

Newsletter for Seniors

SEPTEMBER 2015

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: Dinah Kawaguchi

Dinah joined Office for the Aging in September 2010 as an employee of Pathstone. She accepted a permanent part-time position April 2014 as Typist for Warren-Hamilton Counties Office for the Aging. Dinah answers the telephone and greets visitors to our office as well. She loves her work at Office for the Aging, stating "This is a great service for people...and I love to type."

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

THE FUN CENTER



***HAPPY BIRTHDAY TO OUR
WONDERFUL VOLUNTEERS
WHO DELIVER MEALS & DRIVE!***

Dave Thompson ~ 5

Susan Herlihy ~ 12

Pat Oddey ~ 13

Frank Shields ~ 14

Lynn Potenza ~ 16

Mary LaMere ~ 19

CAT WORD SEARCH WORDS:

FELINE MEOW TAIL ANGORA HAIR

CAT CALICO PET FOOD KITTY



STILL SUMMER !



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



SAVE
THIS
DATE:
FRIDAY
OCTOBER 23
2015

Contact: 792:3537



SAIL

SOUTHERN ADIRONDACK
INDEPENDENT LIVING

AUTUMN SOCIAL

JOIN US FOR AN AGENCY CELEBRATION!

OUR EVENT WILL INCLUDE:

- * APPETIZERS & COCKTAIL HOUR
- * BUFFET WITH A WIDE VARIETY OF OFFERINGS
- * SILENT AUCTIONS: THEMED GIFT BASKETS, SPORTS MEMORABILIA
- * RAFFLES — IPAD-MINI, 50/50
- LIVE AUCTIONS — CAMP GETAWAY
- * MUSIC FOR DANCING PROVIDED BY
THE **MASTER CYLINDERS**

TIME: 5:30 pm — 11:00 pm

PLACE: Hiland Country Club, 195 Haviland Road, Queensbury, NY 12804

Cost: \$50 — Members, \$60 — Not Yet Members

FALL POTLUCK LUNCHEON

Friday, September 18, Noon to 2 p.m.

Please bring a dish to share.

Four Questions to Ask During Open Enrollment: William C. Lane, Ph.D.

Last year I ran a column about questions to ask when preparing for Medicare Part D Open Enrollment. In 2014, the National Council on Aging (NCOA) stated that everyone needs to consider the four “C” questions: cost, coverage, convenience/access and customer service when choosing a Part D drug plan. These are some of the most important questions beneficiaries need to consider when looking for a Part D drug plan for next year. I hope readers will again find these questions to be a useful guide for plan selection.

The enrollment period for 2016 runs from October 15th through December 7th this year. This is the time to call the Warren/Hamilton Counties Office for the Aging HIICAP program at (518) 761-6347 for assistance in selecting the drug plan that is right for you. What questions should you ask to help make your selection of a drug plan? Let’s briefly look at each of the four areas outlined by the NCOA.

Cost: Cost should not be the only factor in making your decision, but it probably ranks first in the minds of most consumers. It is important to remember that the plan with the lowest premium may not be the best plan for you. Let’s look at a few cost related questions:

What is the annual cost of the plan(s) being considered?

How much are the monthly premiums and have they gone up for 2016?

What are the extra costs of the plan, such as co-pays, co-insurance and deductibles? Have these changed for 2016?

Did you enter the coverage gap, or donut hole, this year? If so, is there a plan with better coverage for the drugs you take? Depending on your income, have you looked into the low-income subsidy (LIS)/Extra Help that will reduce your costs? Counselors will help you answer all of these questions.

Coverage: In second place, and close behind cost, is coverage. Do the plans you are considering cover all the drugs you believe you will need to take in 2016? When you call or go in person to a counseling session make sure you have a list of all the drugs you have been prescribed by your physicians. The information should include strength, dosage and how they are administered. Here are a few coverage related questions:

If you received a formulary exception from your 2015 plan, for example to cover a drug that was not a regular part of the formulary, has the formulary been changed to cover that medication in 2016? If not, you may need to look for a new plan that covers that particular drug.

Do you want to have your health care and prescription drugs covered by one single plan? If so, you will need to review the Medicare Advantage Plan options with your counselor.

