

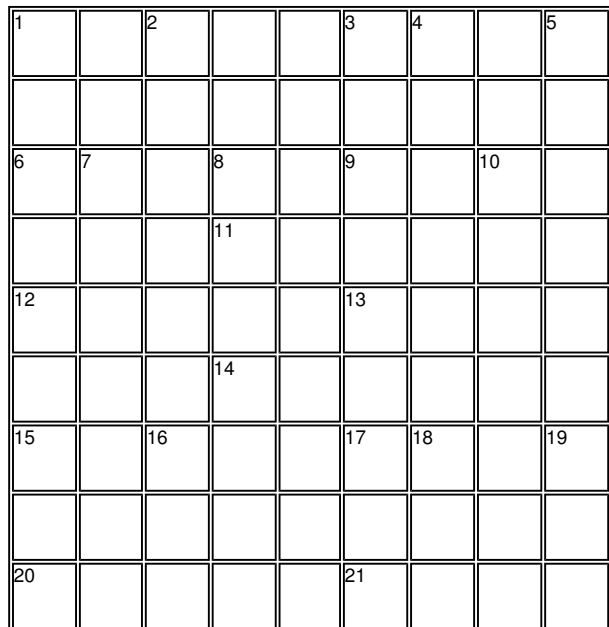
**NEWSLETTER
FOR SENIORS**

July 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

9x9 Crossword #1



Across

- 1. Location
- 3. Tins
- 6. Busy flying insects
- 9. Not the front or back
- 11. Small insect; lives in colonies
- 12. Belonging to Ida
- 13. Earth spins in its _____
- 14. Earth's closest star
- 15. In an idle manner
- 17. A doe is this animal
- 20. Not west
- 21. You do this with a book

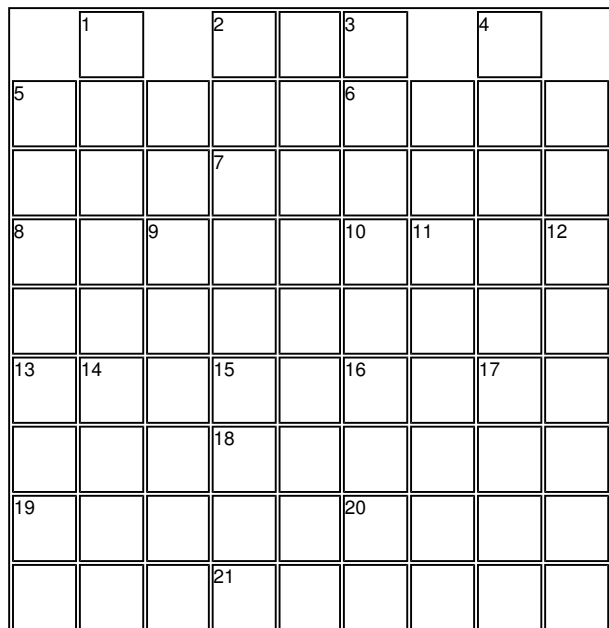
Down

- 1. Short for submarine
- 2. Peg for a golf ball
- 4. Boxer, Mohammed _____
- 5. What you do with eyes
- 7. Finished
- 8. Disrespectful; talking back
- 9. Don't sit
- 10. What you do with a car
- 15. Short for "I have"
- 16. _____ Angeles
- 18. New Year's _____
- 19. Colour of blood

Answers to 9x9 Crossword #2:

- Across:** 2.sew, 5.last, 6.room, 7.ape, 8.bear, 10.nerf, 13.deed, 16.same, 18.rot, 19.tree, 20.undo, 21.wad
Down: 1.dare, 2.star, 3.wren, 4.sour, 8.bad, 9.are, 11.era, 12.fee, 14.earn, 15.drew, 16.stud, 17.made

9x9 Crossword #2



Across

- 2. Stitch with needle and thread
- 5. Not first
- 6. A divided space in a house
- 7. Large primate
- 8. The grizzly or panda
- 10. A variety of foam toys
- 13. Do a good _____
- 16. Not different
- 18. Decay
- 19. Tall leafy plant
- 20. Opposite of redo
- 21. Large mouthful of gum

Down

- 1. Truth or _____
- 2. Our sun is one
- 3. A small songbird
- 4. Not sweet
- 8. Not good
- 9. He is, we _____
- 11. Earner Run Average
- 12. Amount charged for a service
- 14. To gain from working
- 15. Past tense of draw
- 16. Large headed nail
- 17. Past tense of make

Answers to 9x9 Crossword #1:

- Across:** 1.site, 3.cans, 6.bees, 9.side, 11.ant, 12.idas, 13.axis, 14.sun, 15.idly, 17.deer, 20.east, 21.read
Down: 1.sub, 2.tee, 4.ali, 5.see, 7.ended, 8.sassy, 9.stand, 10.drive, 15.I've, 16.los, 18.eve, 19.red

JULY IS UV SAFETY MONTH-PROTECT YOURSELF FROM THE SUN

**Who's at Risk for Eye Damage from the Sun? Everyone!
Eye damage from UV radiation can lead to vision loss.
The more time in the sun, the greater your risk.**

People who work or play in the sun for long periods are at greatest risk.

