

**NEWSLETTER  
FOR SENIORS**

October 2012



WARREN / HAMILTON  
COUNTIES  
OFFICE FOR THE AGING  
1340 State Rte 9  
Lake George, N.Y.  
(518) 761-6347 PHONE  
DIRECTOR— CHRISTIE SABO  
Toll Free Number 1(888)553-4994

# ***You are Invited***

It is that time of year again...every fall I conduct public hearings to go over the Warren- Hamilton Counties Office for the Aging plan for programs and I will be presenting the 2013 abstract at the following sites at 11:30am. I will bring copies of the abstract and they are available at our office. If you are unable to attend any of the public hearings we would be happy to send you a copy.

*OCTOBER 3<sup>rd</sup> INDIAN LAKE*

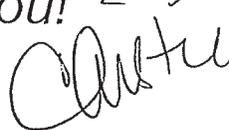
*OCTOBER 17<sup>th</sup> LUZERNE*

*OCTOBER 24<sup>th</sup> CHESTERTOWN*

*Please note that on this day the Warren-Hamilton Counties Advisory Council will meet at 11a.m. followed directly by our public hearing. All are welcome at the meeting.*

*October 25<sup>th</sup> LONG LAKE*

*I look forward to seeing you!*



*Christie Sabo  
Director*

*Warren/Hamilton Counties Office for the Aging*

Find the Halloween words from the bottom in the Halloween word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the Halloween word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Halloween fact.

## Halloween Word Search

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

### Halloween and Costumes

CANDY	MONSTER
CARVE	OCTOBER
COSTUME	PRINCESS
DOOR TO DOOR	SCARY
DRACULA	SKELETON
FRANKENSTEIN	THIRTY-FIRST
GHOST	TRICK OR TREAT
JACK-O-LANTERN	VAMPIRE
KNIGHT	WITCH
MAKUP-UP	ZOMBIE

**October 19 is National Mammography Day!**

**Medicare pays 100%  
for your mammogram!**

**A screening mammogram is an x-ray exam of breasts in a woman who has no symptoms. The goal of screening mammogram is to find cancer when it is too small to be felt by a woman or her doctor. Finding small breast cancers early with a screening mammogram greatly improves a woman's chance for successful treatment.**



**Screening mammogram usually takes 2 x-ray pictures (views) of each breast. Some patients, such as those with large breasts, may need to have more pictures to see as much breast tissue as possible.**

**Women over 40 once every 12 months**

**Where?**

- Warrensburg Health Center, Warrensburg ...518-623-2844**
- St. Mary's Hospital, Amsterdam ..... 518-841-7224**
- Nathan Littauer Hospital, Gloversville .....518-773-5524**
- Bassett Healthcare, Cooperstown.....607-547-3600**
- Adirondack Medical Center, Saranac Lake~518-891-4141 x2750**
- Irongate Family Practice, Glens Falls.....518-793-4409 x402**
- Women's Health Institute, Glens Falls.....518-812-2229**
- North Country Imaging Center, Glens Falls.....518-793-1000**
- Glens Falls Hospital Breast Center, Glens Falls...518-926-5333**
- Womens Care in Obstetrics, Glens Falls.....518-793-4477**

Contact Susan Dornan, NY Connects Program Coordinator toll free at 1-866-805-3931 for more information or questions you may have about long term care choices. NY Connects is located at the Office for the Aging and is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Department of Social Services, Warren County Health Services & Department of Social Services providing free information and assistance on long term care.

WARREN-HAMILTON COUNTIES  
OFFICE FOR THE AGING  
2012-2013 H.E.A.P OUTREACH SCHEDULE

WARREN COUNTY

Tuesday, November 20th	<u>BOLTON MEALSITE</u> Church of St. Sacrament	8:30am-9:00am
Tuesday, November 20th	<u>HAGUE TOWN HALL</u>	10:00am-10:30am
Tuesday, November 20 <sup>th</sup>	<u>LAKE GEORGE TOWN HALL</u> 26 Old Post Road, Lake George	12:00pm-12:30pm
Wednesday, November 21st	<u>THURMAN TOWN HALL</u>	10:00am-11:00am
Wednesday, November 21st	<u>STONY CREEK TOWN HALL</u>	11:30am-12:00pm
Monday, November 26th	<u>LAKE LUZERNE MEALSITE</u> Luzerne Senior Center	10:30am-11:30am
Wednesday, November 28 <sup>th</sup>	<u>WEST GLENS FALLS VFW</u> Luzerne Rd. and Richardson St. Queensbury	10:00am-10:30am
Monday, December 3rd	<u>JOHNSBURG SEN. CNTR/MEALSITE</u> Rt. 28 North Creek	11:00am-12:00pm
Monday, December 3rd	<u>WHITE WATER MANOR</u> North Creek	12:30pm-1:30pm
Wednesday, December 5 <sup>th</sup>	<u>CHESTERTOWN MEALSITE</u> Chester Municipal Center 6307 State Rt. 9	10:30am-11:30am
Wednesday, December 5 <sup>th</sup>	<u>HORICON COMMUNITY CENTER</u> 6604 State Rt. 8 Brant Lake	12:30pm-1:00pm
Thursday, December 6th	<u>WARRENSBURG TOWN HALL</u> 3797 Main St. Warrensburg	10:00am-11:00am
Friday, December 7th	<u>CRONIN HI RISE</u> 43 Ridge Street Glens Falls (Activity Room)	10:00am-11:00am
Monday, December 10th	<u>SOLOMON HEIGHTS APARTMENTS</u> 18 Farr Lane East, Queensbury	2:00pm-3:00pm
Wednesday, December 12th	<u>GLENS FALLS SENIOR CENTER</u> 380 Glen St. Glens Falls	10:00am-11:00am
Wednesday, December 19th	<u>MONTCALM/JOHN BURKE APTS.</u> Community Room	10:00am-10:30am
Thursday, December 20th	<u>GLENS FALLS MEALSITE</u> Fellowship Hall First Presbyterian Church Corner of Glen & West Notre Dame	11:30am-12:00pm
Friday, December 21st	<u>QUEENSBURY SENIOR CENTER</u> Corner of Bay & Haviland Rds.	9:30am-10:30am

