-6500 with any questions.
Please have dogs on leashes and cats, ferrets in carrier. Thank you!

July 18 th	10:00 - Noon	Queensbury Community Center 742 Bay Road	07/08/26 - 07/15/26
August 8 th	10:00 - Noon	Chester Fire House State Route 8	07/29/26 - 08/05/26
September 26 th	10:00 - Noon	Queensbury Community Center 742 Bay Road	09/16/26 - 09/23/26
October 17 th	10:00 - Noon	Queensbury Community Center 742 Bay Road	10/07/26 - 10/14/26

Protect your Pets Pets must be 3 months of age to receive their first rabies vaccination, which will afford them protection for one year. The next rabies vaccination (booster), is due one year later, which will afford protection for 3 years. From then on, every three years a booster should be given to protect your pet. Both initial and booster rabies vaccinations will be given at rabies clinics scheduled by Warren County Public Health.

Get them Vaccinated!

A \$10.00 donation is requested for each pet. No one is turned away due to financial hardship.

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

CRACKIN' JOKES

1. The Grocery List

Harold went to the store with a list his wife wrote: "Milk, bread, and if they have eggs, get a dozen." He came home with 12 cartons of milk. "They had eggs," he explained.

2. The Fitness Tracker

Martha bought a smartwatch to count her steps. After a week, she proudly announced, "I've walked 20,000 steps!" Her daughter asked, "Wow, where did you go?" Martha replied, "Mostly to the fridge."

3. The Hearing Aid

Frank's friend asked how his new hearing aid was working. "Perfect," Frank said. "I've heard more in the last week than in the last 10 years." "That's great! What kind is it?" Frank looked at his watch and said, "About 2:30."

4. The Password Problem

Eleanor set her new email password to "incorrect." Now, whenever she forgets it, the computer says: *Your password is incorrect.*

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

Tick-Borne Diseases: Babesiosis, Anaplasmosis, and Ehrlichiosis

What Are These Diseases?

Babesiosis, Anaplasmosis, and Ehrlichiosis are tick-borne illnesses that can cause mild to severe disease in humans.

- Babesiosis is caused by the parasite *Babesia microti*, which infects red blood cells.
- Anaplasmosis and Ehrlichiosis are bacterial infections.

In New York State:

Babesiosis and Anaplasmosis are spread by infected blacklegged (deer) ticks.

Ehrlichiosis is spread by lone star ticks.

Anyone can become infected, but older adults, people without a spleen, individuals with weakened immune systems, and those who spend time outdoors in grassy or wooded areas are at greater risk. Tick activity is highest from spring through fall, especially between April and October.

Symptoms

Some people may have no symptoms, while others develop illness within one to two weeks after a tick bite.

Common symptoms may include:

- Fever and chills
- Headache
- Muscle and body aches
- Fatigue or weakness
- Sweats
- Nausea or vomiting
- Loss of appetite
- Joint pain
- Confusion

Unlike some other tick-borne diseases, rash is uncommon with Anaplasmosis and Ehrlichiosis.

Severe cases may lead to complications such as anemia, blood clots, organ failure, or rarely, death. Because the same ticks can carry multiple diseases, co-infection with Lyme disease is possible.

Treatment

These illnesses can usually be treated effectively with medication or antibiotics. Early diagnosis and treatment are important to prevent severe illness.

Prevention Tips

To reduce your risk of tick-borne diseases:

- Avoid tick-infested wooded and grassy areas when possible.
- Wear protective clothing outdoors.
- Use EPA-approved insect repellents as directed.
- Check clothing, pets, children, and skin for ticks after outdoor activities.
- Shower soon after spending time outdoors.

Safe Tick Removal

Remove ticks promptly using fine-tipped tweezers:

- Grasp the tick as close to the skin as possible.
- Pull upward steadily without twisting.
- Clean the bite area and your hands afterward.

Avoid home remedies such as petroleum jelly, nail polish, or burning the tick.

The sooner a tick is removed, the lower the chance of disease transmission.

