

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

WINTER EDITION

2026

JANUARY, FEBRUARY, MARCH

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

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

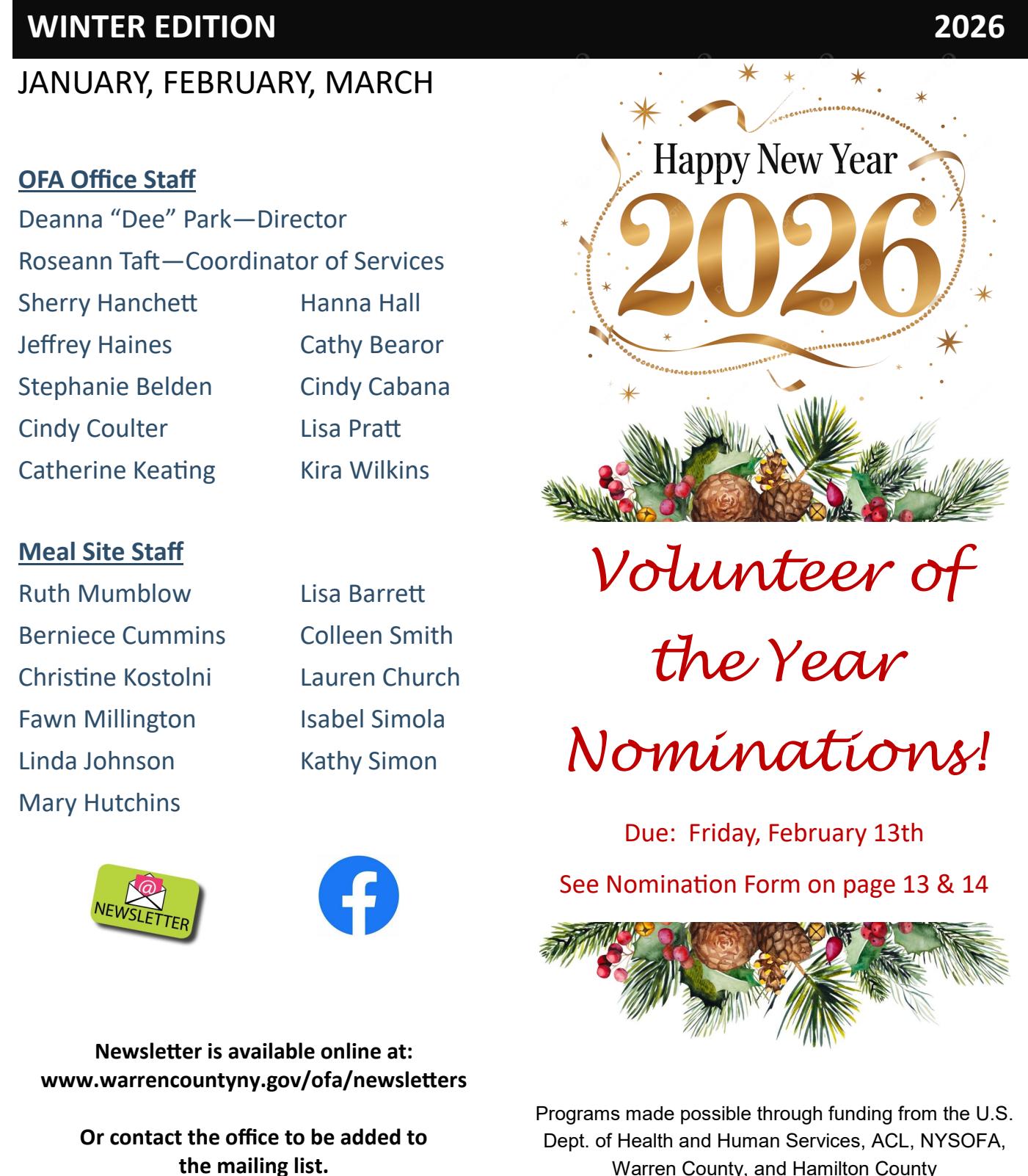


Volunteer of the Year Nominations!

Due: Friday, February 13th



See Nomination Form on page 13 & 14
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 Clients

BLIZZARD MEALS?... Frozen meals will be delivered in preparation for the winter weather. These meals can be saved and used when we are unable to deliver meals due to inclement weather or whenever delivery is not possible. If your meal site is closed and drivers are not able to deliver, you should eat your emergency meal for that day.

ATTENTION HOME DELIVERED MEALS

RECIPIENTS

Snow is right around the corner! Please be sure your driveway and walkways are clean for the safety of our volunteers. Meals won't be delivered if it's unsafe for the volunteers. Snow days will be announced on our Facebook page and the local news stations.



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.

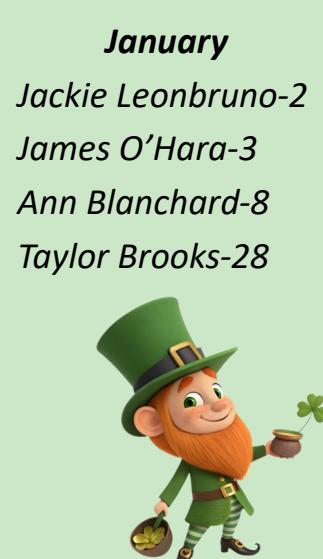
Please notify the meal site to hold your meals when you will not be home. Thank you for your continued support towards making our Nutrition Program a success!