All over 60 persons in Hamilton County who need assistance please call:

Harriet Bunker – 1-888-553-4994

Harvest

Gala  
SIL

**Southern Adirondack  
Independent Living**

*PROMOTING THE INDEPENDENCE, EQUALITY AND  
DIGNITY OF PEOPLE WITH DISABILITIES*

*With The Music Of*

**SOUL SESSION**

*featuring "Soulist" Garland Nelson*



Harvest *Gala* Fundraiser  
to benefit

**Southern Adirondack Independent Living**

**SATURDAY, OCTOBER 20, 2012 • from 5:30 pm to 12 midnight**

**HOLIDAY INN • 232 Broadway, Saratoga Springs, NY 12866**

**\$100/person • BLACK TIE OPTIONAL**

**For Information (518) 792-3537**

*Dining • Dancing • Silent Auction • 50/50 Raffle*



**SAVE THE DATE! NOV 7**  
Washington, Warren, Hamilton  
Counties  
Long Term Care Council  
invites consumers,  
providers & other interested parties

*A COMMUNITY CONVERSATION*  
*9:30 A.M. at Crandall Public Library*  
*Chairperson Jocelyn Blanchard, Vice-chairperson*  
*Andrew Cruikshank, Secretary Jackie Dunn*

**Dear Friends, Members and Supporters of the Association for the Hearing Impaired, Inc.**

**I am writing with very sad news. Regretfully, the Association for the Hearing Impaired, Inc. will close its doors on Friday, September 21, 2012.**

**At a special meeting of the Association's Board of Directors on Wednesday, August 15th, a motion was duly made and seconded and unanimously approved to cease programs and services on August 31st and all operations on 09/21/2012. Invited to attend and present at the meeting was the AFTHI's Co-founder, Sandie Clark. I can assure you that this was a difficult and emotional decision, as evident by the tears shed and comments made by many of the few already aware of the news.**

**For nearly the past twelve months, the Association has struggled to raise the funds necessary to continue to provide service and support to improve the quality of life for persons with hearing loss of all ages as well as their loved ones, friends, co-workers and classmates. Our situation is not much different from that experienced by many other not-for-profits. Donations from individuals and families have gotten smaller, grants from corporate and community foundations continue to be more competitive and many more health and human service agencies as well as charitable causes are soliciting donations from the public. The annual loss of \$20,000 from the Tri-County United Way in June of this year was more than we could absorb. Beginning in October, 2011 meetings and discussions took place between the Association for the Hearing Impaired, Inc. and other regional organizations, all considerably larger than the Association, about our either merging with or, in some way, coming under their corporate umbrella. Unfortunately, none of those relationships came to fruition.**

**Words cannot truly explain what a pleasure it has been for me to work at the Association. My first year was spent working with Kate Doty and during the past two years with Kasseey Granger. I thank them, the AFTHI's Board of Directors as well as countless members, volunteers and community partners for sharing their time, talents and financial resources with us. I am proud of the agency's accomplishments, the work that we have done and its impact on individuals and families from throughout the Greater Capital Region of Northeastern New York.**

**As I hope that you know, since it was founded in 1986, the undevoted support of people like you has allowed the Association to serve and meet the needs of Deaf and Hard of Hearing persons in Warren, Washington and Saratoga Counties and beyond; offering them quality programs, including the Assistive Technology Loan-Out Center; Sign Language and Lip Reading classes; Community Outreach and Education; Information and**