Be Tick Aware. Be Tick Safe.

Generated and summarized by ChatGPT New York State Department of Health
<http://cdc.gov/babesiosis> www.health.ny.gov/

HIICAP Corner Medicare Information and Updates

Medicare FAQ:

Medicare Coverage Outside the United States

In most situations, Medicare won't pay for health care or supplies you get outside the U.S. (50 States, District of Columbia, Puerto Rico, U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands). There are limited exceptions and coverage options may be different depending on if you have Original Medicare, Medicare Advantage, or Medigap Supplemental coverage.

Hospital Care

Certain medical emergencies and hospital care MAY be covered by Medicare if you are in the U.S. when an medical event occurs and the closest hospital is in a foreign country. Example: Coverage for medical treatment when travelling through Canada from Alaska to another U.S. State and a Canadian hospital is closest.

Medical Coverage

Cruise: Medically necessary health care services MAY be covered if 1) The ship's physician is duly registered with U.S. Coast Guard to render services and 2) Services are rendered while the ship is in a U.S. Port (or within 6 hours of departure/arrival at a U.S. Port).

Foreign Countries: With the exception of Hospital Care listed above, Medicare does not cover medical services outside the U.S. and you will need to pay for care. Claims for reimbursement can be submitted, but there is no guarantee the request will be granted.

Medicare Advantage and Medigap Coverage

Medicare Advantage: Although Medicare Advantage plans are required to offer the same coverage as Original Medicare, they may offer addition foreign travel benefits.

Medigap Supplemental: Most Medigap plans provide foreign travel emergency health care with a lifetime limit of \$50,000. Although Medigaps may pay up to pay 80% of billed charges, you will likely have to pay in full and submit proof of services.

Takeaways

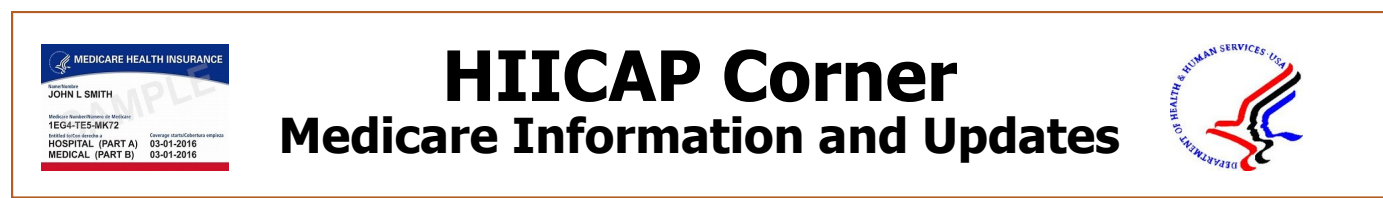
Medications: Medicare does not cover medications you buy outside the U.S., so fill scripts before you travel.

Travel Insurance: Consider additional coverage through a travel or other insurance agent, read closely to understand what the policy does and does not cover.

Contact your plan: Notify your Medicare Advantage or Medigap plan provider before traveling and ask about their coverage and how you would access the coverage if needed while traveling.

This article is supported in part, by grant number 90SAPG0105 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington D.C. 20201





HIICAP Corner Medicare Information and Updates

***** Important—Read your Mail *****

Medicare Plan Annual Notice of Change (ANOC) and Plan Non-Renewal Notice

Every year there is the potential of disruptive changes with your Medicare plan. There are two pieces of Medicare mail delivered in September each year that will notify you of changes specific to your current coverage. One is the **Annual Notice of Change, or ANOC** for short, and the other is the **Plan Non-Renewal Notice**. These come from your current Medicare Advantage Plan or your Medicare Part D provider to ensure that you have up-to-date information regarding changes before the Medicare Annual Enrollment Period begins. It's all meant to help you understand your coverage choices and make informed decisions during the Medicare Annual Enrollment Period, which runs from October 15th to December 7th.

