

**NEWSLETTER  
FOR SENIORS**

August 2013



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

### 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 #105 (Medium)

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

#### Sudoku #106 (Medium)

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

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was blocked

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

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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## Joanie Fiore Flanagan's 2013 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

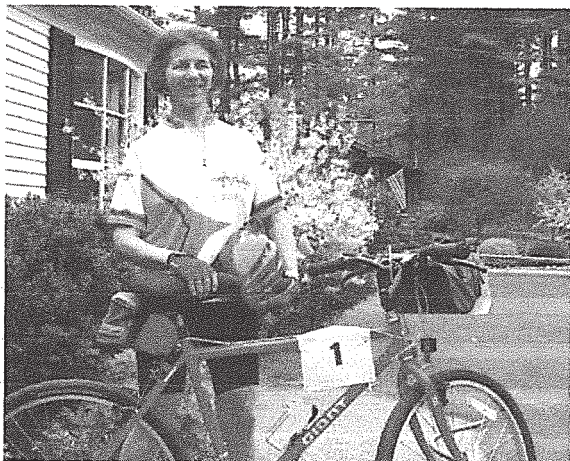
My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

### 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 2012 was over \$11,300. Thank you in advance for your continued support. Help me meet my goal of \$13,000 in 2013!

The bike ride is Sept 21, 2013 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](http://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 2013 ride and click "Donate to participant" beneath the thermometer and add your name.

# The Best Greens for Your Salad

When you think of salad, you probably associate it with being healthy. This is largely true: many salads are packed with vitamins and minerals. But what you choose as the base of your salad can make or break that. If you choose iceberg lettuce, for example, you are getting almost no nutritional benefit from it. The general rule of thumb is that the darker the color of the leaf, the healthier it is. Greens that have that dark rich color are packed with vitamins, antioxidants and other ingredients that are great for you. These greens are just as yummy as they are healthy:

## **Kale**

Similar to other cruciferous vegetables, kale is jam-packed with minerals, vitamins and phytonutrients. The main beneficial feature of kale comes from its high amount of antioxidants – which protect against cancer and eye disease. Kale is also a rich source of fiber, which helps lower cholesterol levels; it also has anti-inflammatory benefits.

## **Romaine Lettuce**

Romaine lettuce is high in fiber, vitamin C, and beta-carotene, which can have beneficial effects on cholesterol levels. Romaine also contains a good amount of folic acid, a B vitamin that lowers heart disease risk. It's rich in manganese, potassium, and vitamin A, and has about one calorie per leaf.

## **Spinach**

It's true that spinach deserves all the hype it gets for being an excellent green. Not only is spinach packed with vitamin K, vitamin C, and vitamin A, it's also very low in calories, so you can get lots of benefit without threatening your waistline. Research has shown that spinach is a great source of phytonutrients, which can have a protective effect against cancer by slowing down cell division in cancer cells.

## **Arugula**

A less commonly used green is arugula, which can be a great add-on to any salad. Slightly bitter in flavor, arugula is a great source of calcium, beta-carotene, and lutein, which may help protect against certain cancers and diseases such as macular degeneration. Certain phytochemicals found in arugula have been shown to help the body cleanse itself of toxins.

## **Red Leaf Lettuce**

Much like green leaf lettuce in its taste, red leaf lettuce is unique because of its reddish-purple leaves. A single serving of red leaf lettuce contains above and beyond the daily-recommended intake of vitamin A and vitamin K, and also has a decent amount of magnesium, calcium and iron.

## **Bibb Lettuce**

A prominent member of the butterhead family, Bibb lettuce is one of the lighter varieties of greens that also happens to be very nutritious. It has a subtle, delicate flavor and a buttery texture. Bibb lettuce is a very good source of folate, vitamin A and dietary fiber.

## **Watercress**

Loaded with antioxidants, watercress is considered by experts to be something of a superfood. The micronutrients in watercress work together with the antioxidants to fight harmful free radicals in the body, protecting against cancer. Additionally, watercress is a good source of vitamin B, vitamin E and calcium.