**Referral; Peer Advocacy and Support, the Fabulous Friends with Flying Fingers; the Listen Up! newsletter and more.**

**Contributions to the AFTHI's Keep Our Doors Open Forever Campaign, the Be A Hear-O from Home Fundraiser, memberships and all other contributions will be accepted through the end of this month and funds used to properly close out our books and to find a future home(s) for the Association's programs and services. We continue to work hard to ensure that this happens. A drawing of tickets for exciting "Door Prizes" will be held within the next week to ten days for those who contributed to the Be A from Home "No-Show" fundraiser. Winners will be notified and information posted on our website [www.afthi.org](http://www.afthi.org) as to when they can pick up their prizes. Kasey has recently accepted an opportunity to provide American Sign Language instruction for children at the Glens Falls Family YMCA. Her employment and mine at the Association will soon end but, as a community that understands the importance of and the spirit of our mission, we must not let the programs and services that have benefitted so many for so long end forever.**

**Thank you again for your help and support and the opportunity to serve you! Please feel free to forward this letter to others in your network.**

**Sincerely,**

**Bennet F. "Ben" Driscoll, Jr.  
Executive Director  
Association for the Hearing Impaired, Inc.  
71 Glenwood Avenue  
Queensbury, New York 12804  
(518) 761-0554  
[www.afthi.org](http://www.afthi.org)**

***Serving the needs of Deaf and Hard of Hearing persons of all ages since 1986.***



The Greater Glens Falls Senior Citizens Center  
 Located at: 380 Glen Street, Glens Falls, NY 12801  
 Phone 793-2189 Fax 793-7640 E-Mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)  
 Celebrating over 50 years of Service to our Senior Community  
 Something for everyone No Residency Requirements.....  
 Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director  
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

**NEW MEMBERS WELCOME**

**NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS**

**SOME OF THIS MONTH'S HIGHLIGHTS**

Mon-10/1	Good Books Club-"Whispers In the Sand" by Barbara Erskine-drop in	1:00 p.m.
Tues-10/2	Michigan Rummy-easy to learn-come in	1:00 p.m.
Wed-10/3	Special Bingo-prizes, refreshments	1:15 p.m.
Tues-10/9	Operation Christmas Child packing party	1:00 p.m.
Wed-10/10	Aging In Place film-"Aurora Borealis"	1:00 p.m.
Wed-10/10	Racino Trek-Call to reserve	Depart 9:45 p.m.
Wed-10/10	Blue Shield representative	10:00 a.m.
Sat-10/13	<b>FALL FAIR -FOOD, JEWELRY, AND MORE</b>	9:00-2:00
Mon-10/15	One Stroke Painting-Call to reserve	12:30-2:00
Mon-10/15	MVP Health Plan Representative	10-11 a.m.
Tues-10/16	Flu Shot Clinic-Warren County Public Nurse	1-2:30 p.m.
Wed-10/17	2013 Medicare/Medicare Advantage Plans -call to reserve seat	1:00 p.m.
Tues-10/18	Third Thursday Art Walk	4-7 p.m.
Thurs-10/18	Lunch Bunch-Two Mamma's-Fort Edward-sign up October 15	12:00 p.m.
Mon-10/22	Empire Blue Cross/Today's Options	10 and 1 p.m.
Tues-10/23	Medicare Part D/EPIC/ Social Security, Extra Help presentation	1:00 p.m.
Wed-10/24	Defensive Driving-sign up as soon as possible	9-5
Wed-10/31	Halloween Costume Lunch-sign up by October 29-Cost: \$7	12:00 p.m.
Monday- Friday	Thrift Shop/new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon.-Thurs.	Osteo exercise program- Monday-Thursday	9-10:30 a.m.
Every Friday	Tai Chi Class	9:00 a.m.-10:00 a.m.-Cost: \$6

**Ongoing activities at a glance:**

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/ performing line dancing/ beginning line dancing/Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

**Some Trips included- See attached list**

**Call Center for pricing and information on the upcoming events!  
 Don't be lonely- come and participate in "YOUR SENIOR CENTER".  
 TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

**Interested in Joining and receiving more information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**ALWAYS NEEDED- HOUSEHOLD ITEMS, BOOKS & JEWELRY  
 COME AND JOIN THE SENIOR CENTER-BRING A FRIEND**



**TRIPS! TRIPS! TRIPS!**  
Greater Glens Falls Senior Citizens Center  
380 Glen Street  
Glens Falls, NY 12801  
(518) 793-2189



### 9-5 THE MUSICAL

**Where:** Homemade Theater, Saratoga

**When:** Sunday, October 21, 2:00 p.m. Cost: \$4/with van transportation \$8

Remember the hilarious comedy with Dolly Parton and Lily Tomlin? The office workers who sought revenge on their impossible boss? Enjoy the staged version of this Broadway play and film this fall. You need to sign up and pay by September 14, as we have priority seating which is limited. There is van transportation for 11 people. Reserve by October 12.

### NEW YORK CITY/BROOKLYN TOUR CHRISTMAS LIGHTS AND CANOLI'S

*Saturday, December 8, 2012*

Free time in Time Square for lunch and shopping; tour Brooklyn with Tony from "The Chew", tour city, holiday lights with the grand finale Canoli's. Cost: \$85. Call to sign up by November 15.

