

Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

(518) 761-6347

1340 State Route 9, Lake George, NY 12845

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

WARREN COUNTY STAFF:

CHRISTIE SABO ~ DIRECTOR

CINDY ROSS ~ FISCAL MANAGER

HARRIET BUNKER ~ COORDINATOR OF SERVICES

CINDY CABANA ~ SPECIALIST SERVICES FOR THE AGING

HANNA HALL ~ AGING SERVICES ASSISTANT

ROSE-ANN O'ROURKE ~ COORDINATOR OF NUTRITION SERVICES

CATHERINE KEATING ~ STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN ~ NY CONNECTS, POINT OF ENTRY COORDINATOR

JAMI RIVERS ~ RECEPTIONIST

DINAH KAWAGUCHI ~ PART-TIME TYPIST

OFA Staff Bio: Jami Rivers

Jami began her new roles as Receptionist for the Warren-Hamilton Counties Office for the Aging in April 2015.

She formerly held positions with OFA as Cook and Supervisor of Volunteers.

She enjoys assisting people who contact our office and especially enjoys helping our seniors.



Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php

Please contact Susan Dornan to be added to our email list.

(518) 761-6347 or dornans@warrencountyny.gov

An Interview: William C. Lane, Ph.D. **interviews Harriet Bunker, Coordinator** **of Services**

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The Health Insurance Information, Counseling and Assistance Program (HIICAP) is a service of the New York State Office for the Aging that provides free, accurate and objective information, counseling and advocacy on Medicare, private health insurance and related health coverage plans. HIICAP serves people currently covered by Medicare, their representatives, and persons who will soon become Medicare eligible. This is the third interview I have conducted with Harriet Bunker who is responsible for coordinating the HIICAP program for both Warren and Hamilton Counties.

How did you come to start working for the Warren/Hamilton Counties Offices for the Aging (OFA)? I am from Warrensburg and Candace Kelly (the previous Director of the OFA) was one of my best friends in school. As part of my course work at SUNY Plattsburgh I did an internship at the OFA. Candace had started working here and I told her to let me know if there were any openings. When a position became open I applied and was hired. That was almost 20 years ago.

How many staff do you have in the HIICAP program? In addition to myself we have two full-time counselors, one part-time counselor who is located at the Greater Glens Falls Senior Center who does outreach in Glens Falls and a consultant who does counseling during the open enrollment period. In addition to serving all of Warren County we also cover Hamilton County. We do presentations at all the meal sites and make home visits anywhere in either county upon request. Since Hamilton County has their own Department of Social Services, they handle requests for Extra Help.

In the past year we served 1518 different clients in the two counties. Some of these contacts were brief phone calls while others were conducted in person and

required multiple visits to solve complex problems.

Since you began working a number of years ago with the HIICAP program, what have been some of the major changes you have seen? Part D! We are seeing more people who are turning 65 and are currently in managed care plans. They have done their homework and are up-to-date on their choices. We see people every day about their Part D plans. We are now a busy year-round program.

In the past we worked with more couples where one spouse was retiring and the other did not work. Now we see many couples where one spouse is retiring and other is continuing to work. These couples have special problems and more options and choices to make than many we have seen in the past.

What are some of the most common questions you receive about Medicare?

“I’m new to Medicare; where do I start?” “What about the six/seven month period to sign up?” “Is “Obamacare” part of Medicare?” “Why do I need a Part D drug plan when I don’t take any medications?”

People who are just becoming eligible for Medicare should first contact their closest Social Security office. You can also go on-line and start the process. If you live in Warren County and go to the Glens Falls office they always tell people to come to us for help in choosing coverage. We have a very good working relationship with Social Security. There is not a Social Security office in Hamilton County so residents need to go the office closest to them in another county. If they give us call we can help direct them to the most convenient office.

Since Part D is such an important issue, do you have any tips for people who are selecting a Part D prescription drug plan? When choosing a health plan, Part D is really the most important thing. At least in Warren County most of the physicians accept all the major plans. Most don’t see their doctor or go to the hospital every month but many do have prescriptions filled every month. People have numerous questions: Do I qualify for Extra Help? Do I need a stand-alone drug plan or one that is part of an Advantage Plan? We work with people every day to find answers to these and many other questions.

If someone wants to contact the HIICAP program who should they call? They

should call OFA at (518) 761-6347 and ask for the HIICAP program. The receptionist will connect them with a counselor. If the counselor can't answer their question over the phone, the counselor can arrange an appointment for them to meet in our office or in their home to get answers to all of their questions.

Dr. William Lane is the owner of William Lane Associates, LLC a gerontological consulting firm based in Delmar, NY. He writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.

