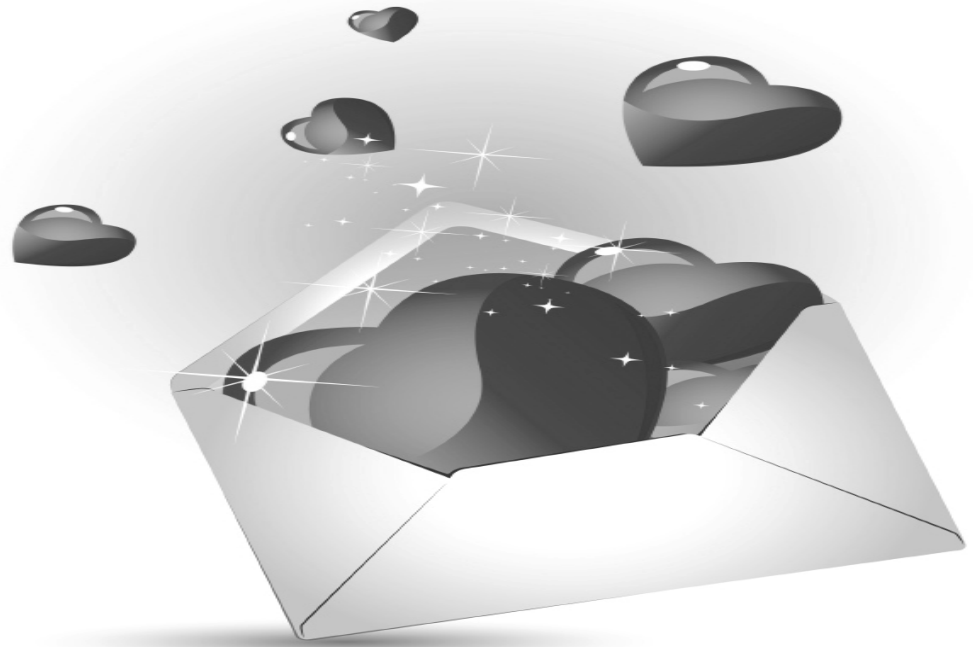


February 2013



**NEWSLETTER  
FOR SENIORS**

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

# Volunteer Birthdays!

Cathy Thompson – 6<sup>th</sup>

Lillian Beswick – 8<sup>th</sup>

Don Strycker – 8<sup>th</sup>

Pat Sennett – 13<sup>th</sup>

Casey Jarrell – 16<sup>th</sup>

Shirley Harney 19<sup>th</sup>

Mary Strycker – 26<sup>th</sup>

## Joke of the Month

off the mark.com by Mark Parisi



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# LIVING WITH AGING-WHAT YOU NEED TO KNOW

**Aging in Place-Glens Falls, Inc.** and **Crandall Public Library** offer a series of programs presenting information for seniors to help manage their lives, and resources to meet the unexpected obstacles that may develop along the way.

Programs will be held in the Christine McDonald Community Room at the **Crandall Public Library**. For more information contact Harvey Noordsy, President of **Aging in Place-Glens Falls** at 798-0330.

## **January 22, 2 PM : Home Modifications for Safety and Health**

**Featured Presenters: Stephen Chagnon:** "Living with safely aging and painless arthritis."

**Patti Gray Whann and Bob Gammon** will describe their services "**Redesign 4 Seniors.**" They are Certified Aging in Place Specialists through the National Association of Homebuilders.

## **February 12, 1:30 PM: An alternative to Assisted Living**

**Featured Presenter: Dr. Alan (Chip) Teel, author of the book, Alone and Invisible No More,** will present his vision of an alternate to Assisted Living in one's own home with the help of a Caring Circle of family, friends and neighbors, and several cameras and motions sensors in the home to monitor for falls or other problems. Dr. Teel first developed this program in his home town of Damariscotta, Maine and has been assisting additional programs around the country. He will help us explore developing a project in Glens Falls.

## **March 12, 1:30 PM: Should I consider moving to a Retirement Facility? When? Where? What Kind? At what cost?**

**Featured Presenters: Robert and Patty Foulke** What are the issues to consider regarding a possible move to a retirement community? What services are offered? What does it cost? Where would I want to settle?