Meal Site Numbers:

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

Congregate Sites Open: 11:30am-1:00pm

Wishing our Volunteers a Happy Birthday!



All of our generous volunteers are appreciated!

Friendly Calls



Friendly Calls Volunteers:

Provide social support and help reduce isolation: Your calls can brighten someone's day and improve their outlook on life.

Create meaningful connections: Build a relationship and engage in friendly conversations with someone who would benefit from regular social interaction.

Make a difference in a manageable time commitment: Dedicate 20-30 minutes per week for 8 weeks (or a similar agreed-upon schedule) to your calls.

Volunteer remotely: Connect with your matched individual from your home at mutually convenient times.

Friendly Calls Participants (Call Receivers):

The Friendly Calls program is a good fit for older adults and caregivers interested in regular social conversation with a caring volunteer. The purpose of the program is socialization and friendship.

To be part of this program or to volunteer to be a caller please contact:

Warren and Hamilton Counties Office for the Aging at 518-761-6347

Become a Friendly Caller today and spread connection and kindness, one phone call at a time!



Food Resources in Warren and Hamilton County, NY

Updated: 10/23/25

If you or someone you know needs food assistance, the following pantries operate throughout Warren & Hamilton Counties.

*Please Call Ahead, Hours May Change *Documentation May Be Required
Additional Resources can be found by visiting: <https://regionalfoodbank.net/>

Name	Address/Location	Hours	Phone Number
Open Door Food Pantry	226 Warren St Glens Falls, NY 12801	Mon 1pm-5pm; Wed 1pm-5pm;	Call 518-792-5900
Family Services	150 Warren St	Mon-Fri	Call: 518-668-2613
Warren/Hamilton Community Action	190 Maple St Glens Falls, NY 12801	Mon-Fri 9am-4:30pm	Call: 518-793-0636
Salvation Army-Glens Falls	37 Broad St	Mon-Fri	Call: 518-792-1960 BY APPOINTMENT ONLY
St. Mary's Food Pantry	62 Warren St	Fri 9am-1pm	Call: 518-792-0989 Guest may visit twice/month
QUMC Food Pantry-United Methodist Church	460 Aviation Rd Queensbury, NY 12804	Tue/Thu 9:30am-11:30am Sat 9am-11am (closed first week each month)	Call: 518-793-9728 Call to schedule
Lake George Food Pantry-Caldwell Presbyterian Church	71 Montcalm St Lake George, NY 12845	2nd & 4th Fri 9am-11:30am	Call: 518-668-2613
Sacred Heart Food Pantry	51 Mohican St Lake George, NY 12845	1st & 3rd Fri 11am-2pm	Call: 518-668-2046
Maxfield Community Food Pantry	89 Bay Rd Lake Luzerne, NY 12846	Mon 1pm-4pm; Tue 6pm-8pm; Wed 1pm-4pm; Thu/Fri 9am-12pm	Call: 518-696-4979
First Presbyterian Church	2 Stewart Farrar St Warrensburg, NY 12885	Alternating Mondays 9am-12pm or 3pm-6pm	Call: 518-260-8534 Call to confirm week
North Country Ministry	3933 Main St Warrensburg, NY 12885	Wed 1pm-3pm & 6pm-7pm	Call: 518-623-2829
North Country Ministry-Brant Lake	148 Tannery Rd Brant Lake, NY 12815	Wed 9am-12pm	Call: 518-623-2829
Chestertown Food Pantry	6307 Route 9 Chestertown, NY 12817	Mon 10am-3pm; Tue 10am-4pm;	Call: 518-494-2433
Johnsburg Food Pantry	2718 State Route 28	2nd & 4th Tue 2pm-5pm	Call: 518-251-3481
Indian Lake NOC Food Pantry-Lake Theatre	6309 Main St Indian Lake, NY 12842	Mon-Fri 8am-3:30pm	Call: 518-648-5911
Loaves and Fishes Food Pantry-North Country Bible Fellowship	132 Elm Lake Rd Speculator, NY 12164	Fri 3:30pm-5:30pm	Call: 518-548-5777
Long Lake Wesleyan Church Food Pantry	1120 Deerlane Rd Long Lake, NY 12847	Sat 9am-12pm	Call: 518-642-2411

Warren/Hamilton Counties Office
for the Aging has an exciting new
program!



What is an SCC MedQR Wristband?

- SCC MedQR is a wearable technology product that houses your medical profile in an easy-to-scan QR Code.
- Offers easy access for emergency responders and caregivers.
- Bridges communication gaps for individuals unable to advocate for themselves during critical moments.
- Empowers healthcare professionals to deliver crucial care without delay.

Security and Privacy

All information is stored on a secure, encrypted platform.

Complies with HIPAA standards and adheres to strict data security protocols.

Prioritizes your privacy: personal information is never sold to third parties.



Key Features of SCC MedQR

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

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

SCC MedQR bridges communication gaps for individuals unable to advocate for themselves during critical moments. If you or your loved one is 60+ and would benefit from this service, please call the Office for the Aging 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



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

Ready to start something new?

We're looking for volunteers to make a positive difference in a child's life.



JOIN THE FOSTER GRANDPARENT PROGRAM TODAY

FGP is a local program that shows you how you can apply the skills and wisdom you have acquired throughout your life to make a difference in the lives of others. Get involved in the community and build relationships to last a lifetime.