The risk of sun related eye problems is higher for people who:

spend long hours in the sun , have had cataract surgery* or have certain retina disorders, are on certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers that increase the eye's sensitivity to light.

*If you have had cataract surgery, you may be more at risk of injury from sunlight unless the artificial lens you received during surgery absorbs UV rays.

Wear sunglasses when you are outdoors so you can protect your eyes.

Choose sunglasses that:

reduce glare, filter out 99-100% of UV rays, protect your eyes, are comfortable to wear, and do not distort colors.

**NY Connects: Providing information and service resources
about home and community-based care for
residents of Warren/Hamilton Counties.
Call Susan Dornan, NY Connects Coordinator
at 1-866-805**



Chimney Point Historic Site, Champlain Bridge Walk & Depot Theater

**Thursday August 16th
Cost \$78 Deadline Fri. 7/13**

Begin your day with a visit to Chimney Point. One of the most historic spots on Lake Champlain. The site of a 1690 English, Dutch military outpost, a French Fort in 1731. French Houses from 1740's to 1759 and Revolutionary War activities. A tavern was built c.1785 now housing the museum. From Chimney Point take in the scenery as you walk or ride across the new Champlain bridge. Enjoy an afternoon meal and relaxation at Normandie Beach Resort's waterfront property before heading over to a 5pm show at the Depot Theater. "The Marvelous Wonderettes" is a must take musical trip down memory lane revolving around a 1958 high school prom, where we meet four girls with hopes and dreams as big as their crinoline skirts. Learn about their lives and loves set to classic 50's & 60's songs like "lollipop", "Dream Lover", "Stupid Cupid", "Lipstick On Your Collar", "Hold Me, Thrill Me, Kiss me", and it's My Party".

**You do not have to be a member to travel
with Queensbury Senior Citizens Inc.
We accept Visa, Master Card, or Discover
For more information call 745-4439 or 761-8224**

**Are you a
resident of Hamilton County?
Interested in joining us?**

**The Long Term Care Council of Washington,
Warren, and Hamilton Counties
meets July 11 10am to noon at Hamilton County
Public Health Department 139 White Birch Lane,
Indian Lake, NY 12842.**



- *We need your voice.**
- *We want your ideas.**
- *We respect your opinions.**
- *We are here for you.**
- *No cost to join us.**
- *Come to find out more!**
- *Tell us your thoughts.**
- *Tell us your concerns.**
- *Bring a friend with you.**

**For more information, contact
Susan Dornan, NY Connects
Program Coordinator for
Warren/Hamilton counties Office
for the Aging toll-free at
1-866-805-3931.**

Dehydration

Can dehydration be prevented?

Environment: Dehydration due to the weather is a preventable condition. If possible, activities should not be scheduled in the heat of the day. If they are, adequate fluids should be available, and cooler, shaded areas should be used if possible. Of course, people should be monitored to make certain they are safe. Those working in hot environments need to take care to rehydrate often.

Exercise: People exercising in a hot environment need to drink adequate amounts of water.

Age: The young and elderly are most at risk. During heat waves, attempts should be made to check on the elderly in their homes. During the Chicago heat wave of 1995, more than 600 people died in their homes from heat exposure.

Heat related conditions: Know the signs and symptoms of [heat cramps](#), [heat rash](#), [heat exhaustion](#), and [heat stroke](#). Preventing dehydration is one step to avoid these conditions.

Dehydration at A Glance

The body needs water to function.

Dehydration occurs when water intake is less than water loss.

Symptoms range from mild to life-threatening.

Prevention is the important first step in treating dehydration.

The young and the elderly are especially susceptible to dehydration.

REFERENCE: Fauci, Anthony S., et al. Harrison's Principles of Internal Medicine. 17th ed. United States: McGraw-Hill Professional, 2008.

History behind the “Star Spangled Banner”

During the night of September 13, 1814, the British fleet bombarded Fort McHenry in the harbor at Baltimore, Maryland. Francis Scott Key, a 34-year old lawyer-poet, watched the attack from the deck of a British prisoner-exchange ship. **He had gone to seek the release of a friend but they were refused permission to go ashore until after the attack had been made.** As the battle ceased on the following morning, Key turned his telescope to the fort and saw that the American flag was still waving. **The sight so inspired him that he pulled a letter from his pocket and began to write the poem which eventually was adopted as the national anthem of the United States--"The Star Spangled Banner."** Key was returned to Baltimore and later that day took a room at a Baltimore tavern where he completed the poem. **Years later, Key told a hometown audience in Frederick, Maryland:**

*"I saw the flag of my country waving over a city-the strength and pride of my native State-a city devoted to plunder and desolation by its assailants. **I witnessed the preparation for its assaults.** I saw the array of its enemies as they advanced to the attack. **I heard the sound of battle; the noise of the conflict fell upon my listening ear, and told me that 'the brave and the free' had met the invaders."***

*** Independence Day July 4th ***

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings. We are learning about and communicating with people of different nations, with different languages and different races throughout the world.