Find the **Heart** related words listed at the bottom of the page in the Heart Word Search grid. The words can be forwards, backwards, vertical, horizontal, or diagonal. Circle each letter separately and keep in mind that letters in each Heart related word may be used in more than one word. **When the Heart Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Heart fact.**

## Heart Word Search Puzzle

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

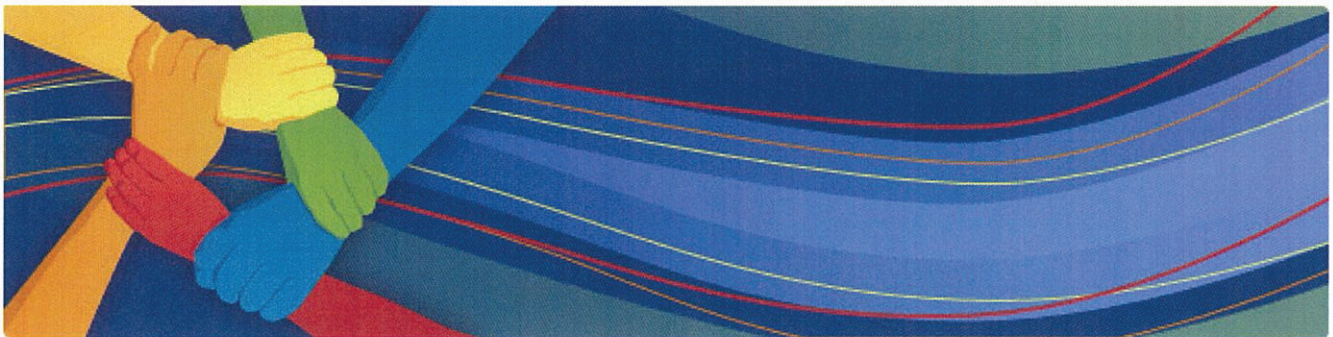
AORTA	OXYGEN
ARTERY	PULMONARY ARTERY
ATRIUM	PULSE
BLOOD	PUMPS
CHEST	RED
CYCLES	SEPTUM
HEARTBEAT	VALVES
LOVE	VEIN
MUSCLE	VENA CAVA
ORGAN	VENTRICLE



EMPOWERING OUR COMMUNITY

# Vintage Pride

Working with lesbian, gay, bisexual, and transgender seniors age 55 and older.



The Vintage Pride program provides programming for lesbian, gay, bisexual, and transgender (LGBT) seniors in two distinct ways: First, the Vintage Pride program hosts regular social events for LGBT seniors to reduce social isolation and connect the community. Second, The Vintage Pride program provides cultural competency trainings for senior service providers to help to integrate a set of cultural behaviors and attitudes into the practice methods of agencies and their professionals that enable them to work more inclusively and effectively with their LGBT seniors.

**P: 518.462.6138 PROGRAMS@CAPITALPRIDECENTER.ORG**  
**capitalpridecenter.org**



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

**NEW MEMBERS WELCOME**

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

**SOME OF THIS MONTH'S HIGHLIGHTS**

Mon-2/4	One Stroke Painting-\$15-all material provided- Call to sign up	12:30 p.m.
Mon-2/4	Good Books Club- <i>"Immortal Life Of Henrietta Locks"</i> -all welcome	1:00 p.m.
Tues-2/5	Comedy Day-refreshments, come and laugh	1:00 p.m.
Wed-2/6	Special Bingo-refreshments-lots of games and fun	1:15 p.m.
Wed-2/6	Tax help from AARP begins by appointment only	9:30 a.m.-3 p.m.
Mon-2/11	Defensive Driving-AARP sponsored, call to reserve-fee	9 a.m.-4 p.m.
Tues-2/12	Heart Day Lunch and Health program-call to reserve-Cost: \$7	12:00 p.m.
Wed-2/13	Michigan Rummy-all welcome	1:00 p.m.
Tues-2/19	Brain games, refreshments-free	1:00 p.m.
Wed-2/20	Singing group meets-everyone welcome	1:00 p.m.
Tues-2/21	Lunch Bunch-O'Toole's-Quaker Road-dutch treat-call to reserve	12:00 p.m.
Mon-2/25	Movie/Popcorn-free-all welcome	1:00 p.m.
Tues-2/26	Newsletter Mailing	1:00 p.m.
Wed-2/27	Heidelberg for dessert-dutch treat-Call by February 25 to reserve	1:30 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	9-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	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.