### PLAN AHEAD!

**Friday, November 9**-Veterans Breakfast

**Wednesday, November 14**-Annual meeting

**Thursday, November 15**-Christmas Tree Shop-Call to reserve by November 13

**Wednesday, November 21**-Festival of Trees senior lunch-sign up as soon as possible.

**Saturday, December 1**-Christmas Boutique-items needed

**Tuesday, December 11**-Annual Christmas Party

### UPCOMING TRIPS!

#### SHOW: LEADING LADIES

**Where:** Homemade Theater, Saratoga

**When:** Sunday, April 28, 2013, 2:00 p.m. showtime

**Info:** Two down- on- their -luck male actors try to steal an inheritance by pretending they are the legitimate heirs- unfortunately, the actual heirs are nieces and that is where all the comedy in this play begins. We have priority seating for this play as well, so sign up by March 15, 2013. Depart Center 12:45 p.m. Van available for 11 people.

#### EASTERN MEDITERRANEAN

**What:** Royal Caribbean- Navigator of the Seas

**When:** June 15-23, 2013

**Info:** In addition to cruising, tour the highlights of Rome, the Colosseum, the Forum, Capitoline Hill, Trevi Fountain, the Pantheon, Piazza Navone, and the Vatican. Cruise to Messina (Sicily); Kusadas (Ephesus) Turkey; Athens, Greece; Crete; Civitavecchio (Rome). 5 cabin categories available, round trip from Albany included, passport required. Deposit required securing reservation, balance due March 1, 2013. Stop in office for detailed itinerary. Trip is through Grand American Tours and Cruises.

Greater Glens Falls Senior Center  
380 Glen Street, Glens Falls, NY 12801  
793-2189



# FALL FAIR



Saturday, October 13, 2012  
9 a.m. – 2 p.m.



HOUSE & PORCH SALE

Jewelry, Crafts, Collectibles, Baked Goods  
Thrift Shop, Housewares, Books, Appliances  
And much more



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Bring Your Family



Lunch at the Sherman House Café



Have a Great Time!



Now accepting donations!

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New York State **Caregiving & Respite** Coalition

*Supporting You: New York State Caregiving and Respite Coalition (NYSCRC), supports all people engaged in caregiving, and is dedicated to quality and accessible respite for all ages, conditions and disabilities.*

**SAVE THE DATE: Tuesday October 16, 2012**

***Second Annual, NYSCRC Conference***

**Woodcliff Hotel & Spa, Rochester NY**

**Featuring:**

- ❖ **Keynote Speaker, Sylvia Mackey**
- ❖ **12+ Learning sessions throughout the day**
- ❖ **Award presentation for the 2012 HERO honorees**
- ❖ **Learning and Presentation Opportunities for Family Caregivers and Professionals alike**

**Registration Opens the week of August 27**

**Early Bird Rate thru 9/14 of \$35**

**Registration after 9/14 will be \$50**

**Questions: Contact Maureen K. Murphy, NYSCRC Director at [mmurphy@lifespan-roch.org](mailto:mmurphy@lifespan-roch.org) or 585-244-8400 x 213**

***The SSA 2012 Conference begins Wednesday, October 17  
also at the Woodcliff Hotel and Spa.***

# Ways to Control High Blood Pressure without Medication

**By making some lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease.**

**However, do not stop any medication until you discuss that change with your healthcare provider.**

**Lose those extra pounds and watch your waistline.** Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure significantly.

**Exercise regularly.** Regular physical activity – at least 30 to 60 minutes most days of the week – can lower your blood pressure. And it doesn't take long to see a difference. Your doctor can help determine whether you need any exercise restrictions. Even moderate activity for 10 minutes at a time, such as walking and light strength training, can help.

**Eat a healthy diet.** Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure. This eating plan is known as the **DASH** (Dietary Approaches to Stop Hypertension) diet.

**Reduce sodium in your diet.** Even a modest reduction in the sodium in your diet can reduce blood pressure. Most healthy adults need only between 1,500 and 2,400 milligrams (mg) of sodium a day. But if you have high blood pressure, are older than 50, are black, or have such chronic conditions as heart disease, kidney disease or diabetes; you may be more sensitive to sodium. In that case, aim for less than 1,500 mg of sodium a day.

**Limit alcohol consumption.** Alcohol can be both good and bad for your health. In small amounts, it can help prevent heart attacks and coronary artery disease and potentially lower your blood pressure. But that protective effect is lost if you drink too much alcohol – generally more than one drink a day for women and more than two a day for men.

**Cut back on caffeine.** The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure. Doctors recommend you drink no more than 200 milligrams a day – about the amount in two cups of coffee.

**Reduce your stress.** As with caffeine, the influence of stress on blood pressure isn't settled. Stress or anxiety can temporarily increase blood pressure.