# The Best Greens for Your Salad



Kale



Spinach



Romaine Lettuce



Arugula



Red Leaf Lettuce



Bibb Lettuce



Watercress

## Mediterranean Salad with Feta Cheese

Prep Time: 15 Minutes

Ready In: 15 Minutes

Servings: 4

### Ingredients:

- 4 cups mixed salad greens
- 1 cup chopped plum tomatoes
- 1 cup coarsely chopped pitted Klamath olives
- 1 medium avocado, peeled, pitted and chopped
- 1 (4 ounce) package ATHENOS Traditional Crumbled Feta Cheese
- 3/4 cup canned chickpeas (garbanzo beans), drained, rinsed
- 1/2 cup thin red onion slices
- 1/2 cup balsamic vinaigrette dressing

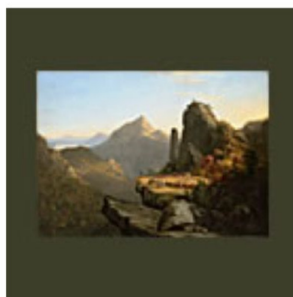
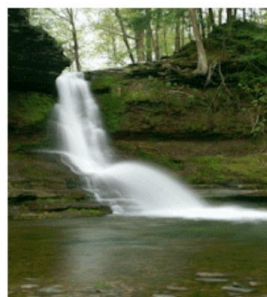
### Directions:

1. Toss all ingredients except vinaigrette in large bowl; cover.
2. Refrigerate until ready to serve.
3. Add vinaigrette; toss to coat



Located at the Queensbury Center on the corner of Bay and Haviland roads.  
All area senior age 55+ are welcome!

## Hudson Valley Tour Featuring Cedar Grove (Thomas Cole Estate)



Day Trip Thursday Sept. 12th - Deadline: Friday Aug. 9th



Meal  
Included



Motorcoach  
transportation



Driver Tip  
included



Mild Moderate Active  
**ACTIVITY LEVEL**

Visit the Thomas Cole Historic Site on the banks of the Hudson River and join a guided tour of the Hudson River Painter's home and studio. See a short film about his life. Stroll through the flower gardens and enjoy a sweeping view of the Catskill Mountains. We then head north to the Glen Falls House in the town of Round Top, NY for a cocktail reception and hot lunch. Proceeding North on our way home, take in a scenic tour of the Hudson Valley with several fun stops along the way.

**Cost: \$69**

**Deadline: Friday Aug. 9th**  
**Call 745-4439 or 761-8224**  
**for more info.**

**We Accept Visa Master Card & Discover**



Call 745-449  
or 761-8224

Travel to....  
**Bennington Vermont**

With...  
**QUEENSBURY  
SENIOR  
CITIZENS INC.**  
SENIORS ON THE GO!



**Day Trip Thursday Oct. 10th**  
**Cost \$74 Deadline: Friday Sept. 6th**



**Meal  
Included**



**Motorcoach  
transportation**



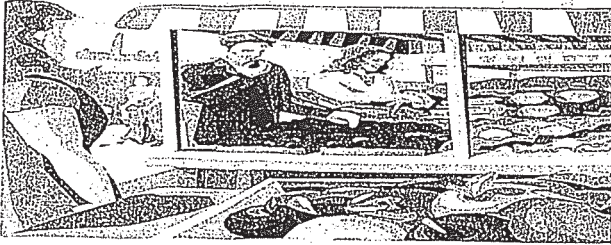
**Driver Tip  
included**



Upon arrival in the quaint town of Bennington Vt., meet your step on guide for a guided tour of historic sites such as the Old First Church, Robert Frost Home & Cemetery and the Bennington Monument. Visit the Bennington Potters and have a guided tour of their factory as well as an opportunity to check out the gift shop. Lunch will take place at the Publyk House which is known for it's good food and gorgeous views. A matinee performance at Old Castle Theater's new location will feature Sherlock Holmes - Knights Gambit. On the way out of town grab some goodies at the Applebarn & Country Bake Shop to take home.