Call (518) 359-7688 for more info

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 518-251-4199	Lake George Senior Citizens Club Schuyler St, Lake George 518-668-5722
Greater Glens Falls Senior Citizens Center 380 Glen Street, Glens Falls 518-793-2186 Website: gfseniors.com	Lake Pleasant Senior Citizens Group 2881 State Route 8, Speculator 518-548-7638
Horicon Senior Citizens, Inc 518-538-3901	Bolton Landing Senior Citizens Inc. 12 Cross St, Bolton Landing
Hague Senior Citizens Club, Inc. Graphite Mountain Rd, Hague 518-543-6161	Queensbury Senior Citizens, Inc. 742 Bay Rd, Queensbury 518-761-8223
Indian Lake/Blue Mountain Senior Citizens 518-352-7784	Wells Senior Club 105 Buttermilk Hill Rd, Wells 518-775-6804
Lake Luzerne Senior Center 539 Lake Ave, Lake Luzerne 518-696-6451 Website: www.townoflakeluzerne.com	Senior Adult Community Center 6307 US 9, Chestertown 518-801-6297



GET INVOLVED!

In your Community

Opportunities to help your community are available:
VOLUNTEERS NEEDED

Volunteers are needed for Medical Transportation and the Friendly Call Program. Call the Office for the Aging for more information.

MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:

January 1st - New Year's Day
January 19th - Martin Luther King, Jr. Day (Observed)
February 16th - President's Day



HICAP Corner Medicare Information and Updates



Medicare Hot Topics

2026 Updated Medicare Costs

Medicare Part B standard premium: \$202.90/month

Medicare Part B deductible: \$283

Medicare Part A inpatient deductible: \$1736 per benefit period

Social Security Cost of Living Adjustment (COLA): 2.8%

Get to Know Your Plan

Whether you enrolled in a new plan or kept the same coverage as 2025, it is beneficial to review the coverage and costs to become familiar with how to save money. Plans may offer better rates at preferred facilities such as pharmacies, labs, and diagnostic testing sites. Contact the plan through Member Services number on card or go to their website for a search of participating facilities.

(See next page for ways to change your plan outside of Open Enrollment if you find the coverage you elected is not the right fit for your health and/or prescription needs)

More Ways to Save on Medical Costs

*Prescription programs such as GoodRx, SingleCare, or those offered by your local Pharmacy

*Support groups for sufferers of chronic conditions may offer prescription assistance related to care (e.g. Kidney Foundation, Cancer Society, etc.). Your treatment center or provider may have information.

*Secondary coverage through other resources such as Veteran's benefits or retiree plans.

Income Based Programs

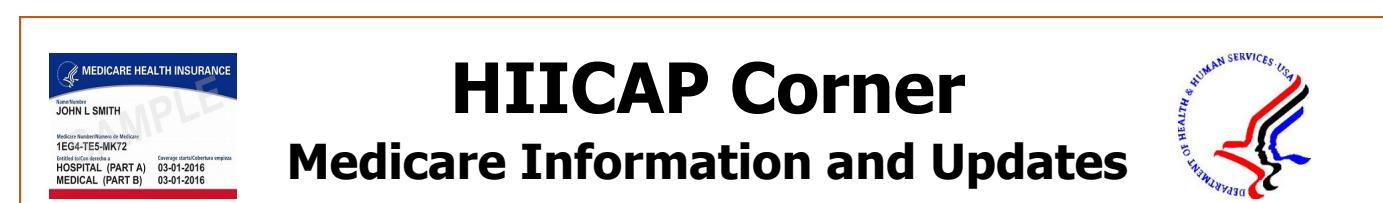
Medicaid: Health insurance for people with limited income (below \$1,820 Gross individual/\$2453 couple) AND assets (\$32,396 individual/\$43,781 couple). Pays secondary to Medicare at facilities and with providers that accept Medicaid. (*)

Medicare Savings Program: For beneficiaries with Gross Monthly Income below \$2,446 individual (\$3,299 Couple) with NO asset review. Provides payment of Part B premium and automatic enrollment into Extra Help. (*New income/asset limits will be released in Spring 2026.)

Extra Help: Federal program that helps with Medicare prescription drug costs by reducing copays to \$12.65 or less, elimination of Part D deductible, and may help lower premiums of Part D coverage.



HICAP
Health Insurance Information, Counseling and Assistance Program



Happy New Year!

2025 brought significant changes to Medicare beneficiaries. It is recommended that you take a moment to review your coverage and confirm it is not only active, but the coverage you chose. There were many plans that ended coverage in our area. Beneficiaries in these plans are required to choose a new plan and were alerted to this by Termination Notices mailed from their plan in the fall. Members in terminated plans who did not make a new plan choice by December 31 will have only Original Medicare as of 1/1/26.