**Avoid tobacco products and secondhand smoke.** On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

**Monitor your blood pressure at home and make regular doctor's appointments**

***If you want to avoid a stroke, keep your blood pressure low. Remember it is your life and it is your health.***

Catherine Keating RD CDN  
Warren/Hamilton Co.'s OFA

Adopted By: James L. Holly, MD *Your Life Your Health*

# Chicken Piccata with Pasta & Mushrooms



Our chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor. If you like, you can use a mild fish like tilapia or even shrimp instead of chicken breast.

**4 servings | Active Time:** 40 minutes | **Total Time:** 40 minutes

## Ingredients

- 6 ounces whole-wheat angel hair pasta
- 1/3 cup all-purpose flour, divided
- 2 cups reduced-sodium chicken broth
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 4 chicken cutlets, (3/4-1 pound total), trimmed
- 3 teaspoons extra-virgin olive oil, divided
- 1 10-ounce package mushrooms, sliced
- 3 large cloves garlic, minced
- 1/2 cup white wine
- 2 tablespoons lemon juice
- 1/4 cup chopped fresh parsley
- 2 tablespoons capers, rinsed
- 2 teaspoons butter

## Preparation

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.
2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.
3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.
4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

**Nutrition Per serving :** 397 Calories; 9 g Fat; 3 g Sat; 3 g Mono; 54 mg Cholesterol; 45 g Carbohydrates; 28 g Protein; 5 g Fiber; 544 mg Sodium; 609 mg Potassium **Exchanges:** 2 1/2 starch, 1/2 vegetable, 3 1/2 lean meat

Catherine Keating RD CDN  
Warren/Hamilton Co.'s OFA  
Adopted By: Eating well.com

# Southwestern Stuffed Acorn Squash



Cumin and chili powder season a filling of turkey sausage, tomatoes, black beans and Swiss cheese for creamy acorn squash.

**6 servings** | **Active Time:** 45 minutes | **Total Time:** 1 1/2 hours

## Ingredients

- 3 acorn squash, (3/4-1 pound each)
- 5 ounces bulk turkey sausage
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-ounce can black beans, rinsed (see Tip)
- 1/2 teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

## Preparation

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
4. When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

**Nutrition Per serving** : 259 Calories; 7 g Fat; 4 g Sat; 1 g Mono; 29 mg Cholesterol; 38 g Carbohydrates; 15 g Protein; 7 g Fiber; 482 mg Sodium; 884 mg Potassium

**Tips & Notes:** While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

Catherine Keating RD CDN  
Warren/Hamilton Co.'s OFA  
Adopted By: Eating well.com

# TRIVIA

- Halloween was originally a Celtic holiday celebrated on October 31.
- **Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes**
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.
- **Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.**
- There are no words in the dictionary that rhyme with orange, the color of pumpkin.
- **A pumpkin is a berry in the cucurbitaceous family, which also includes melons, cucumbers, squash and gourds. All these plants are native to the Americas.**
- Pumpkins originated in Central America. When Europeans arrived in the New World, they found pumpkins plentiful and used in cooking by Native Americans. They took seeds back to Europe where they quickly became popular.
- **According to folklore, the jack-o-lantern got his name from a man named Jack.**
- Jack-o-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- **Turnips and beets served as the original Jack-o-lanterns.**
- Mexico celebrates 'The Day of the Dead' instead of Halloween.
- **It is believed that the Irish began the tradition of Trick or Treating. In preparation for All Hallows' Eve, Irish townsfolk would visit neighbors and ask for contributions of food for a feast in the town.**
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first. People spend as much as over \$2.5 billion during Halloween on candies, costumes, decorations and parties.
- **Halloween candy sales average about 2 billion dollars annually in the United States.**
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers .
- **Black cats were once believed to be witch's familiars who protected their powers.**
- Samhainophobia is an intense fear of Halloween.



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**Candy Rivera Whitehead, NYS EPIC Representative will be at the Warren County Office for the Aging to speak with you about:**

- **EPIC eligibility**
- **How EPIC works with Medicare Part D**
- **Upcoming changes in 2013**

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**If you are thinking about enrolling in EPIC, or are currently enrolled and have questions about EPIC and Medicare Part D come to one of these enrollment sessions being held at the Warren County Office for the Aging:**

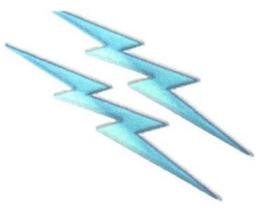
**October 17      9 AM – 12 PM**

**November 13    1:30 PM – 4:30 PM**

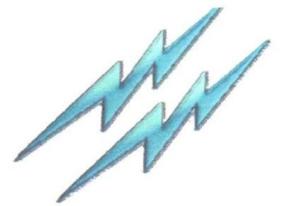
**December 17    10 AM – 1 PM**

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**Warren County Office for the Aging  
1340 State Rt. 9  
Lake George  
Please call for appointment  
(518) 761-6347**