*All area seniors age 55+ are welcome!*

**FARMERS' MARKET COUPONS ARE  
HERE**



**THIS IS A FREE \$20.00/HOUSEHOLD  
BOOK OF COUPONS TO SPEND AS CASH  
FOR FRUITS AND VEGETABLES AT ANY  
FARMER'S MARKET**

**-MUST BE 60 OR OLDER  
-MUST CURRENTLY BE RECEIVING  
SSI, PUBLIC ASSISTANCE, FOOD  
STAMPS, OR SECTION 8 HOUSING  
SUBSIDY OR**

**-MONTHLY INCOME IF SINGLE  
MUST BE NO MORE THAN \$1772.00**

**-MONTHLY INCOME IF MARRIED  
MUST BE NO MORE THAN \$2392.00**

**-PLEASE CALL OFFICE FOR THE  
AGING 761-6347 WITH ANY  
QUESTIONS OR STOP IN TO PICK UP  
YOUR COUPONS**



# Famous Birthdays!



**August 4<sup>th</sup> - Barack Obama**  
**Senator from Illinois,**  
**elected 44<sup>th</sup> U.S. president**

**August 7<sup>th</sup> – Carl Switzer**  
**“Alfa” Member of the original**  
**“Our Gang” kids comedy cast**



**August 18<sup>th</sup> - Patrick Swayze**  
**Famous as instructor Johnny**  
**Castle in “Dirty Dancing”**

**August 25<sup>th</sup> – Macaulay Culkin**  
**Starred in two “Home Alone”**  
**movies by age 12**





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](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  
<http://www.greaterglensfallsseniorcenter.com>

**NEW MEMBERS WELCOME**

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

**SOME OF THIS MONTH'S HIGHLIGHTS**

Thurs-8/1	Lake George Youtheatre "The Wiz"-call for tickets	9:30 a.m.
Mon-8/5	Special Bingo-refreshments, fun, large cards	1:15 p.m.
Tues-8/6	Operation Christmas Child workshop	1:00 p.m.
Wed-8/7	Warrensburg Museum	1:00 p.m.
Thurs-8/8	Philadelphia Orchestra-SPAC-call for tickets	8:00 p.m.
Mon-8/12	One Stroke Art Class-free-call to reserve	12:30 p.m.
Tues-8/13	Bowling League meeting-all welcome-new bowlers wanted	1:00 p.m.
Wed-8/14	Defensive Driving Class-call to sign up for this and future dates	9 a.m.-5 p.m.
Mon-8/19	Line Dancers perform at Center	1:00 p.m.
Tues-8/20	Crandall Park picnic	12:00 p.m.
Wed-8/21	Tiki Motor Inn Hawaiian Show	11:00 a.m.
Mon-8/26	Movie/Popcorn-"August Rush"	1:00 p.m.
Tues-8/27	Michigan Rummy	1:00 p.m.
Thurs-8/29	Lunch Bunch-call to reserve	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-Sponsored by RSVP	9:00-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.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/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

**Call Center for pricing and information on the upcoming trips and 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: \_\_\_\_\_

## **GREATER GLENS FALLS SENIOR CENTER**

**Is now accepting donations of jewelry, hard cover, paperback books, craft items, small furniture items, household goods, linens, new/used gift items, fall decorations, collectibles, and small appliances.**

**(No suitcases, computers, or TV's)**

**All items must be clean, complete, and working order  
Local pick ups can be arranged by calling the Center at  
793-2189**

**FOR THE UPCOMING**

# **FALL FAIR**

**Saturday, October 19, 2013**

**9 a.m. – 2 p.m.**



**LAWN, PORCH AND HOUSE SALE**

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

**[www.greaterglensfallsseniorcenter.com](http://www.greaterglensfallsseniorcenter.com)**



## **When an Elderly Loved One Needs Extra Help**

Family members of aging adults typically travel one of two paths to becoming a caregiver: the sudden sprint, or the gradual march.

The sudden sprint towards providing care for a loved one is often set off by an unexpected event—a stroke, a fall, complications from surgery—which acts as a catalyst, escalating your family member’s care needs practically overnight.

The gradual march in the direction of caregiving is less abrupt. You can’t say exactly when it began, but you’ve started noticing little changes in how your family member interacts with the world around them. Perhaps they’re getting lost while driving to the grocery store, maybe they’re having trouble keeping track of their medications, or balancing their checkbook—tasks they’ve performed countless times over the years, without any problems.