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

The Medicare Advantage Open Enrollment Period (MA OEP) is January 1–March 31 each year.
During this time, Medicare Advantage enrollees only can:

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

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

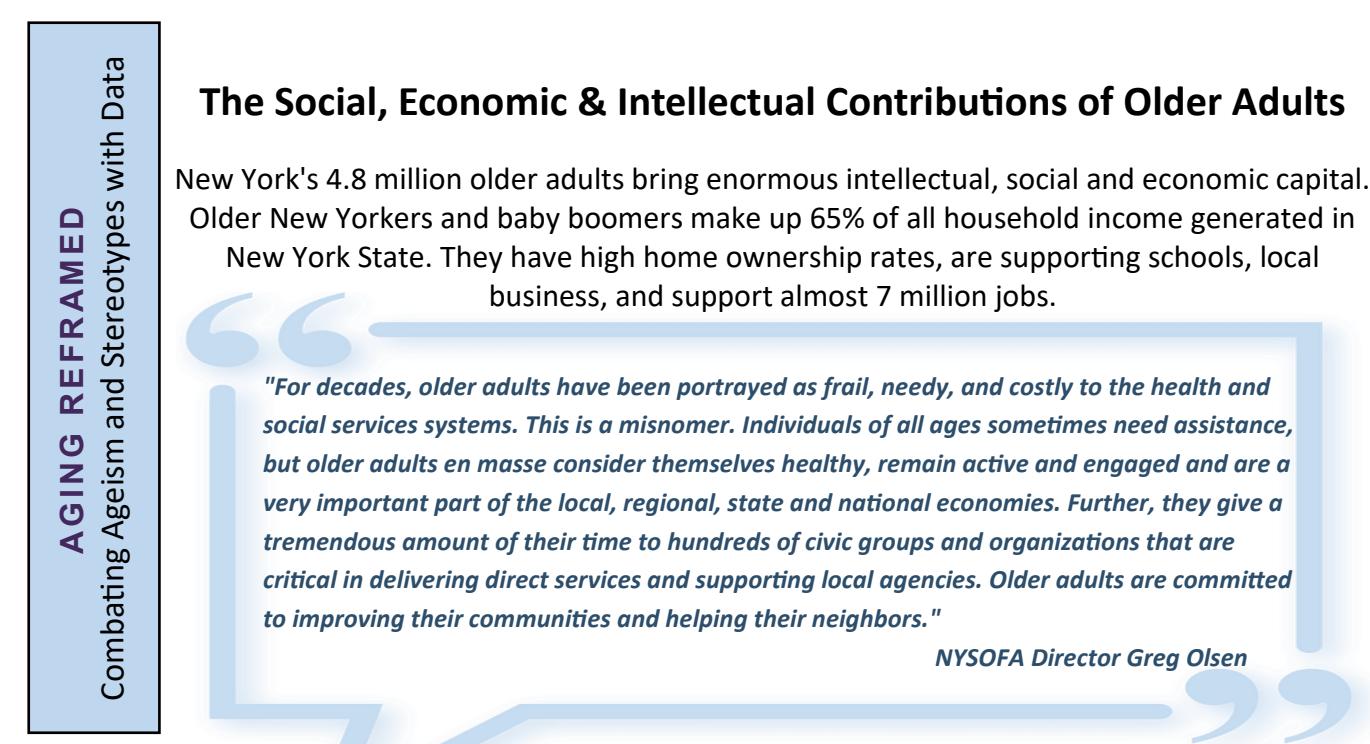
You can only use this enrollment period if you have a Medicare Advantage Plan

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

Special Enrollment Periods (SEP)

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

- Your Medicare Advantage Plan or Medicare drug plan's contract with Medicare is terminated.** You can switch from your Medicare Advantage Plan or Medicare Drug Plan to another plan. You will be enrolled into Original Medicare if you do not join another plan before your current plan ends. This SEP runs from December 8th through the last day of February of the following year.
- You are in a State Pharmaceutical Assistance Program (EPIC).** As an EPIC member, you can either join or switch a Medicare Advantage Plan or a prescription drug plan once a year.
- You gain, lose or have a change in your Medicaid, Medicare Savings Program (MSP) or Extra Help Status.** If you have a change of status in any one of these low income programs, you have a one-time SEP to disenroll from or switch your Medicare Advantage Plan or Part D plan within 3 months after you are notified.



Older NYers and Volunteerism

- 892,000 individuals age 55+ contribute 474 million hours of community service at an economic value of \$13.2 billion.
- Individuals age 50+ account for the most volunteering, philanthropy, entrepreneurs, and donation activities in the U.S. out of any demographic group.

Older NYers: Contribution to the Tax Base

- 64% of individuals age 60+ own their own homes and have no mortgage, contributing directly to the local tax base.
- Adults 50+ are responsible for approximately \$1.8 trillion in federal, state and local taxes (2018), a figure that will quadruple by 2050.
- Adults 50+ are 36% of the population yet support about 43% percent of federal tax revenue (\$1.4 trillion) and 37% percent of state and local tax revenue nationwide (\$650 billion).
- Adults 50+ contribute \$72 billion in state and local taxes (39% of total), a contribution that will triple to \$255 billion by 2050.