Bringing the world closer with understanding and knowledge can only benefit all nations.

We invite all nations to celebrate with Americans this Fourth of July.

Happy 228th Birthday, America!

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 #041 (Easy)

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

Sudoku #042 (Easy)

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

Access Blocked - Content Alert

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http://m.xp1.ru4.co_o=15755&inv_o=53Fsa%3DI%26ai%3DBzIwMQGPbT7PJL-HEBGDJ5qGLwKTUE26num%3D1%26sig%3DAOD64_1nNVw6/26client%3Dca-pub-762744007731908426adurl%3D was blocked

- The link you are accessing has been blocked by the Barracuda Web Filter because it matches a blocked category. The name of the category is:

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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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
 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-7/2	Opera Apprentices perform-Drop in-Free	1:00 p.m.
Tues-7/3	Patriots program-refreshments and historic facts	1:00 p.m.
Mon-7/9	One Stroke Painting Class-\$15-complete craft	12:30 p.m.
Mon-7/9	Opera Saratoga-Rigoletto-Spa Little Theater-Advance ticket needed	2:00 p.m.
Tues-7/10	Tiffany display-Hyde Collection-\$6 admission	1:00 p.m.
Wed-7/11	25 th Anniversary Mystery Trip	Departure: 9:00 a.m.
Thurs-7/12	Saratoga Ballet-call for ticket	2:00 p.m.
Mon-7/16	Special Bing-refreshments, bring nickels, quarters	1:15 p.m.
Tues-7/17	Haviland's Cove picnic-games, food-Cost: \$7-Sign up by July 13	12:00 p.m.
Thurs-7/19	Third Thursday Art Walk-local artist	4-7 p.m.
Mon-7/23	Momorabilia Day-photos and fun-drop in	1:00 p.m.
Tues-7/24	Moreau Fun Band perform	12:30 p.m.
Wed-7/25	Defensive Driving Class-AARP sponsored	9-5
Thurs-7/26	LG Youtheatre-Legally Blonde-\$10 -call to sign up	Performance: 9:30 a.m.
Fri-7/27	"Horrory For Hollywood"-Schroon Lake High School-call for tickets	Performance: 2:00 p.m.
Sat-7/28	Kiwanis Club Duck Race-Haviland's Cove	10-3
Mon-7/30	Lunch Bunch-China Buffet	12:00 p.m.
Tues-7/31	Decorate Operation Christmas Child Shoe Box project	1:00 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. (openings on Tues/Thurs)
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**

About Us...

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

Rene Clements, Executive Director

Shiela Satterlee, Assistant Director

Lauren Tompkins, Senior Services

Joan Counter, Administrative Assistant

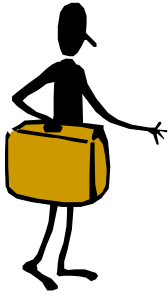


Mission: The Senior Center seeks to improve quality of life for those 55 and older in the Greater Glens Falls area by offering a wide range of educational, health, and recreational related activities and services both at the Center and in the Community. The Center is centrally located, handicapped accessible, and open 5 days a week from 9-4.. The program is implemented by a professional staff that treats all who participate with dignity and respect and a warm welcome. The First Presbyterian Church of GF generously provides the building to serve the Senior Community. Weekly calendar published in "Post Star" helps to keep all community members abreast of educational, health and recreational activities. See our newsletter on the web at www.cityofglensfalls.com click on Senior Center on the left.

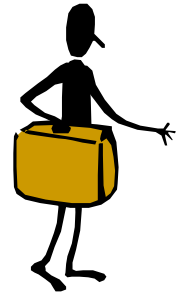
About the Center:

Membership to the Center is **free and open** to anyone 55 and older. Join by filling out a simple application available in the office. **Membership in the Corporation that sponsors the Center begins at \$15.00 and is open to anyone of any age.** **Parking** is available behind the Center. **Newsletter** with **information** on programs, trips, services and Outreach is published monthly. The newsletter includes a calendar of daily events and sports and club news, memorials and menus for luncheons. **Accessibility** is made possible by a ramp on the north side of the building, a chairlift to the second floor, and an assisted listening system to help the hearing impaired. **Variety Tues. brings** our more frail members into the Center every Tuesday afternoon for socialization and special programs. Volunteers help with transportation and refreshments. **Call the Center if you know someone or you yourself would benefit from this program.** **Bowling League** in SGF play begins in September, new bowlers are welcome throughout the season - call the office for information. **Cards/Games** on Monday afternoon Wednesday morning.. Bring a foursome and join the fun. **Computer Instruction** on Tuesday and other days by appointment. Computers are available during the week for practice. Internet access is available on a limited basis. Call to sign up. **Craft Classes** – special projects with instruction, varies throughout the year. **Duplicate Bridge** on Friday afternoons. **Educational Programs** throughout the year. **Golf** begins in April at *Sunnyside Par 3*, informal league play, anyone interested ask in the office for fees and schedule. **Good Books Club** meets monthly to discuss current fiction. **Great Books** meets twice a month to discuss classic literature. **Lunch Bunch** meets monthly at area restaurants, call center for time and place. **Recreational Programs** throughout the year. **Strength Training** daily, three classes meet twice a week, you must commit for six months, there is no fee please get Doctors approval to join. **Transportation** is available daily for medical appointments and Center activities must call in advance. **Woodshop** is available Wednesday and Thursday mornings with instructors to help you with your projects. **Notary Public Service** is available by appointment, call ahead to be sure the notary is in. **Tax Assistance** provided by trained AARP Tax Aides who will assist you with State and Federal Tax forms. They are at Center on Wednesdays, Thursdays & Fridays from February through April 15. This is a free service, call for an appointment. **Defensive Driving Classes** are scheduled monthly (except December and January) throughout the year, sponsored by AARP, sign-up in advance. **Copier** service available at 10 cents a copy. **Information and Referral** available by calling the Center with your question or problem. We will find the answer or refer you to someone who can help you.