Here is what to look for when you get your **ANOC**:

Provider network changes:

- What providers have been added to or **removed** from the plan network?
- Are your current doctors (primary care and specialists) in the network?
- Are your hospitals and other facilities in-network?
- If your providers are not in the network, are you willing to switch to other providers that are?

Drug list and pharmacy network changes:

- Are the drugs you are currently taking still listed on the formulary for next year?
- Have any of your medications been assigned to a different tier? This may affect your cost.
- Is your pharmacy in the plan's network? Is it a "preferred pharmacy" that offers the plan's best pricing?

Cost changes:

- Is the plan premium going up, going down or staying the same?
- Are any other costs changing, such as deductibles, co-pays or co-insurance?
- If you have a Medicare Advantage Plan, what is your maximum out-of-pocket (MOOP)?

Here is what to look for if you get a **Plan Non-Renewal Notice**:

- Will your current plan be available in 2027? You will get this notice if your current plan will be leaving the Medicare program in the coming year.
- If your plan is going to be discontinued in 2027, will they be auto-enrolling you into another plan? This will happen if you have Extra Help.
- If you are not auto-enrolled into another plan, you must look for new plan coverage for the next year that fits your needs.

**Four questions to ask whether you are auto-enrolled or you are choosing a new plan: Are my medications on the formulary? Are my doctors in-network? What is the monthly premium? What are the copays?*



Check using your PIN or Agent of Record if you are unclear about anything in the ANOC or Plan Non-Renewal Notice

**Warren-Hamilton Counties Office
for the Aging
2026 Volunteers
of the Year**

May 26, 2026 was Older New Yorkers' Day
Each year, the New York State Office for the Aging (NYSOFA) honors older adults from around the state for their volunteerism. Awardees were nominated by NY's 59 Area Agencies on Aging (AAAs) and their partners. This year's ceremony recognized a record 103 honorees, representing 57 counties and a collective 2,764 years of volunteer service.

Karen McComb; Speculator-40+ years
Hamilton County Twigs, Twigs Treasures, Speculator Lake Pleasant Historical Society, Lake Pleasant Public Library, July 4th Committee, Adirondack Lakes Quilts

David Brennan; Wells-40 years
Wells Volunteer Ambulance Service, Wells Volunteers Fire Department, Wells Fish and Game, Algonquin Snowblazers, SAD

Diane Decesare; Lake Luzerne-All her life
Queensbury Methodist Church including Food Pantry, 2nd Life Warehouse, and Children's Life Ministry, Open Door, Working at Recovery Events at Baywood Center

congratulations!

NEW LOCATION!

SENIOR FALL FESTIVAL

Date: Thursday, September 24, 2026
(Rain Date: September 25th)

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

Place: North Creek Ski Bowl Town Park
Ski Bowl Rd, North Creek NY

Cost: \$5 (Tickets may be purchased at the Office for the Aging or your local meal site.)

RSVP: Purchase tickets by September 4, 2026

Highlights: Door Prizes, Information Booths, Raffle Baskets, & Games

VSC 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 718-559-4370 or OFA for more information 518-761-6347

IMPORTANT
SCHEDULE CHANGE AHEAD

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
 Johnsbury/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.

NYS Office for the Aging (NYSOFA) and SilverShield are Protecting our Seniors

This collaboration launched 3 months ago-these are the results! As of 5/14/26

- 👤 118 Scams have been identified
- 💰 \$106,200 Protected
- 💬 667 Messages received from community members
- 👤 259 Members protecting themselves with SilverShield

Office for the Aging

PROTECT YOURSELF-GET TRUSTED SCAM PROTECTION AND INSTANT ADVICE BY TEXT, EMAIL OR ONLINE
 CONTACT OFA FOR A FREE 1-YEAR SUBSCRIPTION

Baked Zucchini Casserole

August is the golden hour of summer produce!

This 6-ingredient Baked Zucchini Casserole highlights the best of summer produce. Simple to assemble, this cheesy vegetable casserole can be on the table in about 35 minutes.