**AARP-Free Tax Assistance-call for an appointment.**

**Basket Raffle-need volunteers to donate baskets-deadline for delivery to Center February 15, call for details**

**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: \_\_\_\_\_

# Valentine Trivia Questions

**01. Where was the first Valentine's Day card sent from?**

- a. the battlefield
- b. a monestary
- c. a prison
- d. a hospital

**02. Who was Cupid's father?**

- a. Eros
- b. Ares
- c. Vesta
- d. Anteros

**03. According to statistics, in what profession do people receive the most Valentine's Day cards?**

- a. Nurses
- b. Secretaries
- c. Teachers
- d. Librarians

**04. What Italian city receives thousands of cards addressed to Juliet every Valentine's Day?**

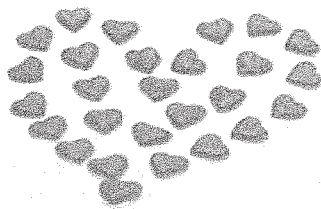
- a. Rome
- b. Verona
- c. Venice
- d. Florence

**05. In Shakespearean times what bodily organ was associated with love?**

- a. liver
- b. kidneys
- c. brain
- d. stomach

**ANSWERS! 1:C; 2:B; 3:C; 4:B; 5:A.**

# February is American Heart Month



**Heart disease, including stroke, is the leading cause of death for men and women in the United States.**

The good news is that many of the major risk factors for these conditions can be prevented and controlled.

**You are at higher risk of heart disease if you are:**

- A woman age 55 or older
- A man age 45 or older
- Or a person with a family history of early heart disease

**Heart disease can be prevented. To keep your heart healthy:**

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
- Manage stress.

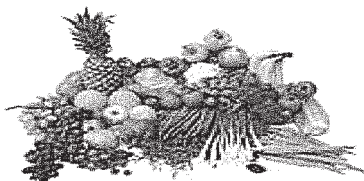
**Know your ABCS:**

**A** — Appropriate Aspirin Therapy – Ask your doctor if you should take an Aspirin every day.

**B** — Blood Pressure Control - Find out if you have high Blood Pressure or Cholesterol

**C** — Cholesterol Management and if you do, get effective treatment

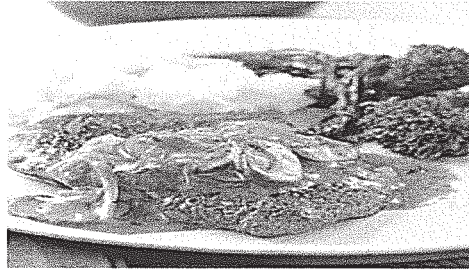
**S** — Smoking Cessation - If you Smoke, get help to quit.



Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.



# Cube Steak with Mushroom-Sherry Sauce for Two



Cube steak is a tougher cut of meat pounded to make it tender. We like it because it cooks quickly and is inexpensive—perfect for a weeknight dinner. Look for presliced mushrooms to save even more time on prep. Serve with: Mashed potatoes and grilled broccoli rabe.

**2 servings | Active Time: 20 minutes | Total Time: 20 minutes**

## Ingredients

- 2 4-ounce cube steaks
- 3/8 teaspoon freshly ground pepper, divided
- 1/4 teaspoon salt
- 1 tablespoon plus 2 teaspoons extra virgin olive oil, divided
- 4 ounces sliced mushrooms (about 1 1/4 cups)
- 1/2 large shallot, thinly sliced
- 1 1/2 teaspoons all-purpose flour
- 1/2 teaspoon chopped fresh thyme or 1/8 teaspoon dried
- 1/4 cup dry sherry (see Note)
- 1/4 cup reduced-sodium beef broth
- 1 tablespoon reduced-fat sour cream

## Preparation

1. Sprinkle steaks with 1/4 teaspoon pepper and salt. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add steaks and cook, turning once, until browned and cooked through, 1 to 2 minutes per side for medium. Transfer the steaks to a plate and cover to keep warm.
2. Add the remaining 2 teaspoons oil to the pan. Add mushrooms, shallot and the remaining 1/8 teaspoon pepper; cook, stirring, until the mushrooms are golden brown and release their liquid, 4 to 5 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Add thyme, sherry and broth; bring to a boil and cook, stirring, until thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat; stir in sour cream. Return the steaks (and any accumulated juice) to the pan and turn to coat with the sauce. Serve the steaks with the sauce.