# BOO!!!



## ARE YOU AFRAID OF THE DARK ??

# Queensbury Senior Citizens HALLOWEEN PARTY

### Friday, October 26, 2012 @ 11AM

### Cost \$10



**trick or  
treat**

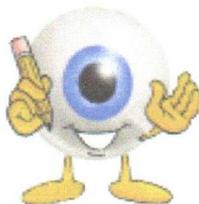


**enjoy  
lunch**



**be  
entertained**

**Come in plain clothes, a Halloween shirt,  
or, if you wish .....**



**Come in costume and face  
the icy stare of the judges  
to win a prize**

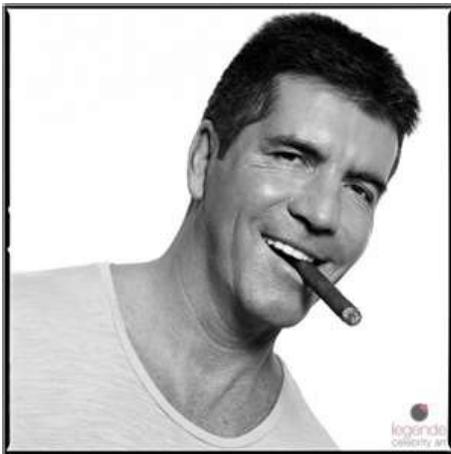
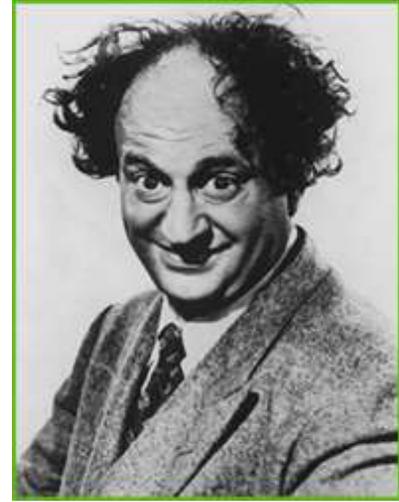
### **Hurry!! Sign up at the front desk**

### **Cut-off date: October 19, 2012**

**742 Bay Rd. Call 761-8224 For More Information**

# Famous Birthdays!

5<sup>th</sup> Larry Fine – Frizzy-haired member of The Three Stooges' comedy team



7<sup>th</sup> Simon Cowell – Brutally Honest celebrity judge on TV's "American Idol"

9<sup>th</sup> Matt Damon – Starred "Good Will Hunting" Oscar with co-star Ben Affleck



12<sup>th</sup> Kirk Cameron – "Growing Pains" Mike Seaver later starred in "Left Behind" films

18<sup>th</sup> Dawn Wells – Mary Ann of “Gilligan’s Island” opened boot camp for actors.



22<sup>nd</sup> Christopher Lloyd – Zany Character actor from “Taxi” to “Back to the Future”



26<sup>th</sup> Hillary Rodham Clinton – Former first lady campaigned for U.S. presidency in 2008



30<sup>th</sup> John Adams –  
2<sup>nd</sup> U.S president  
(1797-1801)

Call  
761-8224  
or 745-4439  
October is  
the perfect  
time to join!  
742 Bay Rd.  
QSBY

# QUEENSBURY SENIORS



ON THE GO!

*Free* Medicare  
Workshop  
Thursday Nov. 1st  
10-11am  
*with Gay Holtz*  
Explore your options!  
HMO/PPO/Supplements  
Sign up at the desk.



## Wed. Nov. 7<sup>th</sup> - St. Josephs Abbey & Springfield Museums & Oakwood Farm

Start your day with a planetarium show "Splendors of the Autumn Sky" and visit the museum of your choice all on the same grounds. Admission included to your choice of Springfield Science, Fine Arts, or History Museums. Lunch will take place at The Publik House in Sturbridge Mass. with stops at the Oakwood Farm, a fabulous Christmas barn filled with holiday gifts & goodies. Finish your afternoon with a unique opportunity to hear about the history of St. Josephs Abbey first hand. The monastery has been in existence just north of Spenser Mass. since 1825. Browse through their gift shop with homemade items from monastery's around the country and visit the church.

**Deadline extended to Oct. 10th** Sign up ASAP Cost \$77

## Friday Nov. 30th - Stockbridge Mass



Enjoy this nostalgic look at the world's largest collection of Norman Rockwell art in the artist's picturesque home town of Stockbridge Mass. in the Berkshires. A hot New England meal awaits you at the Red Lion Inn. After lunch get a jump on your holiday shopping at the Lee Premium Outlet Center with over 60 stores to choose from.

## Bowling

**Deadline  
Oct. 26th  
Cost \$73**

*Lake George Bowl*

**Begins Fri. Oct. 12th @ 1pm**

Every Friday thru Dec 21st. No bowling 11/23

*3 Games of Bowling  
Shoes included*

Sign Up  At Center

## QUEENSBURY SENIOR CITIZENS INC. SENIORS ON THE GO!

# Arts & Crafts Fair



**Saturday October 20th**  
At the Queensbury Center 742 Bay Rd.

**9:00am to 3:00pm Indoors**

Wide variety from paper crafts, jewelry, knitting  
wine cork designs, paintings, stained glass mosaics,  
weavings, pillows, porcelain home decor,  
hand woven scarves, book marks and more

## **October is National Domestic Violence Awareness Month**

### **Read below to learn about different types of abuse:**

**Emotional abuse** can be characterized by name-calling, put downs, humiliation, and other acts that seek to lower a victim's self esteem.