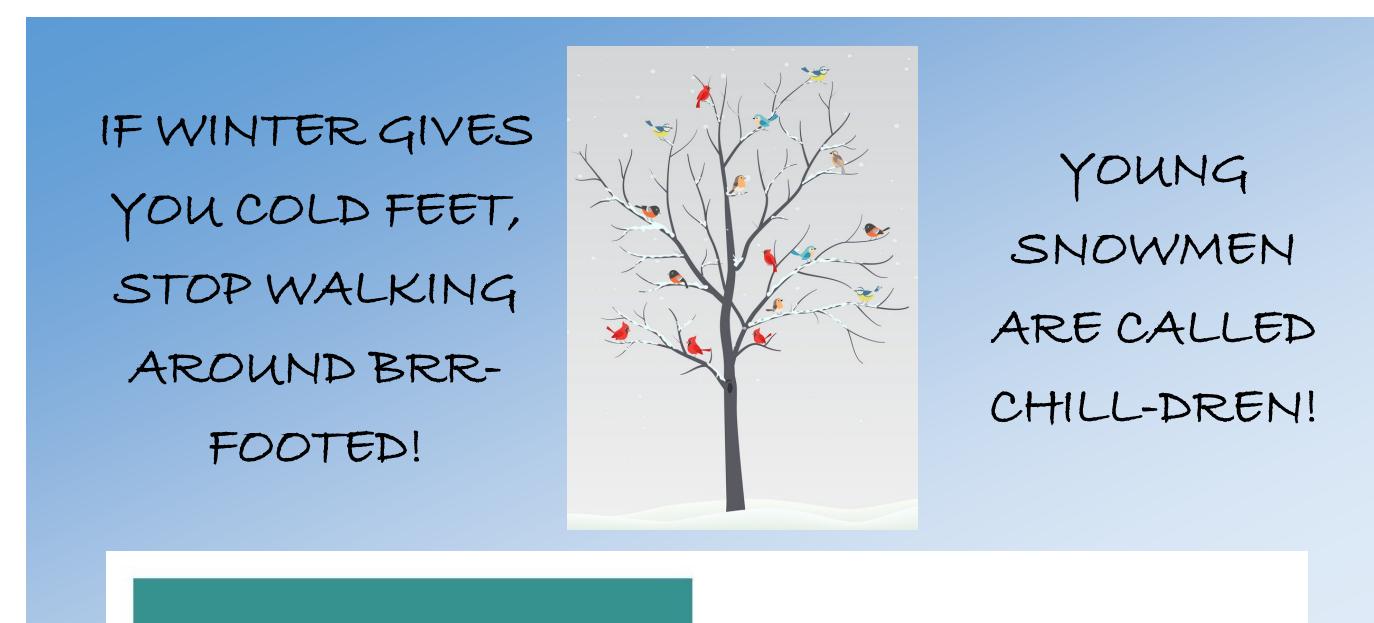
Older NYers and Caregiving

- 4.1 million caregivers (average age of 64) provide unpaid care for a loved one (spouse, child, grandchild or others) at a total market value of \$32 billion.

Older NYers: Economic Contributions

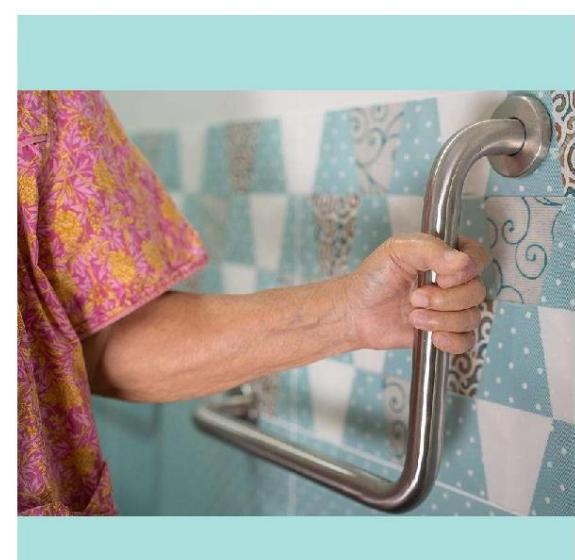
- 80% of NYS Retirement System Payouts Stay in NY (\$10.6 billion annually), contributing to state and local economic activity.
- 83% of U.S. household wealth is held by people over 50. Access to credit and assets allows older adults to spend more on goods, services and investments than their younger counterparts, contributing \$9 trillion in economic and unpaid activities (2018).
- Adults 50+ support more than 88.6 million jobs (44% of total employment) and over \$4.7 trillion in labor income.
- New Yorkers 50+ are 36% of the population yet contribute 43% (or \$719 billion) of Gross Domestic Product (GDP). This is expected to reach \$2.2 trillion by 2050.
- New Yorkers 50+ support 5.9 million jobs, a figure that will reach 6.6 million by 2050.
- New Yorkers 50+ generated \$482 billion in wages and salary, a figure that will reach \$1.46 trillion by 2050.

Combating Ageism and Stereotypes with Data | Office for the Aging



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.



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.

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 Bigstock Photo.



SENIOR OF THE YEAR 2026

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.
 FROM: Deanna Park, Director, Office for the Aging
 RE: NOMINATIONS FOR SENIOR OF THE YEAR
 DATE: November 13, 2025

It's that time of the year again, and the Office for the Aging asks your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is **not** required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration.

I have enclosed a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office at parkd@warrencountyny.gov. Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by **Friday, February 13th**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. **Please submit your nominees with completed background information to the Office for the Aging, at the address below, by Friday, February 13th.**

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me at 518-761-6347.

Thank you,
Deanna

Email: parkd@warrencountyny.gov or Mail: Warren/Hamilton Counties Office for the Aging
1340 State Rt 9
Lake George, NY 12845

2026 Senior of the Year

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

NOMINEE'S INFORMATION

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

Organizations for which the nominee volunteers/has volunteered:

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

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

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

The Caregiver Column

New Year's Resolutions for Caregivers

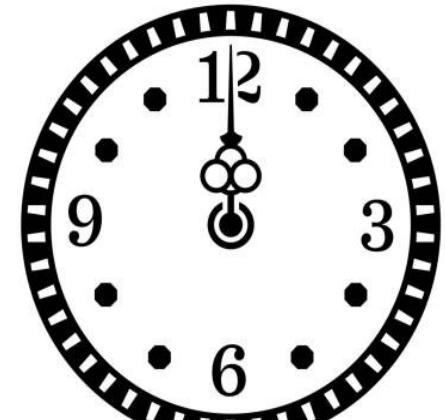
I will reflect more on the good things I do, rather than on my imperfections as a caregiver.