Warren-Hamilton Counties
Office for the Aging

Date: 09/09/2015

Coffee/Donuts-10am

Picnic Time: 12:00

Elks BPOE # 81 Lodge

32 Cronin Road

Queensbury, NY



For more information,
contact:

RoseAnn @ 761-6347

or Maureen Mihalics

@ 668-5506

Warren County Senior Picnic



The Warren County Council of Seniors

&

Warren/Hamilton Counties Office for the Aging

Annual Senior Picnic

Reservations can be made through your

local Senior Club or Meal Site

before August 28, 2015

Tickets \$5.00

Highlights

- Coffee and Donuts @ 10:00
- Blood pressure screening
- Information for Seniors

MENU

Chicken,
Corn on the Cob,
Baked Potato,
Rolls,
Cold beverages

Joanie Fiore Flanagan's 2015 Bike MS Begging Letter: Why I fight MS

I believe I can do something about Multiple Sclerosis. Life itself is unpredictable, but having MS makes that uncertainty even worse. Imagine dealing with the thought that maybe one day, you will wake up with partial blindness. Or your memory will fail you for no apparent reason, or you may not always be able to walk. When I ride or fundraise, I am helping make at least one thing certain-that people with MS will continue to have hope for a cure and finding its cause. **Why I ride:** My husband Bob and I love riding in **Bike MS**. We focus on fundraising, look forward to meeting our goals, and the challenge of riding in this event each year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

Help me reach my goal again this year

The only thing I love more than riding in Bike MS is when people I know and care about say "Yes, I will support you", then hand me a check or cash. People out there want to help create a world free of this baffling disease. How lucky I am to be able to count on you year after year. Every dollar you sponsor is appreciated, as I strive to be a substantial fundraiser. Last year, through this support my total was over \$8,000. Thank you in advance for continuing to support meeting my goal of **\$15,000 in 2015**.



The bike ride is Sept 19, 2015 at Burch Hill, Schodack, NY. Please make checks payable to NMSS, (National Multiple Sclerosis Society) and send them to me: Joan Fiore Flanagan, 22 Nottingham Dr, Queensbury, NY 12804

To donate on line go to the MS web site at: www.msupstateny.org click on "Donate", then "Find a Participant", type in "Joan" and "Flanagan" and "NY" state. Scroll down to "Donate Now" and follow the instructions.

the savvy caregiver: a program for family & friends of a loved one with Alzheimer's

Free 5 session training for family caregivers meets: Sept 15, 22, 29 & Oct 6, 13

Meets 5:30pm @ the Queensbury Senior Center

To register: contact Linda Manzo at 955-8323

or The Queensbury Senior Center at 761-8224

THE FUN

**HAPPY BIRTHDAY
TO OUR VOLUNTEERS
PAT KRUCZLNICKI-12
JOE SULLIVAN-12
SUZANNE CARTER-23
FRANK IMBIMBO-24
JACQUES
MAZOUREX-25**

**OUR VOLUNTEERS
ARE AWESOME!**



The American Bald Eagle is a national symbol with its distinctive "bald" white head, tail, and dark brown body. These are adult bald eagles.

Eagles get their distinctive "bald" head and white tail when they are 4 or 5 years old.

Bald eagles can actually swim! They use an overhand movement of the wings that is very much like the butterfly stroke.

The bald eagle can fly 20-40 mph in normal flight and can dive at speeds over 100 mph.

The world's 59 species of eagles are found on every continent except Antarctica.

Eagles are very cautious birds.

↳ Sky-blue leg band they wear, signify them as "New Yorkers."

Purple-banded birds from Michigan, Black-banded birds from Connecticut.

Gold-banded birds from Massachusetts.

CENTER

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

WORD SEARCH WORDS TO LOOK FOR:

SYMBOL BEAKS TALONS NEST ROOST
FIGHT BAIT BUGS RULE FLIGHT
FEATHER BIRD WINGS BALD EAGLE FLY

WHAT ARE SOME FUN THINGS TO DO IN AUGUST?

SORT THROUGH OLD PHOTO ALBUMS ON A RAINY DAY

MAKE ICED TEA & INVITE A FRIEND OVER

VISIT A FARMERS' MARKET & TRY SOMETHING NEW

GO TO A COUNTY FAIR

SENIOR

The Greater Glens Falls Senior Citizens Center

Located at: 380 Glen Street, Glens Falls NY 12801 Phone 793-2189

E-Mail: agreaterglensf@nycap.rr.com

Celebrating over 50 years of Service to our Senior Community

Something for everyone No Residency Requirements.....

Kim Bren, Executive Director/ Shiela Satterlee, Assist.

Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

NEW MEMBERS WELCOME~ NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-8/3 Lunch Bunch-Broadway Café, Ft. Edward-call to reserve 12:00 p.m.

Tues-8/4 Game Day-bring your own/play ours 1:00 p.m.