**Psychological abuse** can be characterized by using threats, playing mind games, making the victim think that they are crazy, and other acts that instill fear in the victim.

**Economic abuse** can be characterized by preventing the victim from maintaining a job, controlling the money, bank accounts, or assets belonging to the family, making the victim completely responsible for bringing in income to the family, or other acts that set up a financial dependence in the relationship.

**Sexual abuse** can be characterized by forcing the victim to engage in non-consensual sexual acts, withholding sex, or other acts that exploit a victim's right to express their sexuality.

**Isolation** can be characterized by preventing a victim's contact with family and friends, re-locating victim to a new location, controlling their interactions with people, or other acts that separate a victim from their support network.

**Stalking** can be characterized by repeated and unnecessary contact via text message, phone calls, email, or social media, planned appearances at places that victim frequents, monitoring through the use of technology, or other acts that control a victim's movement or induce fear. Physical violence can be characterized by kicking, hitting, punching, pushing, withholding a victim from seeking necessary medical attention, or other acts that inhibit a victim's physical well-being.

It is important to note that abusers *choose* to perpetrate these acts and those acts are not the result of their partner's behavior.

**If you think you or someone you know needs help,  
contact the Domestic Violence Project  
at 793-9496.**

**NY Connects provides information and assistance on long term care choices;  
contact Susan Dornan of Warren/Hamilton Counties Office for the Aging  
at 1-866-805-3931.**

# Halloween Poems

## Spooks

- by *Sandra Liatsos*

There's a goblin at my window,  
A monster by my door.  
The pumpkin at my table  
Keeps on smiling more and more.  
There's a ghost who haunts my bedroom,  
A witch whose face is green.  
They used to be my family,  
Till they dressed for Halloween.



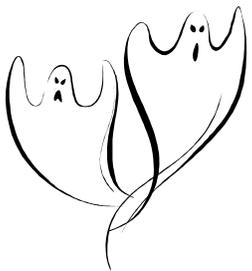
## Haunted House

There's a house upon the hilltop  
We will not go inside  
For that is where the witches live,  
Where ghosts and goblins hide.

Tonight they have their party,  
All the lights are burning bright,  
But oh we will not go inside  
The haunted house tonight.

The demons there are whirling  
And the spirits swirl about.  
They sing their songs to Halloween.  
"Come join the fun," they shout.

But we do not want to go there  
So we run with all our might  
And oh we will not go inside  
The haunted house tonight.





# QUEENSBURY SENIOR CITIZENS INC.

SENIORS ON THE GO!

Trips Galore  
Programs  
Special Events  
Recreation  
Community Service

Something for Everyone Age 55+

## A Perfect Time To Join!



## Meet Your Community



**742 Bay Rd Queensbury 12804 761-8224 or 745-4439**

*You do not have to be a member to participate in Queensbury Senior Citizen activities or trips. We encourage you to join however, so you don't miss out on the tremendous variety of events we offer, by receiving our monthly newsletter.*

*Annual membership begins in September  
The Cost is \$10 per individual or \$14 per household*

### Don't miss these upcoming events!

#### *Semi Annual Fall Book Sale*

*At The Queensbury Center*

Oct 3rd & 4th  
Wed. 12pm-5pm  
Thurs 9am-3pm



#### Arts & Crafts Fair



**Saturday October 20th**  
At the Queensbury Center 742 Bay Rd.  
**9:00am to 3:00pm Indoors**

# Aging Well Forum

A Program of the Glens Falls Home, Inc



## Alzheimer's and Dementia Presentation for Family Caregivers

By Erin Bonitto

**Saturday, October 27, 2012**  
9:00 am – 11:00 am

### **What Everyone Should Know About Memory Loss, Alzheimer's Disease & Dementia Communication**

Caring for a person with memory loss, dementia or Alzheimer's Disease means you are paying attention to a lot of different things: What the professional caregivers want you to know – what the doctors want you to know – and what the “experts and authors” want you to know! This information session will help you re-focus on what the person with Alzheimer's—Dementia wants you to know and **needs** you to know.

Topics will include:

- Understanding the very important differences between “Age—Associated Memory Impairment” and “Alzheimer's Disease”;
- Reducing frustration by learning “the language” of dementia;
- Ensuring meaningful connections for you and the person you love.

Don't miss this very helpful session – for anyone concerned about memory loss or dementia.

**To make a reservation, please call The Glens Falls Home at 793-1494.**

Presented by:



[www.glensfallshome.org](http://www.glensfallshome.org)

(518) 793-1494

Hosted By:





*Save the date!*

# *Community* **Dinner Dance**

Sponsored by Queensbury Senior Citizens Inc.