I will spend more time cherishing supportive friends and relatives than dwelling on those who have disappointed me.

I will compartmentalize more, preserving time for myself.

I will be grateful for what I'm learning about myself.

I will aim for joy.



The Warren and Hamilton Counties Office for the Aging is now offering a

Caregiver Support Group

Please join us on the 4th Thursday of every month at the:

Warren County Municipal Center
Human Services Building
1340 State Route 9, Lake George

We ask that you call (518) 761-6347 to register.

There is also a virtual option available.

All we have to decide is what to do with the time that is given to us.

J.R.R. Tolkien

ARE YOU A VETERAN OR A SURVIVING SPOUSE OF A VETERAN?

DID YOU KNOW...THERE ARE BENEFITS IN WHICH YOU MAY BE ENTITLED TO?



Local/County Benefits:

- Civil Service Preference
- Veteran Property Tax Exemption
- "Return the Favor" - Discount Card Program
- Transportation to and from Albany VA Medical Center (M-W-F effective 1/1/2026)
- OFA/Veteran Services Local Transportation Program
- Assistance in obtaining discharge records & medals

State Benefits:

- Civil Service Preference
- Blind Annuity Program
- Veteran Driver's License/Custom License Plates
- Homes for Veterans (ownership)
- NYS Parks Lifetime Liberty Pass (now available to ALL honorably discharged Veterans)
- Hunting & Fishing Licenses
- Service-Disabled Veteran-Owned Business Certification
- Tuition/Scholarship Awards
- Supplemental Burial Allowance
- (5) State Veterans' Homes
- Gold Star Parents Annuity

Federal Benefits:

- Civil Service Preference
- National Park Pass
- Homeless Veteran Programs
- VA Medical and Dental
- Compensation—Service Connected Disability (i.e. Agent Orange, Camp Lejeune, Burn Pit, and PACT ACT)
- Pension—Non-Service Connected Disability (income based)
- Vocational Rehabilitation
- National Cemetery
- Burial Allowances
- Headstone-Marker
- Presidential Memorial Certificates
- Home Loan Guaranty Program
- Specially Adapted Homes
- Life Insurance

Survivors' Benefits:

- Dependency and Indemnity Compensation (service connected death)
- Surviving Spouse Death Pension (non-service connected death/income-based benefit)

GIVE US A CALL FOR YOUR 360 REVIEW!!!

WARREN COUNTY VETERANS' SERVICES
1340 Route 9 ~ Lake George NY 12845 ~ 518.761.6342
Follow Us: [Facebook.com/WarrenCountyNYVeteransServices](https://www.facebook.com/WarrenCountyNYVeteransServices)

NATIONAL NUTRITION MONTH HEALTHY RECIPE!

March is National Nutrition Month, here to help you fuel your body with a delicious, Dessert Recipe: A sweet treat with a healthy twist



3 INGREDIENT OATMEAL COOKIES

Number of Servings: 12 Prep Time: 5 Minutes Total Time: 15 Minutes

Ingredients:

1.5 cup rolled oats
1/2 cup nut butter
1/4 cup maple syrup
Optional: Add in a small handful of chocolate chips!

Directions:

Preheat the oven to 350 F and line a baking sheet with parchment paper. Mix together the nut butter and maple syrup in a large mixing bowl. Add in the rolled oats and mix until combined and add in any extras you're using. Spoon 12 golf ball sized dough balls onto your parchment lined baking sheet. Press them into disc shapes as these cookies will not spread much during baking. Bake for 12 minutes, remove from the oven, and cool for an additional 10 minutes before removing from the baking sheet to cool completely. These cookies are a delicious, wholesome treat packed with fiber from rolled oats, heart-healthy fats from nut butter, and natural sweetness from maple syrup. They provide a balanced energy boost and make for a satisfying snack or dessert!

Recipe from mamaknowsnutrition.com

Lemon-Garlic Salmon Foil Packet with Green Beans and New Potatoes

This one-dish meal is super easy to make. Fish rich in omega-3s, crisp green beans, and garlicky potatoes cook all together in aluminum foil for a delicious, complete meal that's also super easy to clean up.

Ingredients

Servings 4 Serving Size 1 packet

- 1-pound new potatoes halved lengthwise and thinly sliced into 1/8-inch slices
- 2 teaspoons minced garlic
- 1-pound green beans trimmed
- 2 tablespoons canola or corn oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 skinless salmon fillets (about 4 ounces each)
- 8 lemon slices (1 to 2 medium lemons)



Directions

- Preheat the oven to 400°F. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it's extra sturdy.
- Put the potatoes and garlic in a microwaveable bowl, stirring to combine. Microwave, covered, on 100% power (high) for 1 1/2 to 3 minutes, or until about halfway tender. Transfer to a large bowl. Stir in the green beans, oil, salt, and pepper.
- Place the potato mixture in the center of the foil squares. (To make it easier to close the packets, arrange the green beans facing the same direction.) Place the fish on the potato mixture. Sprinkle with the garlic powder. Top with 2 lemon slices.
- Wrap the foil loosely (this leaves room for the heat to circulate inside) and seal the edges tightly. Transfer the packets to a large baking sheet. Bake for 20 minutes. Using the tines of a fork, carefully open a packet away from you (to prevent steam burns). If the fish flakes easily when tested with a fork, carefully open the remaining packets and serve. If the fish isn't cooked enough, reclose the open packet and bake all the packets for 3 to 5 minutes.