Outreach Program- Senior Services- offered daily 9-4. A friendly resource for seniors and family members of the Glens Falls/Queensbury Community. Assistance is provided with day-to-day concerns and specific problems. Provides information about services, programs, and benefits available to seniors, assistance with applications and forms, advocacy, referrals and support. Can meet at the Senior Center or in your home if you are homebound. Partial support made possible by Warren/Hamilton Counties Office for the Aging.



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



ADIRONDACK THEATRE FESTIVAL
2 P.M. MATINEES

July 11-*“Next To Normal”*-musical: **July 25-***“Woody Sez”*, uniquely American music of Woody Guthrie, all at the Wood Theater. Senior packages available for all shows, also more evening packages and Cabaret available. Call ATF at 798-7479 or www.atfestival.org

OPERA/ SARATOGA
Monday, July 9, 2:00 p.m.

Opera-Rigoletto-Spa Little Theater, Saratoga. Van leaves Center at 12:45 p.m. Cost: \$45/ with van \$52

NORTH COUNTRY ANNIVERSARY TOUR
Wednesday, July 11, 9:00 a.m.

Be at East Field-Dix Avenue at 8:45 a.m. for this Mystery Trip, includes lunch., help celebrate 25 years of business with Tina DeMarsh. Cost: \$25

SARATOGA BALLET/SPAC
Thursday, July 12, 2:00 p.m.

Mixed Repertory-van leaves Center at 12:45 p.m. Sign up immediately. Cost: \$25/with van \$35

LG YOUTH THEATER SCHEDULE
Thursdays, 9:30 a.m.

First ten who sign up can ride in the van, others can drive themselves. Cost: \$10

July 19-Legally Blonde-comedy

July 26-Seussical-A Dr. Seuss favorite

August 2-Fame The Musical-great music/ dancing

Sign up 1 week prior to each performance.

HOORAY FOR HOLLYWOOD
Friday, July 27, 2:00 p.m.

Hollywood musical memories at Schroon Lake High School. Van leaves Center at 12:30 p.m. Waiting list available. Drivers needed so more can attend. Cost: \$25/with van \$40

PHILADELPHIA ORCHESTRA/ SPAC
Friday, August 17, 8:00 p.m.

“Sinatra and Beyond”, Tony Desare sings-sign up by July 30. Van is full-carpooling possible. Cost: \$26/with van \$36

70's/80's MUSICAL REVIEW
Wednesday, August 22, 2:00 p.m.

Sign up by August 15. Little Theater On The Farm. Cost: \$8

TRIPS! TRIPS! TRIPS!
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380 Glen Street- Glens Falls, NY 12801
(518) 793-2189

SCENIC MAINE COAST

September 4-7, (Tuesday-Friday)

3 overnights-Portland, Belfast, 3 dinners-one lobster, Maine State Museum, Casco Bay windjammer sail Brunswick Railroad ride, guided tour Camden, Rockland, Acadia National Park, free time-Freeport. Sign up by July 20.
Cost: Double \$499; Single \$615; Triple \$435

50's/60's SHOW

Wednesday, September 12, 2:00 p.m.

Little Theater On The Farm, Fort Edward. Sign up by September 5. Van trip. Cost: \$8

LAKE GEORGE DINNER THEATRE

Thursday, September 13, 11:15 a.m.

Holiday Inn, Lake George-"**The Love List**"- How do you find the ideal woman? You make a wish list and discover "you get what you wish for". Specify choice of meal when you call to sign up by August 10-beef, salmon, pork, veggie pasta. Room for 10 in van. Sign up by August 15. Cost: \$47/ with van \$49

Hope Cemetery, Barre, Vt.

Thursday September 20

Mostly created by Italian artists, tour Rock of Ages granite operation, lunch. Sign up by August 1.