If an aging family member is consistently exhibiting these kinds of behaviors, they may soon be in need of extra care.

Here are 22 common signs your loved one may need extra help:

### **Physical**

- Fluctuating weight
- Balance problems
- Poor hygiene
- Sleeping too much or too little
- Unexplained burns and bruises (especially on the legs and arms)

### **Home environment**

- Unkempt yard
- Unusual carpet stains
- Excessive clutter (several weeks’ worth of newspapers, piles of junk mail)
- Unusual odors (urine, garbage)
- Not enough food in the house
- Failure to turn off stove, or water after use

### **Emotional**

- Mood swings
- Abusive behavior (most likely verbal)
- Lack of motivation
- Uncharacteristically anti-social behavior

### **Cognitive**

- Confusion
- Memory loss
- Repetition
- Hallucinations

#### **Other**

- Dents and scratches on the car
- Unfilled or untaken prescriptions
- Unpaid bills

Whether these problems appear suddenly or slowly, they are all warning signs that indicate your loved one is having trouble attending to their own needs.

Being able to identify the presence of these red flags as soon as possible will enable you, your aging loved one, and the rest of your family to come up with a plan that ensures everyone's needs get met.

#### **Normal Aging, or Alzheimer's Disease: What's the Difference?**

As a loved one ages, one of the questions that may come up for you and your family is how to tell the difference between the cognitive changes associated with "normal aging," and those that could signal serious health conditions, such as dementia.

At this time, there's no definitive way to distinguish between benign memory slips, Alzheimer's, or other forms of dementia, but it may help to consider this as a general rule of thumb: occasionally misplacing the car keys is normal, while forgetting what to do with them is not.

Here are a few additional indicators that your loved one's cognitive troubles may be caused by something more serious than the simple advance of age:

- Bad judgment (poor financial decisions, public outbursts)
- Movement issues (stiff movements, hunched posture)
- Loss of inhibition (saying or doing socially inappropriate things)
- Language problems (can't form coherent sentences)
- Hallucinations and delusions (seeing things that aren't really there)
- Trouble performing familiar tasks (can't remember how to get to the doctor's office)
- Memory loss that interrupts daily life (regularly forgets recent conversations)

Ultimately, it's up to you and your family to determine if, and when, a loved one's cognitive issues warrant investigation by a medical professional.

Provided courtesy of AgingCare.com, the go-to destination for family caregivers. AgingCare.com offers resources and support for those [taking care of elderly parents](#). This article is one of a series of articles included in the eBook, *Family Caring for Family*. Download your free copy at [www.AgingCare.com/ebook](http://www.AgingCare.com/ebook).

## **Warren/Hamilton Counties Office for the Aging NY Connects & Hamilton Co. DSS coming to visit You!**

Hello readers! We will have **Farmer's Market coupons** for those 60 and over when Abigail Eichler, Hamilton County DSS and Susan Dornan, NY Connects visit!



We will have give-a-ways and information on various topics.

Wednesday, July 31 11:30-1 Indian Lake Meal Site

Wednesday, August 7 11:30-1 Long Lake Meal Site

Wednesday, August 21 11:30-1 Wells Meal Site

NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance and more people are aware of NY Connects. How can we help you? Call Susan at 1-866-805-3931.

# JOKE OF THE MONTH



© Mark Parisi, Permission required for use.

## VOLUNTEER BIRTHDAYS!

Pat Kruczlnicki – 12<sup>th</sup>

Joe Sullivan 12<sup>th</sup>

Suzanne Cartier 23<sup>rd</sup>

Eva Center 31<sup>st</sup>

# **A.A.A.D.D – KNOW THE SYMPTOMS**

Thank Goodness there's a name for this disorder

## **Age- Activated Attention Deficit Disorder**

### **This is how it manifests:**

**I decide to water my garden. As I turn on the hose in the driveway,** I look over at my car and decide it needs washing.