Wed-8/5 Defensive Driving Class-call to register 9 a.m.-5 p.m.

Thurs-8/6 Ice cream Social 1:00 p.m.

Mon-8/10 One Stroke Art class-Cost: \$15, all materials provided, call to sign up 12:30 p.m.

Tues-8/11 Film/Popcorn-free 1:00 p.m.

Wed-8/12 Crandall Park picnic-Cost: \$7- call to sign up 12:00 p.m.

Thurs-8/13 Special Bingo-refreshments prizes 1:00 p.m.

Fri-8/14 **"Les Miserable"**-Schroon Lake-call to sign up 2:00 p.m.

Mon-8/17 Outdoor games-Center lawn 1:00 p.m.

Tues-8/18 Coffee & Cop-drop in and meet Officer Willette 1:00 p.m.

Wed-8/19 Racino Trek-\$6 gas donation-call to sign up 9:30 a.m.

Thurs-8/20 Martha's ice cream/Goody's Candy Shop 1:00 p.m.

Fri-8/21 Dog agility training-call to sign up 9:00 a.m.

Tues-8/25 Comedy Day-bring your stories/jokes 1:00 p.m.

Mon-8/31 Funeral pre-planning program-Kilmer Funeral Home 1:00 p.m.

**Monday- Fri-
day** Thrift Shop-new items all the time 10 a.m.-12 p.m.

Every Tues Bingo in AM/Program in PM-Transportation provided 10:15 a.m.

**Every Thurs-
day** Chair Yoga- with Toby 10:15 a.m.-11:15 a.m.

Mon-Thurs. Osteo exercise program- Monday-Thursday-Sponsored by RSVP 9:00-10:00 a.m.

Every Friday Tai Chi Class with Sam Ling-Cost: \$6 9:00 a.m.-10:00 p.m.

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/Woodshop/Golf/Bowling/Crafts/Cards/Bingo & Much More. **Trips include:** Greek Isles, England, Scotland, Whales, Ireland, London, New Orleans, Caribbean Cruise, and Albuquerque Balloon Festival **Call Center for pricing and information on the upcoming trips and events or see on line. Don't be lonely- come and participate in "YOUR SENIOR CENTER".**

CENTER NEWS

Queensbury "Seniors On The Go" Present...

Cape Cod

with White Star Tours

Sept. 8th -11th



3 Nights lodging Riviera Beach Resort
3 Breakfasts, 3 Dinners
Evening of entertainment
Fully escorted tours of Boston, Quincy Market, Plymouth & Plymouth Rock, Hyannis area including Kennedy Memorial & JFK Museum, Heritage Gardens, Provincetown, & Newport RI tour, luggage handling, taxes & meal gratuities
Motorcoach transportation.
Optional Whale watch or Dune Ride (on your own)
Cancellation insurance available
Gratuities for guides & driver not included.

Boston, Plymouth, & Newport

Act fast! Full payment is now due!

Travel Insurance Available.

Cost \$529

Call 745-4439 Credit Cards Accepted

Gratuities for driver and guides not included



Delaware Ulster Railroad

Scenic Lunch Train Fri. Sept. 18th



Climb aboard the Rip Van Winkle and be transported on a journey back to the sophisticated atmosphere of the earlier days of railroading. The revitalization of this rail line for scenic purposes was recreated in appreciation of the historic Ulster & Delaware Railroad that rolled along the same tracks for more than a century. The picturesque path traced by the Ulster & Delaware led many to dub the train "The Most Scenic Rail Line in the East". Partake in an old fashioned multi-course meal that is sure to please and learn about the historical significance of the original U & D Railroad. The two hour train ride takes us from Arkville to Roxbury NY and back. The grade traveled by the train is relatively flat, but the gorgeous Catskill Mountains during peak fall foliage frame the tracks for much of the trip.

Included is a visit to Lansing Manor, an early American country estate, built in 1819 by John Lansing, who represented NY as a delegate to the Constitutional Convention in 1787 and the state's Ratification Convention in 1788. The manor house was restored in 1977 by the Power Authority and is now listed in the National Register of historic places. It is a history buff's dream come true, filled with authentic furnishings from the first half of the 19th Century. End the day with a stop at the Apple Barrel Country Store for great gifts and goodies!