Prep Time: 10 mins Cook Time: 25 mins Servings: 6 people

Ingredients

- 1 lg zucchini 2 cups, cubed
- 2 cups tomatoes chopped
- 1 small eggplant 1 cup cubed
- 1 cup onion diced
- 1 cup robusto cheese cubes
- fresh oregano

Seasoning

- 1/3 cup olive oil
- 1/2 cup parmesan cheese grated
- 1/2 tsp oregano
- salt and pepper to taste

Instructions

1. Cut veggies about the same size. Transfer to a baking dish
2. Whisk seasoning in a small bowl; that's the oil, grated parmesan cheese, oregano and season with salt and pepper to taste.
3. Pour seasoning mix over the veggies. Also add in cubed robusto cheese.
4. Bake at 375F degrees for about 25 minutes or until veggies are soft to your liking. Garnish with fresh oregano if that's available otherwise use parsley or cilantro.

Nutrition Calories: 255kcal, Carbohydrates: 10g, Protein: 9g, Fat: 21g Saturated Fat: 7g, Cholesterol: 25mg, Sodium: 262mg, Potassium: 359mg, Fiber: 4g, Sugar: 5g, Vitamin A: 693IU, Vitamin C: 10mg, Calcium: 257mg, Iron: 1mg

Adapted By: Garden in the Kitchen



Irish Apple Cake

September is when summer and fall produce collide at the Farmers' Market. It's the best of both worlds. Irish Apple Cake is more quick bread than cake, but it's irresistible none the less. The apples floating in the slightly sweet cake is perfectly fall and perfectly comforting.

Prep Time: 5 minutes Cook Time: 40 minutes Additional Time: 10 minutes

Ingredients

- 2 1/2 cups flour
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/2 teaspoon ginger
- 6 tablespoons butter
- 3/4 cup sugar
- 2 large eggs
- 3/4 cup buttermilk
- 3 large apples, peeled, cored, and diced

Instructions

- Preheat oven to 375 degrees.
- Combine the butter and sugar in a mixing bowl and beat until light and fluffy.
- Add the eggs, one at a time beating after each addition.
- Stir in the buttermilk.
- Combine the flour, baking powder, baking soda, salt, cinnamon, cloves, nutmeg, and ginger in a large mixing bowl. Stir with a whisk.
- Pour half the dry ingredients into the wet ingredients and stir until combined.
- Add the rest of the dry ingredients stirring until just combined.
- Carefully fold the apples into the batter.
- Pour the batter into a spring-form pan and bake at 375 for 40 to 50 minutes or until a toothpick inserted in the center comes out with just a few crumbs attached.
- Allow the cake to cool in the pan before slicing and serving with caramel sauce or whipped cream.

Adapted by: Fed by the Farm Nutrition Information – 1 serving: 484 calories

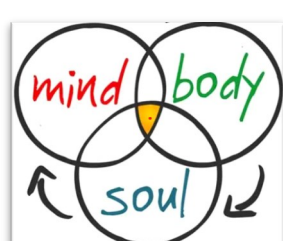


What are 5 Subtle Signs you are Aging Well?

Catherine Keating, RDN CDN Certified Dietician Nutritionist

Aging well is marked by maintaining physical, mental, and emotional vitality rather than just the absence of illness. Key indicators include:

- ➔ strong mobility (like climbing stairs easily)
- ➔ emotional resilience
- ➔ consistent curiosity for learning
- ➔ steady grip strength
- ➔ maintaining strong social connections



Here are five subtle signs you are aging well, according to longevity experts:

Maintained Strength & Mobility: You can easily perform daily functional tasks, such as carrying groceries, climbing stairs, or walking briskly without feeling tired. You can also gauge your grip strength at home by squeezing a tennis ball for as long as you can before your grip fatigues. Being able to maintain a maximal squeeze on something like a tennis ball for 15 to 30 seconds would be a good standard to strive for.