**As I start toward the garage,** I noticed mail on the porch table that I brought up from the mail box earlier.

**I decide to go through the mail before I wash the car.**

**I lay my car keys on the table,** put the junk mail in the garbage can under the table, and notice that the can is full.

**So, I decide to put the bills back** on the table and take out the garbage first...

**But then I think,** since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

**I take my check book off the table,** and see that there is only one check left. **My extra checks are in my desk in the study,** so I go to my desk where I find the can of Pepsi I'd been drinking.

**I need to push the Pepsi aside so that I don't accidentally knock it over.** I notice the Pepsi is getting warm, so I decide to put it in the refrigerator to keep it cold.

**As I head toward the kitchen with the Pepsi,** a vase of flowers on the counter catches my eye--- they need water.

**I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.** I decide I better put them back on my desk,



**But first I'm going to water the flowers.**

**I set the glasses back down on the counter,** Fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

**I realize that tonight when we go to watch TV,** I'll be looking for the remote, But I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

## **AT THE END OF THE DAY:**

**The car isn't washed,**

**The bills aren't paid,**

**There is a warm can of Pepsi sitting on the counter,**

**The flowers don't have enough water,**

**There is still only 1 check in my check book,**

**I can't find the remote,**

**I can't find my glasses,**

**And I don't remember what I did with the car keys.**

**Then, when I try to figure out why nothing got done today,** I'm really baffled because I know I was busy all day, And I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail...

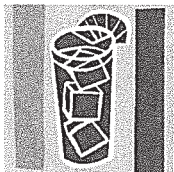
Office For the  
Aging

**Date: 09/04/2013**

Time: 12:00

Elks BPOE # 81 Lodge  
32 Cronin Road  
Queensbury, NY

Contact person: Debbie  
@ 761-6347



# Warren County Senior Picnic



*The Warren County Council of Seniors &  
Warren/Hamilton Counties*

*Office For the Aging-*

*Annual Senior Picnic*

*September 4, 2013*

*Reservations can be made through your*

*local Senior Club or Meal Site*

*before August 21, 2013*

*Tickets \$5.00*

*Please bring your own flatware*

Office For the Aging

For more information  
contact  
Maureen Mihalics  
@ 668-5506

## Highlights

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

## MENU

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

**Are you helping a family member and need some help?  
Do you need help for yourself with personal care, laundry, meal preparation? Are you wondering and not sure what is available to help you? Would you like to relocate or modify your current home and need information on choices?**



**NY Connects**, a program of Warren/Hamilton Counties Office for the Aging provides free information and assistance on many services and is for anyone who needs long term care information and assistance. Call Susan Dornan, Coordinator for NY Connects at 1-866-805-3931 .

# Whats New with HHCAP...

## **DOMA Ruling Puts Gay Couples on Equal Benefits Footing**

On June 26<sup>th</sup> the U.S. Supreme Court ruled that the Defense of Marriage Act or DOMA is unconstitutional. The act defined marriage as being between a man and a woman. One thing that the ruling does is to ensure that same-sex couples will enjoy the same federal benefits as heterosexual couples.

The case was brought to Court by Edith Windsor who is now 84. In 2007 she married Thea Spyer in Canada. Ms. Spyer died in 2009 and Windsor was required to pay inheritance tax of \$363,053. She applied for an exemption that would be granted to heterosexual couples but her request was denied by the IRS. The recent ruling means that she will not have to pay this tax.

Some of the changes will apply only to working couples, some only to retirees while others will apply to both. What are some of the important changes brought by ruling?

- **Social Security.** In NY it now legal for gay married couples to apply for Social Security benefits using either the spouses' earnings records or survivor benefits.
- **Federal Income Taxes.** This is a major benefit. It is now legal for gay couples to file joint federal tax returns. However, lower income couples might lose some tax benefits such as the earned-income tax credit.