FINGER LAKES TRIP

Monday, September 24-Wednesday, September 26

One night- Finger Lakes region, one- Turning Stone, wine lovers tour, dinner at the Wine Cellar. Sign up by August 1.
Cost: Double \$350; Triple \$330; Quad \$320; Single \$450

GHOSTS OF GETTYSBURG

Monday-Wednesday, October 15-17

2 nights-1863 Gettysburg Inn, 1776 Dobins House-living history dinner/Battlefield tour, ghost tour, Shriver House, Lincoln Train Station. Sign up by August 8. Cost: Double \$385; Triple \$375; Single \$499

WICKED/PROCTORS

Thursday, November 15, 2:00 p.m.

Call to reserve/deposit now.

NOTE!

**The sign up deadline for overnight and extended trips may seem early but tour companies MUST cancel two months in advance of the trip, so signing up early may ensure the trip will go. We need 30 plus people for a one-day trip.
Van trips are limited to 10 people unless carpooling is available.**

JOKE OF THE MONTH!

off the mark

by Mark Parisi

www.offthemark.com



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VOLUNTEER BIRTHDAYS!

Debbie Lessick 5th

Peg Fish 14th

Peg Jasinski 15th

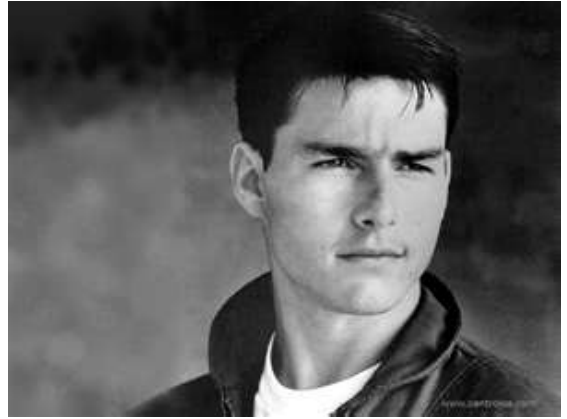
Joyce Pulaski 24th

Alice Sullivan 25th

Fran Cartmell 26th

Famous Birthdays

July 3rd – Tom Cruise –
Screen idol in “Top Gun” and
“Mission Impossible”



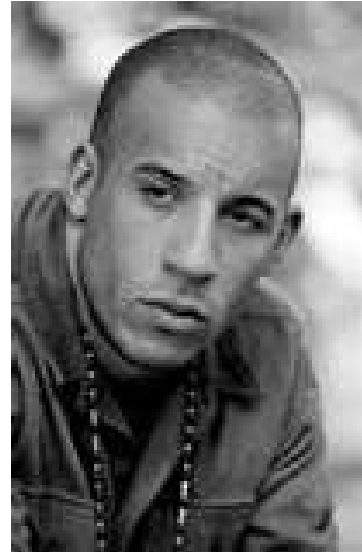
July 6th – Sylvester Stallone –
Action hero of several
“Rocky” and “Rambo” movies

July 9th – Tom Hanks –
Back-to-Back Oscars for
“Philadelphia” and “Forrest Gump”



July 12th – Bill Cosby –
“The Cosby Show” star,
standup comedian, family man

July 18th – Vin Diesel –
Action movie star of
“The Fast and the Furious”



July 21st – Robin Williams –
Comic actor from “Mork and Mindy”
to “Mrs. Doubtfire”

July 25th – Estelle Getty –
Sarcastic TV mom Sophia Petrillo
on “The Golden Girls”



July 29th – Martina McBride –
Country singer of down-to-earth
“Wild Angels”

Do you know the author of this quote?

“Listen to your heart. It knows everything.”

(Keep reading to find the answer!)



Medicare covers the **TOTAL COST** of your
Cardiovascular Screening!

Why do this? Your primary care provider can help you *prevent* stroke and heart attack by assessing your risk and making recommendations to improve heart health. This screening is available every 5 years with no cost to you.

How to do this: Call your doctor’s office and request an appointment for your annual wellness exam that is covered by Medicare. At your appointment ask your provider to order the following blood work for you:

total cholesterol test

triglycerides test

cholesterol test for high density lipoproteins

** (The tests should be ordered as a lipid panel)

(quote by: Paulo Coelho)

Contact Susan Dornan, NY Connects Program Coordinator toll free at 1-866-805-3931 for more information or questions you may have.

NY Connects 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.

You are Invited

Since I have started as director I have looked forward to getting out and talking to you, the seniors. However, this has proven more difficult than I anticipated with all the day-to-day work to be done. I thought about trying to schedule meetings but I already have a lot of meetings! I thought about setting aside specific office hours- but that's not convenient for folks in the northern part of Warren County or any of the folks in Hamilton County! Finally I had what I think is a pretty good idea (it happens on occasion). Rather than trying to reinvent the wheel why not go to someplace I knew you were already going- the meal sites? It is a great opportunity for me to hear what is going on at the different sites and give you the chance to ask questions or share any concerns you might have over a great meal. I would like to schedule visits so you know when I will be there. There are 12 sites in two counties so I will need to spread out the visits in order to visit every site but I thought July seemed like a great time to start. No time like the present, right? Following is the schedule:

Christie Sabo

Director

Warren/Hamilton Counties Office for the Aging

JULY 11th INDIAN LAKE SITE

JULY 18th LUZERNE

JULY 25th WELLS*

JULY 31st BOLTON

**The Warren/Hamilton Counties Office for the Aging
Advisory Council Meeting will be held at 11am with lunch
immediately following, all are welcome*

RICKY RIDE

An outreach ministry of Crossroads Church
of Glens Falls, NY
(www.crossroadsGF.com)

Providing free car rides for Veterans
to the V.A. administration office, V.A.
bus stops, local V.A. primary care
physicians' offices and to and from
job interviews.