**Nutrition Per serving :** 310 Calories; 17 g Fat; 4 g Sat; 11 g Mono; 56 mg Cholesterol; 6 g Carbohydrates; 29 g Protein; 1 g Fiber; 428 mg Sodium; 684 mg Potassium **Exchanges:** 1/2 vegetable, 4 lean meat, 2 fat

**Tips & Notes - Ingredient Note:** Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, get dry sherry that's sold with other fortified wines at your wine or liquor store.

# Chicken Sausage with Potatoes & Sauerkraut



**Serves:** 4 servings, about 1 1/2 cups each

**Prep Time:** 30 minutes

## Description

The flavor of the dish will vary depending on what type of chicken sausage you choose. We like the taste of roasted garlic sausage or sweet apple sausage in this recipe. And although any type of sauerkraut can be used, we prefer the crisp texture of refrigerated kraut over canned. Serve with roasted carrots and some mustard to spread on the sausage.

## Ingredients

1 tablespoon extra-virgin olive oil  
12 ounces (4 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3-inch pieces  
1 medium onion, thinly sliced  
3 medium Yukon Gold potatoes, halved and cut into 1/4-inch slices  
1 1/2 cups sauerkraut, rinsed  
1 1/2 cups dry white wine  
1/2 teaspoon freshly ground pepper  
1/4 teaspoon caraway seeds  
1 bay leaf

## Cooking Instructions

Heat oil in a large skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes.

Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer.

Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

**Nutritional Analysis Per serving:** Calories Per Serving 295, Total Fat 9 g, Saturated Fat 1 g, Monounsaturated Fat 3 g, Cholesterol 60 mg, Sodium 554 mg, Carbohydrates 24 g, Fiber 4 g, Protein 14 g, Potassium 545 mg  
**Dietary Exchanges** 1 starch, 1 vegetable, 1 1/2 lean meat, 1 fat

# Famous Birthdays!



**4<sup>th</sup> Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat**

**11<sup>th</sup> Leslie Nielsen –  
Comic actor in “Naked Gun”  
and “Airplane” movies**



**15<sup>th</sup> Chris Farley –  
“Saturday Night Live”  
and movie comedian,  
Died at 33**

**18<sup>th</sup> John Travolta – Icon from  
“Saturday Night Fever”  
to “Pulp Fiction”**



**22<sup>nd</sup> George Washington  
– 1<sup>st</sup> President (1789-1797)**

# HOUSING HELP FOR YOU

**Do you have a disability and need improvements to your house or apartment to make it easier and safer for you to remain in your home?**



**If your home isn't easily accessible for your current needs, contact Susan at NY Connects for information about the "Access to Home Program".**



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.