Quick Tips

Cooking Tip: If you can't find new potatoes, you can use russet potatoes in this recipe. To prep the potatoes, peel, thinly slice, and pierce them in several places with a fork. Microwave at 100% power (high) for 8 to 10 minutes, or until the potatoes are almost tender. (Since russet potatoes are larger and denser than new potatoes, they will need to cook longer before adding them to the foil packets.)

Tip: If the green beans are extra-long, cut them in half so they fit more easily in the foil packets.

Adopted by: American Heart Association

Beans and Greens Soup

Great Recipe to Power You Through Winter

SERVES 4 to 6 PREP TIME 10 Minutes COOK TIME 30 Minutes

Beans and Greens are a cornerstone of the Mediterranean diet and a classic combination that can be made a thousand ways depending on what's on hand. No matter if it's chickpeas and cabbage, white beans and Tuscan kale, or lentils and broccoli rabe, you'll have a comforting, nutritious, and filling dish.



Ingredients

1/4 cup extra-virgin olive oil
1 red onion or leek, sliced into thin half-moons
1 clove garlic, peeled and smashed
5 cup rich chicken stock or vegetable stock
2 tbsps good wine vinegar (sherry or Champagne is great)
1 cup cooked beans, chickpeas, or lentils
2 cups cleaned and roughly chopped cooking greens (kale, spinach, chard, bok choy, napa cabbage, watercress, amaranth, broccoli rabe, or mix of any)
1 dried chile, optional
2 tbsps good extra-virgin olive oil
Salt and pepper
Grilled bread, for serving

Directions

Step 1 - In a large heavy-bottomed pan, warm the olive oil over medium heat. Add the onions or leeks and garlic clove and gently brown.

Step 2 - When lightly colored, add stock and vinegar. Bring to a light simmer and add cooked legumes. Bring back to a simmer and add greens and chile, if using.

Step 3 - Depending on what greens you use, you will cook the soup a little more or less. Spinach and watercress would cook in a minute or two, while kale and broccoli rabe would take more like 3 to 4 minutes (or as many as 5 to 8). You want to simmer long enough to wilt and cook the greens but not to overcook them.

Step 4 - Taste and adjust salt. Serve by itself or over grilled bread with a drizzle of olive oil on top.

Adopted by: Food52

CATHERINE'S CORNER

Catherine Keating, RDN CDN Certified Dietician Nutritionist

February is American Heart Month



February is designated as American Heart Month to raise awareness about heart disease, which is the leading cause of death in the U.S. It's a time to encourage people to focus on cardiovascular health through lifestyle changes such as eating a healthy diet, getting regular physical activity, not smoking, and managing stress. The month also includes initiatives like [National Wear Red Day](#) on the first Friday of February to bring greater attention to the issue, particularly for women.

Key Facts about American Heart Month

Purpose: To increase awareness of heart disease and motivate people to prioritize heart health.

Leading cause of death: Heart disease is the leading cause of death for both men and women in the United States.

Prevention: Making healthy choices can often prevent heart disease.

Proclamation: The tradition of declaring February as American Heart Month began with President Lyndon B. Johnson in 1964.

How to participate and improve heart health

- Be physically active: Aim for at least 150 minutes of moderate-intensity physical activity per week.
- Eat a healthy diet: Focus on whole foods, vegetables, and limiting processed foods, salt, and unhealthy fats.
- Manage risk factors: Monitor and manage blood pressure, cholesterol, and blood sugar levels.
- Avoid smoking and limit alcohol: These are significant risk factors for heart disease.
- Reduce stress: Incorporate relaxation techniques like meditation to help lower stress.
- Get regular checkups: Health screenings can help detect problems early.
- Learn Hands-Only CPR: Knowing how to perform CPR can help save a life.
- Wear Red: Participate in National Wear Red Day to show support and raise awareness, especially for women's heart health.
- Know the signs of a heart attack: Be aware of symptoms like chest pain or discomfort, pain in the jaw, neck, or back, and shortness of breath. If you suspect a heart attack, call 9-1-1 immediately.

Adopted by: AHA/Jai medical system



March is National Nutrition Month

The theme for National Nutrition Month 2026 is "Discover the Power of Nutrition!". This theme will emphasize how nutrition can help individuals and communities thrive by making informed food choices and developing healthy eating and physical activity habits.