Please call or email as far in advance as
possible to schedule your free rides.

Bob Faughnan

Program Coordinator

Phone: (518)-307-7370

Email: glorifychristjesus@yahoo.com

The New York Attorney General's Health Care Bureau

Real Problems with Health Care

Real Solutions for New Yorkers

The rising cost of Health Care is a real problem for every family in New York State and across the country. The Attorney General's Health Care Bureau is dedicated to making sure you know your rights and to helping you get the health benefits you are entitled to.

How the Health Care Bureau Can Help You

- We can help you challenge health insurers that won't cover your provided costs
- We can help you navigate the complex Health Care system
- We can target health care organizations that have fraudulent, misleading or deceptive practices
- We provide outreach to educate New Yorkers about their health care rights
- We are pushing for laws, regulations and policies that enhance the rights of health care consumers

*Look inside for more ways we can help you
with your health care*

Our Health Care Bureau Wants to Help You



Call the Attorney General's
Health Care Bureau

1-800-428-9071

Or

518-474-8376

Fax: 518-402-2163

<http://www.ag.ny.gov>



**New York State
Office of the
Attorney General**

**Real Problems
with Health Care**

**Real Solutions
for New Yorkers**



**Eric T. Schneiderman
Attorney General**



STATE OF NEW YORK
OFFICE OF THE ATTORNEY GENERAL
THE CAPITOL
ALBANY, NY 12224

Dear New Yorker:

Few decisions are more important or complex than those involving health care for you and your loved ones. The Health Care Bureau is part of the Division of Social Justice in the Attorney General's Office and is here to ensure that your precious rights are safeguarded and enforced. The dedicated attorneys and advocates of the Health Care Bureau are available to you when you have complaints or questions regarding the health care system. Here's the best part - these services are completely free of charge.

This brochure provides some information about the Health Care Bureau and how they have helped your fellow New Yorkers in the past. If you feel that you have been treated unfairly by a health care provider, HMO, or insurance plan, please do not hesitate to call for assistance, toll-free at 1-800-428-9071.

Sincerely,

Eric T. Schneiderman



The Attorney General's Health Care Helpline (1-800-428-9071)

How Our Helpline Will Help You

- We will help claim your benefits when an HMO denies you coverage
- We will assist you with health care billing and payment problems
- We will help you obtain your guaranteed health benefits
- We will investigate when you have lost your insurance coverage

How We Have Helped Your Fellow New Yorkers

- Helped a cancer patient get treatment that their HMO had refused to provide
- Helped a patient get their HMO to pay a \$128,000 hospital bill they had refused to cover
- Helped a patient get coverage for a hernia operation that their HMO had previously denied
- Secured health insurance coverage for a consumer who had been unfairly removed from their plan

Find the words about ice cream flavors from the bottom in this *Printable Ice Cream Flavors Word Search* grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each ice cream flavor may be used in more than one word. **When the printable ice cream flavors word search puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting fact about ice cream.**

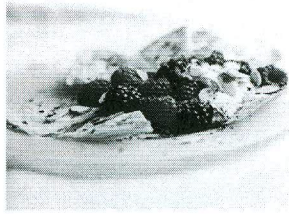
Ice Cream Flavors Word Search

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

BUBBLEGUM
 BUTTER PECAN
 CHERRY
 CHOCOLATE
 CHOCOLATE ALMOND
 CHOCOLATE CHIP
 COFFEE
 COOKIES AND CREAM
 FRENCH VANILLA

FUDGE RIPPLE
 MAPLE WALNUT
 MINT CHIP
 NEAPOLITAN
 PRALINE
 RUM AND RAISIN
 STRAWBERRY
 TIGER TIGER
 VANILLA

Berry Dessert Nachos



Quick Info: 6 Servings

Prep Time: 15 mins **Cook Time:** 8 mins **Total Time:** 23 mins

Ingredients

3/4 cup sour cream, light or fat-free	1 tablespoon butter
3/4 cup frozen light whipped dessert topping, thawed	2 teaspoon sugar
1 teaspoon vanilla extract	3 cups raspberries
1/4 teaspoon cinnamon, ground	2 tablespoon nuts, almonds, sliced
3 tortillas, flour	1 tablespoon chocolate, semisweet

Preparation

1. Preheat oven to 400°F. In a small bowl, stir together sour cream, dessert topping, vanilla, and 1/8 teaspoon cinnamon. Cover and chill while preparing tortillas.
2. Lightly brush both sides of each tortilla with melted butter. In a small bowl, stir together sugar and 1/8 teaspoon cinnamon; sprinkle over tortillas. Cut each tortilla into 8 wedges; arrange on two ungreased baking sheets. Bake for 8 to 10 minutes or until crisp. Cool completely.
3. To serve, divide tortilla wedges among six dessert plates. Top with raspberries and/or blackberries and sour cream mixture. Sprinkle with almonds and grated chocolate.