Cost \$88 Deadline: Fri. Aug. 21st - Credit Cards Accepted by calling 745-4439

"CARING FOR OURSELVES"

A CAREGIVER SUPPORT GROUP MEETS THE FOLLOWING

DATES AT THE GLEN AT HILAND MEADOWS:

AUGUST 5 & 19 AND SEPTEMBER 8 & 22 FROM 11AM-NOON

ALSO MEETS AT HIGH PEAKS HOSPICE FROM 3-4PM ON THE

FOLLOWING DATES: AUGUST 13 & 27 AND SEPTEMBER 10 & 24

FOR MORE INFORMATION CONTACT SUSAN AT 1-866-805-3931 OR
CONTACT DIANNE AT 743-1672

S N A P

SNAP IS THERE TO HELP YOU WITH COST OF FOOD~ CONTACT BEN AT CATHOLIC CHARITIES AT 793-6212 TO ASK QUESTIONS, FIND OUT IF YOU QUALIFY. EVEN IF YOU QUALIFY FOR JUST 17\$ MONTH, THAT IS OVER 200\$ A YEAR SAVINGS YOU CAN SPEND ON OTHER THINGS LIKE HOME CARE, PHONE BILL, HOUSEKEEPING, OR GOING OUT TO SEE A MOVIE WITH A FRIEND . CALL BEN @ 793-6212.



Join us! Wednesday, September 23



Please join us for the Washington, Warren, and Hamilton Counties Long Term Care Council's Brunch Meeting at The Glen at Hiland Meadows. Our meeting is open to anyone interested in making a difference in our communities. **For more information or to reserve your space, contact Stephanie Ball, LTCC Secretary at 746-2420 or Susan Dornan, NY Connects Coordinator at 1-866-805-3931.**

**The Warren-Hamilton Counties
Office for the Aging**

**DON'T MISS OUT!
SAVE \$\$ ON MEDICARE**

*—you have a limited income, you might qualify for Extra Help
paying for Medicare and your drugs.*

**The Office for the Aging is here to help. We can answer your Medicare
questions & find programs to assist you in affording your health care and
prescription drug costs. This is a *confidential and free* service.**

**Did you know? Medicare also pays for preventive care to help you stay well.
Just ask us when you call!**

To find out more: 518-761-6347



Glens Falls Hospital

FREE SCREENINGS

Breast Cancer Screenings

Cervical Cancer Screening

Colorectal Screening

Call today for more information: 926-6570

*Screenings are provided at several locations in
Warren, Washington and Hamilton Counties!*



Numbers: Bolton: 644-2368; Cedars: 832-1705; cedars@warrencountyny.gov
 Chestertown: 494-3119 Johnsburg: 251-2711; Long Lake: 624-5221; Warrensburg: 623-2653; Lake Pleasant: 548-4941 Indian Lake: 648-5412; L Luzerne: 696-2200; First Presb. Church GF & Solomon Heights, Qsby: 832-1705

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.**

August 2015 Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 3 Baked Chicken Tenders with Sauce, Potato of the Day, Tomato & Zucchini Chilled Pears	August 4 Beef Tomato Florentine w/ Noodles & Cheese Italian Veggies, Garlic Bread Tropical Fruit Cup	August 5 Roast Pork/ Gravy Mashed Potato Peas & Onions Cinnamon Coffee Cake	August 6 Cold Plate Tuna salad on Bun Macaroni Salad Broccoli Salad Cookie of the Day	August 7 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Spinach Fresh Fruit
August 10 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Apricots	August 11 Apple N' Onion Chicken Sweet Potatoes Green Beans Chilled Pineapple	August 12 Creamy Parmesan Fish, Roasted Red Potatoes Scandinavian Veggies Birthday Cake	August 13 CHEF'S CHOICE	August 14 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie
August 15 Creamy Chicken Casserole, Sweet Potatoes, Spinach Chilled Peaches	August 16 Pork Chops/ Applesauce Mashed Potatoes, Mixed Veggies Mandarin Orange	August 17 Roast Turkey/ Gravy, Cranberry Sauce, Mashed Potatoes, California Medley, Strawberry Shortcake	August 18 America Goulash Tossed Salad Asparagus Fresh Fruit	August 19 Cold Plate Chicken Salad on Bed of Romaine Lettuce, Pasta Salad, Tomato, Onion & Cucumber Salad Berry Crisp
August 24 Breaded Haddock Au gratin Potatoes Japanese Veggies Chilled Pineapple	August 25 Meatloaf Mashed Potatoes Peas & Onions Peach Cobbler	August 26 Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	August 27 Cold Plate Egg Salad Sandwich on Roll ~ Lettuce, Sliced Tomatoes, Coleslaw, Jell-O Poke Cake	August 28 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
August 31 Salisbury Steak Mashed Potatoes Broccoli Sliced Pears	Please contact your meal site to let them know if you won't be home to accept your meal due to a Dr. visit or other reason.	A three dollar donation per meal is suggested ~ you may offer more or less depending on your ability to donate.	The Salvation Army @ 37 Broad St, Glens Falls serves dinner on Tuesday at 5pm, call 792-1960.	Warren-Washington Association for Mental Health has a Farmer's Market on Fridays, Ham-1 Orchard St. Glens Falls