Ask your counselor to check on the rating of the plan. The five star rating is the highest awarded by Medicare but there are few such plans available in New York State.

If you travel often or spend several months away from New York (winter in Florida for example), will your plan work while you are away from home?

Does the plan send you refill reminders (if you want them)? **CONTINUED ON THE NEXT PAGE**

Continued:

Four Questions to Ask During Open Enrollment: William C. Lane, Ph.D.

Convenience/access: A third thing to consider is convenience/access. Do the plans you are interested in restrict access to the medications you are taking or may need to take? Here are some additional questions:

Can you use your plan at a preferred price at the pharmacy you normally use?

Are you interested in obtaining your drugs through the mail? If so, does the drug plan you are interested in offer mail order delivery? If they offer this service, how do the mail order prices compare with those at your current pharmacy?

Customer Service: For most consumers this is not the highest priority area but, if you are having trouble deciding between two plans that appear to be equal, customer service might be used as the deciding factor.

How easy is it to contact the plan and get quick and correct answers to your questions?

Does the plan send you refill reminders (if you want them)?

The Warren/Counties HIICAP program is now scheduling appointments for county residents to meet with certified counselors. Sessions will continue through December 7th. The number to call is (518) 761-6347. There are never any charges for this service.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA.



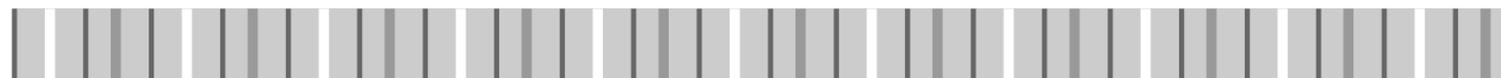
The Savvy Caregiver:

a program for family & friends of a person 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 The Queensbury Senior Center at 761-8224



IT'S NOT EASY! DID YOU KNOW THERE IS FREE HELP? MEDICARE and MEDICAID WILL PAY FOR MANY SUPPORTS TO HELP YOU QUIT SMOKING. FREE NICOTINE REPLACEMENT PRODUCTS: GUM , LOZENGES, PATCHES. COUNSELING VISITS ARE ALSO COVERED .

Catherine's Corner
Catherine Keating RD CDN Certified Dietitian Nutritionist

The typical American consumes over double the recommended amount of sodium (3,500 mg a day). Uncontrolled hypertension can cause kidney and heart disease. It's recommended that people over the age of 51 consume 1,500 mg of sodium per day. Salt and Sodium are the same thing when talking about foods.

What to Look For at the Grocery Store:

Start reading labels.
Sodium content is always listed on the label.
Buy fresh meats over pre-packaged meats.

Food labels to look for:

Reduced sodium
Low sodium
No added salt

Beware of items that may not taste salty, but have a high amount of sodium like cottage cheese and other dairy products.

Tips for Lowering Your Sodium Intake

If you have a salt shaker, get rid of it.
Substitute salt with herbs and spices to flavor dishes.
Potassium substitutes such as Mrs. Dash are a great alternative to salt.
Boiling and soaking foods in water can help eliminate unwanted sodium.
Request dishes to be served without salt when eating out.
Limit sauces, mixes, and "instant" products, including flavored rice, and ready-made pastas.

**Ditch the
salt
shaker**



Buy fresh over prepackaged



**Use
More Herbs
and
Spices**

****It takes about 6-8 weeks to get used to eating food with lower amounts of salt. Stick with it and it actually becomes difficult to**

The Greater Glens Falls Senior Citizens Center

380 Glen Street, Glens Falls, NY 12801 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com

Kim Bren, Executive Director/ Shiela Satterlee, Assist; Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

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

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: Albuquerque Balloon Festival, Caribbean Cruise, The Greek Isles, New York City, Southern California

Call Center for pricing and information on the upcoming trips and events or see on line.

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- Sponsored by MVP	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9:00 a.m.-10:00 a.m.