Stable Balance and Coordination: You can stand on one leg comfortably (e.g., while putting on shoes), which is a strong predictor of lower fall risk. The benefits of regular exercise are endless — it strengthens bones and muscles, increases flexibility and balance, helps maintain a healthy weight, boosts cognitive function, reduces stress and anxiety and enhances mood and sleep.

Cognitive Engagement and Curiosity: You continue to learn new skills, enjoy reading, work on puzzles, or remain socially active, which strengthens cognitive function. Exercises, like stating as many words as you can think of that start with the letter "F," challenge your brain as you age and help maintain cognitive function.

Rapid Stress Recovery: When you experience physical or emotional stress, you recover quickly. Instead of lingering exhaustion, your body and mind reset effectively.

High Emotional Resilience and Purpose: You maintain a positive, adaptable attitude, feel a strong sense of purpose, and feel motivated to engage in hobbies or social activities.

Simple aging tests to try at home

- Sit on the floor and try to stand up without using your hands.
- Sit on a chair and see if you can stand, then sit and stand 30 times without difficulty.
- Place your hand flat on a table and use your other hand to pinch up the skin between your thumb and first digit — the skin should quickly return to its original position.
- Test your balance by walking where the heel of the front foot touches the toes of the back foot with each step.
- Stand on one foot with your eyes open and hands and arms out for 30 seconds.

Adapted by: Healthy Aging



Key Summer Nutrition Tips for Seniors

Catherine Keating, RDN CDN Certified Dietician Nutritionist

Summer nutrition should focus on hydration, high-fiber, and nutrient-dense seasonal foods to manage heat and maintain health. Key strategies include drinking fluids regularly, eating water-rich produce (berries, melons, cucumbers), incorporating light proteins (fish, poultry, beans) and utilizing herbs for flavor instead of salt.

Hydration is Key: Seniors are less likely to feel thirsty. Drink fluids throughout the day to prevent dehydration, kidney stones, and constipation.

Smart options: water, herbal teas, or water-rich fruits

Seasonal "Superfoods": Take advantage of fresh, in-season produce that provides essential vitamins, fiber, and antioxidants.

Key items include: Fruits: Watermelon, cantaloupe, strawberries, blueberries, and peaches. **Vegetables:** Zucchini, bell peppers, cucumbers, and tomatoes.

Light, Nutrient-Dense Meals: Instead of heavy meals, opt for salads with protein (chicken, tuna), cold soups, or grilled vegetables.



Increase Protein Intake: Protein needs increase with age. Ensure protein at every meal (eggs, fish, beans, yogurt) to maintain muscle mass.

Healthy Fats and Fiber: Use olive oil for healthy fats and eat whole grains to aid digestion.

Limit High-Sodium/Sugar Foods: Avoid excessive salt and sugar, which can lead to bloating, high blood pressure, and unhealthy weight gain.

Nutrient-Rich Summer Snacks

Frozen Treats: Homemade popsicles using fresh fruit juice, or yogurt.

Fresh Dips: Hummus with vegetables or avocado-based dips.

Snacks: Small portions of nuts, seeds, or fresh berries.

Tips for Summer Health

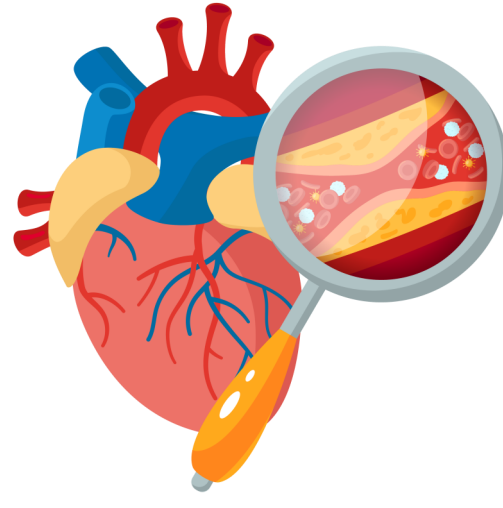
Watch Vitamin D: Utilize early morning or late afternoon sun for natural Vitamin D synthesis to support bone health.