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

## 1-866-805-3931



# *The Irish Rovers*



*Six Piece World Renowned Celtic band*

**Friday March 15th 3pm Performance  
At Turning Stone Casino**

*Come Celebrate The Irish  
It Could Be Your Lucky Day!*

**Day Package Includes:**

*Admission Ticket to Irish Rovers*

*Irish Buffet Luncheon*

*\$15 Gaming Free Play*

*Transportation & Driver Tip*

*Plus Entertainment, Giveaways & Promotions*

*All Day Throughout the Resort!*

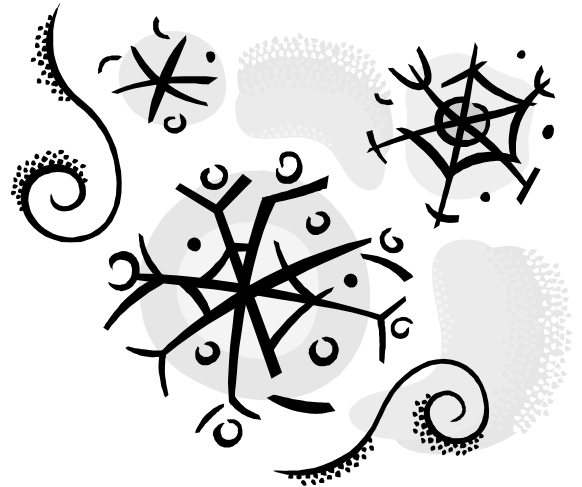
***Deadline: Friday Feb.1st***

***Cost \$84pp***

***Call 745-4439 or 761-8224***

**"Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand and  
for a talk beside the fire:  
it is the time for home."**

- Edith Sitwell



**"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."**

- Don Halley



**"If apples were pears  
And peaches were plums  
And the rose had a different name.  
If tigers were bears  
And fingers were thumbs  
I'd love you just the same."**

- Valentine's Day Songs and Poems

**PRUNE JUICE** by George Sfarnas © 2005

[www.PruneJuiceComics.com](http://www.PruneJuiceComics.com)



### 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 #023 (Medium)

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

#### Sudoku #024 (Medium)

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

#### Access Blocked - Content Alert

The URL:

[http://googleads.g.doubleclick.net/client=ca-pub-7627440077319084-3A%2F%2Fwww.puzzles.ca%2Fsudoku\\_puzzles%2Fsudoku\\_medium\\_-300&u\\_his=0&u\\_jav20new%20roman&dfs=16&a-2&ady=-2&biw=355&bih=413A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=](http://googleads.g.doubleclick.net/client=ca-pub-7627440077319084-3A%2F%2Fwww.puzzles.ca%2Fsudoku_puzzles%2Fsudoku_medium_-300&u_his=0&u_jav20new%20roman&dfs=16&a-2&ady=-2&biw=355&bih=413A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=)  
was blocked


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

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

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## February 2013

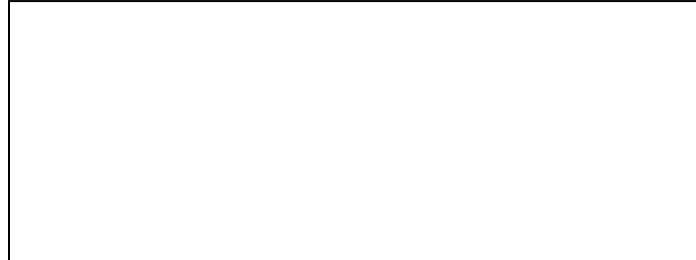
Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>February 1</b> Chili/ Shredded Cheese Brown Rice Corn Tropical Fruit Cup
<b>February 4</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	<b>February 5</b> Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange	<b>February 6</b> Beef Stew Boiled Potatoes/Carrots Biscuit <b>Birthday Cake</b>	<b>February 7</b> Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	<b>February 8</b> Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad/Garlic Bread Fresh Fruit
<b>February 11</b>  <b>CHEF'S CHOICE</b>	<b>February 12</b>  Hungarian Goulash over Noodles Scandinavian blend Veggies Gingerbread/Topping	<b>February 13</b> <b>Ash Wednesday</b> Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>February 14</b> <b>Valentine's Day</b> Apple n' Onion Chicken Sweet Potatoes Spinach <b>Valentine's Day dessert</b>	<b>February 15 Brunch</b> Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola
<b>February 18</b>   <b>Meal site Closed</b>	<b>February 19</b>  Ground Beef And Gravy Mashed Potatoes Winter Squash Chilled Peaches	<b>February 20</b>  Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	<b>February 21</b> Soup of the Day (at congregate sites only) Liver & Onions Boiled Potato* Peas & Onions Brownie	<b>February 22</b>  Eggplant Parmesan Spaghetti/ Marinara sauce Cauliflower Apricots
<b>February 25</b>  Juice of the Day Chicken & Biscuit Italian Blend Veggies Chilled Pineapple	<b>February 26</b>  Spanish Rice Broccoli Corn Bread Mandarin Oranges	<b>February 27</b>  Roast Pork Loin/Gravy Roasted Red Potatoes Winter Squash Apple Crisp	<b>February 28</b> Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Pumpkin Bar	

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