At the Queensbury Hotel

**Sat. Nov. 3rd 2012**

*"Dancin' Time" DJ  
with David Levesque*



## **Share the Harvest!**

Please Help Support  
Family Services Food Pantry &  
Bring Non-Perishable Food Items  
Monetary Donations Accepted

**6pm Cocktails &**

**Hors-D'oeuvres**

**7pm Dinner**

*Tables of 8-10  
Singles Welcome!*

**Deadline: Fri. Oct. 26th**

Call 761-8224 or 745-4439 for reservation form and menu choices

# JACK-O-LANTERN

The Jack-o-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree.

According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.

The Irish used turnips as their "Jack's lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the Jack-O-Lantern in America was a hollowed-out pumpkin, lit with an ember.



### Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

#### Sudoku #047 (Medium)

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

#### Sudoku #048 (Medium)

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

#### Access Blocked - Content Alert

The URL:

[http://googleads.g.doubleclick.net/client=ca-pub-76274400773190843A%2F%2Fwww.puzzles.ca%2Fsudoku\\_puzzles%2Fsudoku\\_medium\\_047.html?u\\_his=0&u\\_jav=20new%20roman&dfs=16&a=-2&ady=-2&biw=351&bih=403A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=](http://googleads.g.doubleclick.net/client=ca-pub-76274400773190843A%2F%2Fwww.puzzles.ca%2Fsudoku_puzzles%2Fsudoku_medium_047.html?u_his=0&u_jav=20new%20roman&dfs=16&a=-2&ady=-2&biw=351&bih=403A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=)  
was blocked

- The link you are accessing has been blocked by the Barracuda Web Filter because it matches a blocked

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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## October 2012

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 1</b> Ground Beef And Gravy Mashed Potatoes Scandinavian Blend Veggies Chilled Peaches	<b>October 2</b> Quiche of the Day Brussels Sprouts Muffin of the Day Pears	<b>October 3</b> Turkey Pot Roast Cranberry Sauce Mashed Potatoes Peas & Onions Pumpkin Bar	<b>October 4</b> Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Cup	<b>October 5</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad <b>Birthday Cake</b>
<b>October 8</b>  Meal Site Closed	<b>October 9</b> Lemon Baked Fish Augratin Potatoes Mixed Veggies Mandarin Oranges	<b>October 10</b> Juice of the Day Chicken & Biscuit Broccoli Chilled Pineapple	<b>October 11</b> Roast Pork Loin Roasted Red Potatoes Winter Squash Apple Crisp	<b>October 12</b> Pepper Steak Mashed Potatoes California Medley Gingerbread/Topping
<b>October 15</b> Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots	<b>October 16</b>  <b>CHEF'S                      CHOICE</b>	<b>October 17</b> Meatloaf Mashed Potatoes Zucchini & Tomatoes Peach Cobbler	<b>October 18</b> Baked Lemon Chicken with Mushroom Sauce Sweet Potatoes Peas & Onions Fresh Fruit	<b>October 19 Cold Plate</b>  Tuna salad on a Bun Pasta Salad Broccoli Salad Strawberry Shortcake
<b>October 22</b> Baked Fish Scandia Scalloped Potatoes Spinach Chilled Pears	<b>October 23</b> Beef Stroganoff over Noodles Carrots Tropical Fruit Salad	<b>October 24</b> Pork Chop/Applesauce Mashed Potatoes Italian Blend Veggies Pineapple Up-side Down Cake	<b>October 25</b> Chicken Reuben Rice Veggie Casserole Diced Beets Mandarin Oranges	<b>October 26</b> Soup of the Day (at congregate sites only) Liver & Onions Boiled Potatoes Asparagus Brownie
<b>October 29</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	<b>October 30</b> Turkey Divan Broccoli Sweet Potatoes Cranberry Crunch	<b>October 31</b> <b>Happy Halloween</b> Cauldron of Chili Frightening Fiesta Rice Corn Halloween Dessert		

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

WARREN COUNTY OFFICE FOR THE AGING  
1340 State Rte 9  
Lake George , N.Y. 12845



Newsletters now available online at  
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call  
Kayla @ 824-8824

**“If your local school district is closed due to a snow  
day, your meal site is also closed.”**

**Staff:**

**WARREN COUNTY**

CINDY ROSS – FISCAL MANAGER  
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES  
CHRIS LITTLE – COORDINATOR OF SERVICES  
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING  
CINDY CABANA – AGING SERVICES ASSISTANT  
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST  
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”  
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU  
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

**CHRISTIE SABO- DIRECTOR**

(518) 761-6347 PHONE

Web site- [www.co.warren.ny.us/](http://www.co.warren.ny.us/)

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119  
Indian Lake; 648-5412; Johnsburg-251-2711; Lake Luzerne; 696-2200  
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;  
Wells-924-4066  
Toll Free Number 1(888)553-4994