Appetite Changes: If appetite decreases due to heat, try smaller, more frequent meals rather than three large ones.

Kitchen Safety: Use methods like grilling, steaming, or using a microwave to avoid overheating the kitchen.

Adapted by: Haven Health/Seminole County Chamber

CATHERINE'S CORNER
Catherine Keating, RDN CDN Certified Dietician Nutritionist
Cholesterol Education Month: Small changes can make a big difference in your heart health



September marks **National Cholesterol Education Month**, a time dedicated to raising awareness about managing cholesterol levels for a healthy heart.

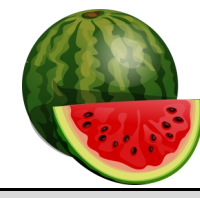
Regular cholesterol screenings are essential, especially if you have risk factors like a family history of heart disease, obesity or a sedentary lifestyle.

Unmanaged high cholesterol can lead to serious health conditions, including heart disease, stroke or peripheral arterial disease.

While you can't control all risk factors, you can take steps to lower your risk for high cholesterol with the following lifestyle changes:

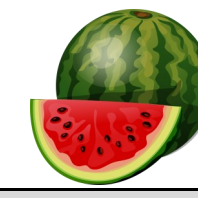
- Eat a heart-healthy, balanced diet. Saturated and trans fats can increase your cholesterol, so focus on monounsaturated fats (e.g., olive oil, nuts and avocados) and polyunsaturated fats (e.g., salmon, herring and margarine). Also, limit red meat, fried foods, processed meats and baked goods.
- Exercise regularly. The American Heart Association recommends individuals get at least 150 minutes of moderate aerobic exercise each week. Adding resistance exercises to your routine at least twice a week can further help.
- Avoid or quit smoking. Smoking tobacco increases LDL cholesterol, decreases HDL cholesterol and can result in cholesterol buildup in one's arteries.
- Maintain a weight that is healthy for you. Having excess weight or obesity can increase your risk of developing high cholesterol levels. A doctor can help determine a sustainable weight management plan.

Adapted by: Marquette Today



July 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		July 1 4 th of July Picnic Hot Dog/Bun Hot German Potato Salad Baked Beans Independence Day Dessert	July 2 Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	July 3 Meal Site Closed
July 6 Chicken Alfredo over Pasta California Medley Chilled Pineapple	July 7 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	July 8 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	July 9 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 10 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
July 13 CHEF'S CHOICE	July 14 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 15 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 16 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	July 17 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
July 20 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 21 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	July 22 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	July 23 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	July 24 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
July 27 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	July 28 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	July 29 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	July 30 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	July 31 Cold Plate Chicken Salad on a bed of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup

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!



August 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 3 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	August 4 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	August 5 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	August 6 Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	August 7 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
August 10 Chicken Alfredo over Pasta California Medley Chilled Pineapple	August 11 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	August 12 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	August 13 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	August 14 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
August 17 CHEF'S CHOICE	August 18 Meatloaf Mashed Potatoes Spinach Chilled Pears	August 19 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	August 20 Veal Parmesan Penne Pasta/Marinara Sauce Cauliflower Fresh Fruit	August 21 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
August 24 BBQ Chicken Potato of the Day Beets Mandarin Oranges	August 25 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	August 26 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	August 27 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	August 28 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
August 31 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange				

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September 2026

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 1 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	September 2 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	September 3 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 4 Labor Day BBQ BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert
September 7 Meal Site Closed	September 8 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 9 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 10 Chicken Parmesan Spaghetti with Marinara Sauce Scandinavian Veggies Tropical Fruit	September 11 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
September 14 Chicken Alfredo over Pasta California Medley Chilled Pineapple	September 15 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 16 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	September 17 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	September 18 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
September 21 CHEF'S CHOICE	September 22 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 23 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 24 Senior Fall Festival Meal site closed	September 25 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
September 28 BBQ Chicken Potato of the Day Beets Mandarin Oranges	September 29 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	September 30 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll		

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