Don't be lonely- come and participate in "YOUR SENIOR CENTER": TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE necessary)

Tues- 9/1	Luzerne Senior Center-Murder Mystery-\$10/with van \$13 -call to sign up	12:00 p.m.
Wed- 9/2	Hee Haw Show-Little Theater On The Farm, Fort Edward-Cost: \$7/with Van \$10	2:00 p.m.
Thurs- 9/3	Saratoga Racino trek-Cost: \$6 gas donation	9:30 a.m.
Fri- 9/4	Defensive Driving-call to register and pricing	9 a.m.-5 p.m.
Tues- 9/8	Film/Popcorn-"2 nd Most Exotic Marigold Hotel"-Cost: \$1.00	1:00 p.m.
Wed- 9/9	Warren County OFA Picnic-Elks Club, Queensbury	10:00 a.m.-1:00 p.m.
Wed- 9/9	50's/60's Show-Little Theater On The Farm-Fort Edward-Cost: \$7/with Van \$10	2:00 p.m.
Thur- 9/10	Lake George Dinner Theatre, Holiday Inn-Call for tickets/pricing	11:30 a.m.
Mon- 9/14	Good Books Club/One Stroke Painting Class-call for details	1:00 p.m.
Tues- 9/15	Bingo Marathon-bring lunch, stay all afternoon	1:00 p.m.
Thur- 9/17	Lunch Bunch-Outback, Queensbury-Order from the menu-call to sign up	12:00 p.m.
Fri- 9/18	Glens Falls Community Day-Glens Falls National Bank	All day
Fri- 9/18	Writers Group-Nancy Kimball, guest speaker	1:00 p.m.
Mon- 9/21	Wii Bowling with Hudson Falls Seniors at Glens Falls Senior Center	1:00 p.m.
Wed- 9/23	Welcome Back turkey dinner-Cost: \$7call by 9/18 to sign up	12:00 p.m.
Thur- 9/24	Lake George all Center Boat ride-call for pricing and sign up	11:00 a.m.
Tues- 9/29	Jim Roesch, music and sing-a-long-Cost: \$3	1:00 p.m.

Queensbury "Seniors On The Go" present...



Colorado Rockies

National Parks & Historic Trains

May 27th - June 4th 2016

(9) Days, (8) Breakfasts, (4) Dinners

Information Meeting - Monday Sept. 14th 3:30pm

At the Queensbury Center 742 Bay Rd.

Highlights:

Denver, Rocky Mountain National Park, Grand Junction, Arches National Park, Canyonlands National Park, Colorado National Monument, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pike's Peak Cog Railway, Garden of the Gods

Rates Per Person:

Double \$2,979, Single \$3,729, Triple \$2,949

*Included in Price: Round Trip Air from Albany Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Deposit of \$250pp (plus optional travel insurance \$205) will be accepted at meeting to reserve a seat on the trip.

Itinerary at a Glance

Day 1 **Denver** Sheraton Dow Double Tree Hotel
Day 2 - 4 **Grand Junction**
Day 5 - 6 **Durango** - Strater Hotel
Day 7 - 8 **Colorado Springs**, Double Tree Hotel
*On some dates alternate hotels may be used.

Essential Experiences

Ride aboard the famous Durango & Silverton Narrow Gauge Railroad through southwestern Colorado's San Juan Mountains.

Journey on the world's highest cog railroad to Pike's Peak, a stunning backdrop for Colorado Springs.

Spend two nights in Durango, a fun-filled cowboy town where you can relive the excitement of the Old

Call 745-4439 if you plan to attend.

Join Queensbury "Seniors on the Go"....

742 Bay Rd. Queensbury 761-8224

West Point Tour - Thurs. Oct. 22nd



West Point Making History Since 1778

West Point - Experience for yourself this historic treasure with a guided 90 minute bus and easy walking tour, stopping at the main Cadet Chapel, Trophy Point, Battle Monument, Monument to the Great Chain and the Parade Field. Learn about West Point's role in the Revolution, along with stories about graduates who shaped our nation from a knowledgeable guide who brings history to life!