- **Health insurance coverage.** Gay married couples can now be added under family coverage in employee health insurance plans. This will apply to retiree benefits as well. If you are retired and this change applies to you check with the human resources department of your former employer to see how this change will be handled.
- **Medi-gap insurance coverage.** Just as with health insurance for working people, the court ruling also changes Medi-gap insurance. Gay couples can now apply for the kind of family coverage that has only been available to heterosexual couples.
- **Health insurance taxes.** Gay couples will no longer have to pay federal income taxes on the value of their partner's health insurance coverage.
- **Flexible spending.** Gay couples can now take advantage of the benefits of flexible spending accounts.
- **Family and Medical Leave Act.** This law is now extended to gay couples. It will allow for time off to provide care, not only for a parent, but now for your spouse.
- **Estate and gift taxes.** As noted in the Edith Windsor example above, the rules for estate and gift taxes have now changed. Gay couples should consult an attorney who is well versed in estate planning.

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.

Find the words about cool summer drinks from the bottom in this printable *Cool Summer Drinks 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 cool drinks word may be used in more than one word. **When the printable cool summer drinks word search puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting fact about a cool summer drink.**

## Cool Drinks Word Search Puzzle

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

GATORADE	MILKSHAKE
ICE CREAM SODA	PUNCH
ICED CAPPUCCINO	ROOT BEER FLOAT
ICED COFFEE	SLUSHEE
ICED TEA	SMOOTHIE
JUICE	SODA POP
KOOL AID	SUNNY D
LEMONADE	TANG
LIMEADE	WATER
MILK	YOP

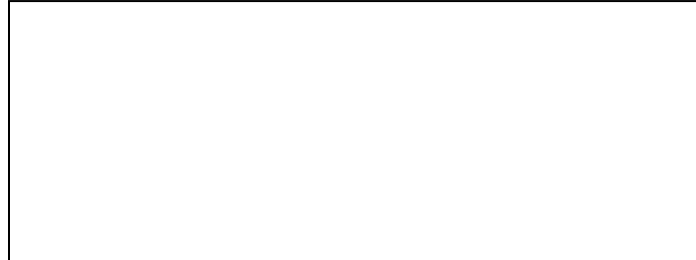
## August 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>August 1</b> American Goulash Tossed Salad Brussels Sprouts Fresh Fruit	<b>August 2 Cold Plate</b> Tuna salad on a Bun Pasta Salad Strawberry Spinach Salad Spice Cake
<b>August 5</b> Creamy Chicken Casserole Sweet Potatoes Green Beans Tropical Fruit Cup	<b>August 6</b> Pork Chops Roasted Red Potatoes Peas & Onions Mandarin Orange	<b>August 7</b> Meatloaf Mashed Potatoes Mixed Veggies Peach Cobbler	<b>August 8 Cold Plate</b> Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Tomato, Onion & Cucumber Salad Cookie Bar	<b>August 9</b> Spaghetti & Meatballs Marinara Sauce Tossed Salad Italian Veggies Chilled Pears
<b>August 12</b> Baked Fish Scandia Orange Rice Pilaf Spinach Tropical Fruit Cup	<b>August 13</b> Sloppy Joes on a Bun Steamed Carrots Corn Strawberry Shortcake	<b>August 14</b> Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Summer Squash & Zucchini Chilled Peaches	<b>August 15</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit	<b>August 16 Cold Plate</b> Chicken Salad on Bed of of Romaine Lettuce Marinated Veggies Sandwich Roll <b>Birthday Cake</b>
<b>August 19</b> Chicken Stir-Fry Brown Rice Oriental Veggies Mandarin Orange	<b>August 20 Brunch</b> Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	<b>August 21</b> Apple N' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake/Topping	<b>August 22</b> Sausage Pasta Garlic Bread Cauliflower Tossed Salad Fresh Fruit	<b>August 23 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Rice Pudding/Topping
<b>August 26</b> Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Apricots	<b>August 27</b>  <b>Chef's Choice</b>	<b>August 28</b> Roast Pork/ Gravy Mashed Potato Scandinavian Veggies Blueberry Crunch	<b>August 29 Cold Plate</b> Chopped Salad with Grilled Chicken Marinated Veggies Dinner Roll Brownie	<b>August 30 Labor Day BBQ</b> Hot Dogs on a Bun French Fries Baked Beans Fresh Fruit

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.warrencountyny.gov/ofa](http://www.warrencountyny.gov/ofa)

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119  
Indian Lake; 648-5412; Johnsbury-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