6 Simple Steps to Better Nutrition

At the beginning of the year, many of us attempt lifestyle changes that include eating healthier meals and exercise. By March, our passion for this change will have either succeeded or is beginning to wane. **National Nutrition Month** is an opportunity to refocus and grab that healthy lifestyle. Some simple ways of redesigning a diet include:

- ⇒ Reducing or eliminating sugary drinks and sodas. They add unnecessary calories and help us pack on the pounds without much effort.
- ⇒ Pile on the vegetables. Vegetables are low in calories and high in nutrients. They can be prepared in a variety of flavorful ways and help to fill us.
- ⇒ Serve smaller portion sizes. One way to do this is to use a salad plate instead of a dinner plate when serving your meal. Another option is to eat smaller meals more often.
- ⇒ Eat smarter snacks. That doughnut looks so good, but it will likely leave you unsatisfied very quickly.
- ⇒ Try a meal kit program. Many of these programs offer light meals. Since these kits are portion-controlled, it makes preparing meals with appropriate serving sizes easier.
- ⇒ When dining out, choose from the lighter side of the menu and only eat half of the dish. Take the rest home for another meal later.

Eating healthier comes with a lot of benefits that stick with you for the long haul. Combined with exercise, healthy eating makes our bodies stronger and improves our immune system. Together they also reduce our risk for chronic illnesses like diabetes and heart disease. A healthy diet and exercise also make us stronger and help us to feel better about ourselves because our skin and hair are healthier, the aches and pains are fewer, and we have more energy.

Adopted by: [National Day Calendar](#)

January 2026

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			January 1 Meal site Closed	January 2 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
January 5 	January 6 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	January 7 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	January 8 CHEF'S CHOICE	January 9 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Mandarin Orange
January 12 	January 13 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	January 14 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	January 15 Beef Stew with Boiled Potatoes/ Carrots Cauliflower Biscuit Fresh Fruit	January 16 Chili/Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit <i>Happy Birthday</i>
January 19 	January 20 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	January 21 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries and Granola	January 22 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	January 23 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
January 26 	January 27 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	January 28 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	January 29 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	January 30 Shepard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding

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.

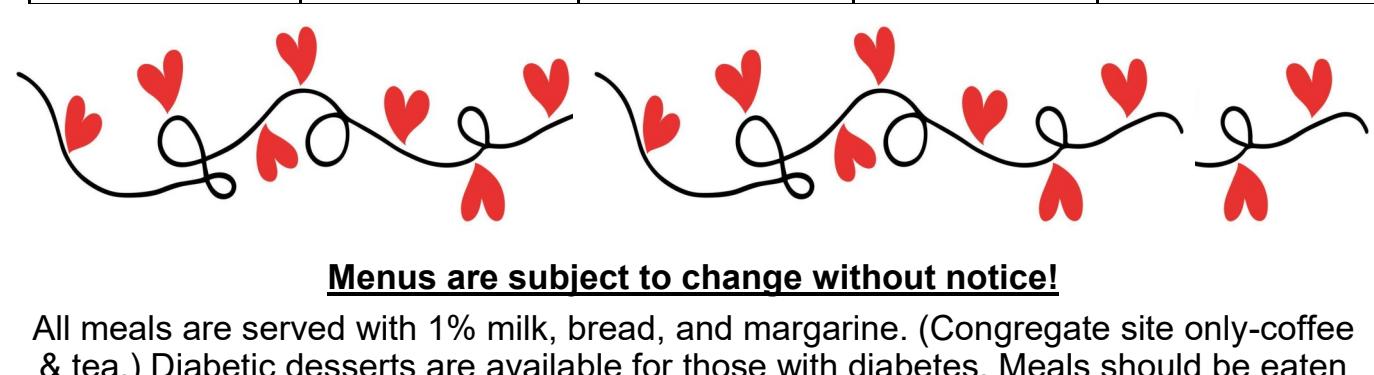
Frozen dinner heating instructions: Oven: Loosen aluminum foil or puncture film seal, heat on 350 degrees for 30-45 min. or until food has reached 165 degrees. Microwave: Loosen film seal, heat on high 5-6 min. or until food has reached 165 degrees. Stir contents half way through cooking cycle. Let stand for 2-3 minutes prior to serving.

Caution contents will be hot!

February 2026

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 2 	February 3 Roast Pork Loin Gravy Mashed Potatoes Italian Veggies Carrots Chilled Pineapple	February 4 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	February 5 Swedish Meatballs Over Noodles California Veggies Cookie	February 6 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
February 9 	February 10 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	February 11 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	February 12 CHEF'S CHOICE	February 13 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Mandarin Orange
February 16 	February 17 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	February 18 Beef Stew with Boiled Potatoes/ Carrots Cauliflower Biscuit Fresh Fruit	February 19 Chili Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	February 20 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <i>Happy Birthday</i>
February 23 	February 24 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	February 25 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries and Granola	February 26 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	February 27 Soup of the Day (at congregate sites only) Liver & Onions w/ Gravy Mashed Potatoes Green Beans Brownie



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Caution contents will be hot!

March 2026

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2 	March 3 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	March 4 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	March 5 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	March 6 Shepard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding
March 9 	March 10 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	March 11 Roast Pork Loin/ Gravy Mashed Potatoes Italian Veggies Carrots Chilled Pineapple	March 12 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	March 13 Swedish Meatballs Over Noodles California Veggies Cookie Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
March 16 	March 17 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Mandarin Orange	March 18 CHEF'S CHOICE	March 19 Corned Beef & Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 20 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit Greek Penne and Chicken Broccoli Peach Crisp
March 23 	March 24 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	March 25 Beef Stew with Boiled Potatoes/ Carrots Cauliflower Biscuit Fresh Fruit	March 26 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	March 27 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <i>Happy Birthday</i>
March 30 	March 31 Chicken & Biscuit Brown Rice Broccoli 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.

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