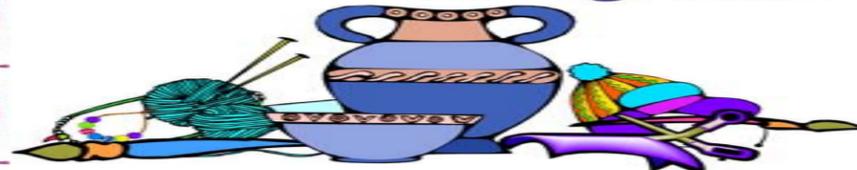
Lunch At The Bear Mountain Inn & Cruise

Situated at the base of Bear Mountain, overlooking the shores of Hessian Lake, the Bear Mountain Inn was built in 1915 and is one of the earliest rustic-style lodges built to take advantage of a natural setting. The Inn recently closed for 9 years for renovations and is now back in operation in all it's glory! Enjoy a hot gourmet meal at this fine historic establishment. After lunch cruise south from Newburgh landing through the majestic Hudson Highlands. A wonderful way to round out this fall day!

Cost \$96 Deadline: Friday Sept. 18th
Visa Master Card and Discover accepted by calling 745-4439

Arts & Crafts Fair

Sponsored by QUEENSBURY SENIOR CITIZENS INC. SENIORS ON THE GO!



Sat. Sept. 26th 9am - 3pm
At the Queensbury Center 742 Bay Rd.

Includes a wide variety of hand-made crafts, jewelry, journals, cards knitting, cross-stitch & quilted items floral arrangements, wine cork designs, and more!

Refreshments for Sale
Call 761- 8224 for information

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 information or to reserve your space, contact Washington County ADRC & LTCC Secretary Stephanie Ball at 746-2420 or Warren-Hamilton Counties Office for the Aging NY Connects Coordinator Susan Dornan at 1-866-805-3931.**



Glens Falls Hospital

Medical Alert Service: 24/7 Medical Monitoring

**Contact the Medical Alert Service Program
Manager at 409-8100.**

Service is billed monthly

at a rate of \$31.00-\$36.00 a month.

The Warren-Hamilton Counties

Office for the Aging

“CARING FOR OURSELVES”

A **CAREGIVER SUPPORT GROUP** MEETS THE FOLLOWING

DATES AT THE GLEN AT HILAND MEADOWS:

SEPTEMBER 8 & 22 FROM 11AM-NOON

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

FOLLOWING DATES: SEPTEMBER 10 & 24

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



THINKING
ABOUT QUITTING TOBACCO?

NOW

IS THE **PERFECT TIME**

TO GIVE IT A TRY!

CALL 1-866-NY-QUITS FOR FREE
HELP! (1-866-697-8487)

Numbers: Bolton: 644-2368; Cedars: 832-1705; cedars@warrencountyny.gov Chestertown: 494-3119 Johnsbury: 251-2711;
 Long Lake: 624-5221; Warrensburg: 623- 2653; Lake Pleasant: 548-4941; Indian Lake 648-5412; Lake 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2015 WARREN HAMILTON	September 1 Baked Fish Scandia Rice Pilaf Italian Veggies Chilled Peaches	September 2 Sloppy Joes on a Bun Roasted Red Potatoes Mixed Veggies Mandarin Orange	September 3 Cold Plate Chef Salad –(Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Strawberry Shortcake	September 4 Labor Day BBQ BBQ Chicken Hush Puppies, Baked Beans Labor Day Dessert
September 7  Meal Site Closed	September 8 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	September 9 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites, Spinach Birthday Cake	September 10 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	September 11 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp
September 14 Juice of the Day Chicken & Biscuit Italian Veggies Tropical Fruit Cup	September 15 Sausage Pasta Scandinavian Veggies Garlic Bread Mandarin Orange	September 16 Roast Pork/ Gravy Mashed Potato Peas & Onions Cinnamon Coffee Cake	September 17 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day	September 18 Macaroni & Cheese Stewed Tomatoes Marinated Carrot Salad Fresh Fruit
September 21 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pears	September 22 Apple N' Onion Chicken Sweet Potatoes California Medley Pineapple Upside Down Cake	September 23 CHEF'S CHOICE	September 24 Eggplant Parmesan Spaghetti/Marinara Sauce Green Beans Fresh Fruit	September 25 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucum- ber Salad, Spice Cake
September 28 Breaded Haddock Potato for the Day Japanese Veggies Rice Pudding/ Topping	September 29 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	September 30 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley, Peaches	Remember to call us if you're not going to be home to accept your meal delivery! Thanks!	A donation of 3 \$ per meal is appreciated; not required.

Meal site Walls 024 4066