Nutritional Info (Per serving): Calories: 213, Saturated Fat: 3g, Sodium: 168mg, Dietary Fiber: 5g, Total Fat: 7g, Carbs: 31g, Cholesterol: 8mg, Protein: 5g

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

Chicken Paprikash Recipe



Quick Info: 4 Servings

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Ingredients

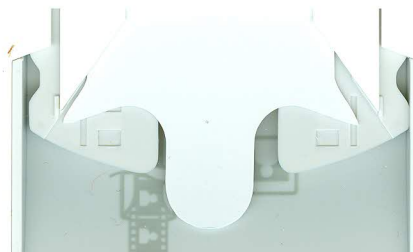
1 pound chicken, breast, boneless, skinless	1/2 cup wine, dry white
1/4 teaspoon salt, Kosher	1 1/2 cup tomatoes, crushed
1/4 teaspoon pepper, black ground	1/2 cup broth, chicken, less sodium
1 tablespoon oil, canola	1 tablespoon lemon juice
2 large peppers, green, bell	1/4 cup sour cream, reduced-fat
1 large onion	2 tablespoons parsley, fresh
2 teaspoons paprika, hot	

Preparation

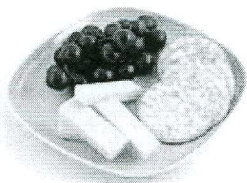
1. Sprinkle chicken with salt and pepper. Heat oil in a large skillet over medium-high heat. Add chicken and cook, turning occasionally, until browned, 3 to 5 minutes. Transfer to a plate.
2. Add bell peppers and onion to the pan and cook, covered, over medium heat, stirring occasionally, until softened, about 5 minutes. Add paprika and cook, stirring, until fragrant, about 30 seconds.
3. Add wine; increase heat to medium-high and cook, stirring, until mostly evaporated, about 1 1/2 minutes. Add tomatoes, broth and lemon juice; bring to a boil. Return the chicken and any accumulated juices to the pan; reduce heat to a lively simmer. Spoon some sauce over the chicken and cook, turning occasionally, until the sauce is reduced and the chicken is cooked through, 6 to 8 minutes.
4. Remove from the heat; stir in sour cream. Sprinkle with parsley.

Nutritional Info (Per serving): Calories: 263, Saturated Fat: 2g, Sodium: 294mg, Dietary Fiber: 4g, Total Fat: 7g, Carbs: 16g, Cholesterol: 72mg, Protein: 30g

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



Smart Summer Snacking Healthful Alternatives You Will Enjoy



Snacking Strategies for the Summer Months

Snacking basics. A guidelines for a healthful snack is that the calories range should be between 100 and 200 kcals per serving and is a combination of carbohydrates like fruits, veggies, or whole grains [for quick energy], and either protein or healthful fats [for staying power]

Stock your home with healthful, nutrient-rich foods while limiting the availability of high-sugar, high-fat snack foods and treats. Have a variety of seasonal fruits and veggies cut up and ready to eat.

Frozen fruit makes a cool snack - like frozen grapes, cherries, and blueberries. Eat them by themselves right out of the freezer or toss on top of yogurt, cottage cheese, or cereal.

Plan ahead for vacations. Take healthful snacks with you from home. Pick easy-to-carry items that can fit into your bag: trail mix, peanut butter crackers, and whole-food nutrition bars are good choices.

Many food manufacturers are coming up with on-the-go versions of things that were never portable before such as peanut butter packets, or tuna and chicken in resealable packs, which can be paired with crackers.

A veggie plate with a low-fat bean dip or Oikos yogurt with granola is another great option. Pack a cooler for transporting healthier options that require refrigeration.

Tips for how to snack smarter this summer Healthful Snacks: that content 50, 100, and 200 kcal/per serving.

50 Calories and Under

Babybel Light cheese 1/2 banana 3/4 cup raspberries
5 almonds Handful of baby carrots with 2 T salsa Bell pepper strips with 1 T hummus
Celery sticks with one Laughing Cow cheese wedge

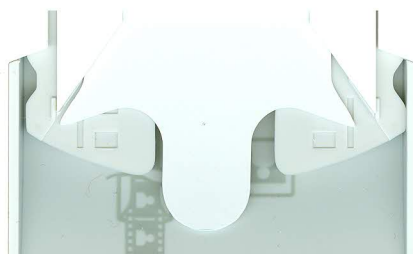
100 Calories and Under

Part Skim String Cheese 1 hard-boiled egg 1 mini-snack box of Yogurt Raisins
2 cups of Lite Popped Popcorn Low Fat Soy Crisps (around 15 crisps)
1/2 cup fat-free plain Greek yogurt with 2 tsp strawberry jam • 3 cups air-popped popcorn, lightly salted
1 Laughing Cow Light cheese wedge with three Triscuits • 29 pistachio nuts

200 Calories and Under

• 1 container of 0% fat Yogurt with 1/2 banana • 1/2 cup edamame
1/4 cup Bear Naked Pecan Apple Flax trail mix • 1 Quaker Banana Nut soft baked oatmeal cookie
1 serving SunRidge Farms Vanilla Chai Raisins • 6-oz container Greek Total nonfat yogurt, 2 tsp
honey, and two chopped walnuts
Kashi Soft n' Chewy Banana Chocolate Chip bar • 3 Lucy's gluten-free Maple Bliss cookies

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: *Today's Dietitian*



Joanie Fiore Flanagan's 2012 Bike MS Begging Letter

Why I Fight MS

I believe that 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 and look forward to meeting our goals and the challenge of riding in the event year after 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 sponsor you," then hand me a check or cash. It makes me know that people out there do want to help create a world free of the baffling disease. It also makes me realize 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 the support of my friends, family and business contacts, I was the top fundraiser for North Country Bike MS. My total for 2011 was over \$9,297. Thank you in advance for your continued support. Help me meet my goal of \$12,000 in 2012!

The bike ride is Sept 22, 2012 at Burch Hill, Schodak, NY.
Please make checks payable to NMSS,
(National Multiple Sclerosis Society) and send to me

Joan Fiore Flanagan
22 Nottingham Dr.
Queensbury NY, 12804
793-7427

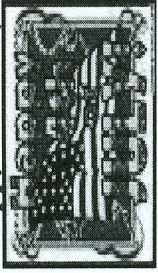



To donate on line

please go to the MS web site at www.msupstateny.org, click "bike ms", then "Donate", then "Hudson River Ramble". Type in "Joan" and "Flanagan" as my names and click "Find a participant", click Joan Flanagan again for the 2012 ride and click "Donate to participant" beneath the thermometer and add your name.

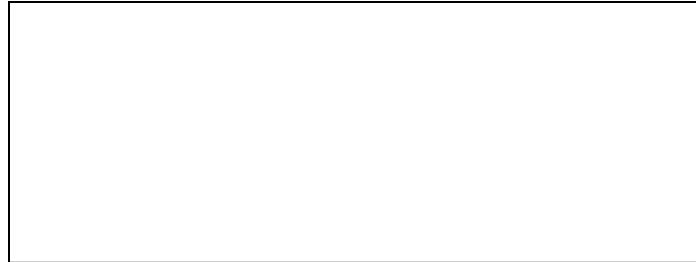
JULY 2012

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 2 Pork Chops Rice-Veggie Casserole Peas & Onions Mandarin Oranges	July 3 <i>4th of July Picnic</i> BBQ Chicken Hot German Potato Salad Baked Beans Independence Day Dessert	Happy 4 th of July  Meal site Closed	July 5 Meatloaf/Gravy Mashed Potatoes Mixed Veggies Apricots	July 6 Stuffed Shells with Marinara Meat Sauce Tossed Salad Carrots Peach Cobbler
July 9 Salisbury Steak Mashed Potatoes Broccoli Sliced Pineapple	July 10 Baked Fish Scandia Oven Browned Potatoes Spinach Tropical Fruit Cup	July 11 Sloppy Joes on a Bun Steamed Carrots Corn Strawberry Shortcake	July 12 Cold Plate Chef Salad –(Turkey/Ham/ Swiss Cheese/ Lettuce) Potato Salad Fresh Tomato Salad BirthDay Cake	July 13 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Fresh Fruit
July 16 Baked Chicken Tenders with Sauce Potato of the Day Brussels Sprouts Ice Cream Sundae	July 17 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	July 18 Chicken & Stuffing Casserole Long Grain & Wild Rice Sliced Carrots Mandarin Oranges	July 19 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Chilled Peaches	July 20 Cold Plate Egg Salad on Sandwich Roll Strawberry Spinach Salad Coleslaw Lemon Velvet Supreme
July 23 Meal Site Closed  Staff Training Day	July 24 Beef Tomato Florentine with Noodles & Cheese Scandinavian veggies French Green Beans Tropical Fruit Salad	July 25 Roast Pork/ Gravy Mashed Potato Mixed Veggies Blueberry Crunch	July 26 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day	July 27 Cheeseburger Deluxe Lettuce/Tomatoes Potato Tots Tomato & Zucchini Chilled Peaches
July 30 Swiss Steak Mashed Potatoes Spinach Chilled Plums	July 31 Creamy Chicken Casserole Sweet Potatoes Oriental Veggies Chilled Pears		CHEF'S CHOICE Each site can pick your own day!	

All meals served with 1% milk, bread, margarine, **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



“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/

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