

October 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

Find the Halloween words from the bottom in the Halloween word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the Halloween word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Halloween fact.

Halloween Word Search

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

Halloween and Costumes

CANDY	MONSTER
CARVE	OCTOBER
COSTUME	PRINCESS
DOOR TO DOOR	SCARY
DRACULA	SKELETON
FRANKENSTEIN	THIRTY-FIRST
GHOST	TRICK OR TREAT
JACK-O-LANTERN	VAMPIRE
KNIGHT	WITCH
MAKE-UP	ZOMBIE



You are Invited

It is time for our annual **Public Hearings**. At the hearings I will be discussing the office's service plan for seniors for 2014 and I encourage input regarding this plan and future planning. If you are unable to attend, but would like to comment on services that the Warren-Hamilton Counties Office for the Aging provides, or services we are lacking, please send all comments to Christie Sabo, Director, Warren-Hamilton Counties Office for the Aging, 1340 State Route 9, Lake George, NY 12845. Hearings will be conducted at the following sites:

OCTOBER 11th WELLS NUTRITION SITE

11:30a.m. 924-4066

OCTOBER 23rd JOHNSBURG NUTRITION SITE

11:30a.m. 251-2711

Please note that the Warren-Hamilton Counties Advisory Council meeting will immediately precede the hearing at 11a.m. All are welcome to attend this meeting.

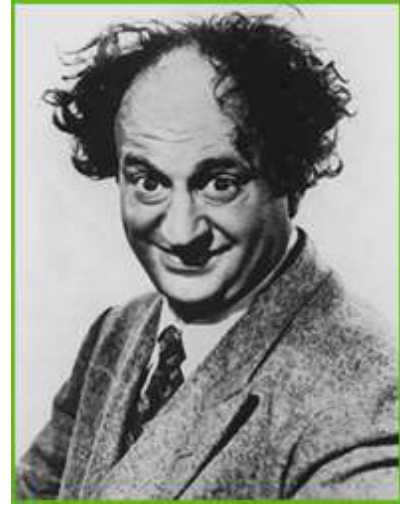
Lunch will be served following the hearings. If you would like to stay for lunch please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Christie Sabo, Director
Warren/Hamilton Counties Office for the Aging

The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants.

Famous Birthdays!

5th Larry Fine – Frizzy-haired member of The Three Stooges' comedy team



18th Dawn Wells – Mary Ann of “Gilligan’s Island” opened boot camp for actors.

22nd Christopher Lloyd – Zany Character actor from “Taxi” to “Back to the Future”



30th John Adams –
2nd U.S president
(1797-1801)

Church of the Future!...How close it is.....

PREACHER: "Will everyone please turn on their tablet, PC, iPad, smart phone, and Kindle Bibles to 1 Cor 13:13.

Now, please switch on your Bluetooth to download the sermon."

PREACHER: "Now, Let us pray committing this week into God's hands.

Open your Apps, BBM, Twitter and Facebook, and chat with God"

S-i-l-e-n-c-e (except for gadgets running)

PREACHER: "As we take our Sunday tithes and offerings, please have your credit and debit cards ready.

You can log on to the church wi-fi using the password 'Lord909887.

The ushers will also circulate mobile card swipe machines among the worshipers:

Those who prefer to make electronic fund transfers are directed to computers and laptops at the rear of the church.

Those who prefer to use iPads can open them now.

Those who prefer telephone banking, take out your cellphones to transfer your contributions to the church account."

The holy atmosphere of the Church becomes truly electrified as ALL the smart phones, iPads, PCs and laptops beep, flicker and leap into action for the contribution.

Closing Announcements:

This week's ministry cell meetings, for various age groups, will be held on the Facebook group pages where the usual group chatting takes place. Please log in and don't miss out.

Thursday's Bible study will be held live on Skype at 1900hrs GMT. Please don't miss out.

You can follow your Preacher on Twitter this weekend for counseling and prayers.

Thank you for coming. God bless you --- and have a nice day.

Arts & Crafts Fair

Sponsored by



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



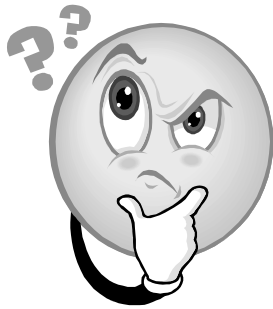
Sat. Oct. 19th 9am - 3pm

At the Queensbury Center 742 Bay Rd.

Wide variety of paper crafts, jewelry, hand woven scarves, shawls, wine cork designs, paintings, photos, wreaths, purses, totes, maple products, wood plaques, cutting boards, gift baskets, afghans, quilted items and more

Refreshments for Sale
Call 761- 8224 for more information

WHAT'S NEW WITH HIICAP



Beware of Fraudulent Telephone Calls and Scams

William C. Lane, Ph.D.

Older New Yorkers continue to be targets of scams and con artists. This is not only causing problems older people but also the many providers, including the Warren/Hamilton Counties Offices for the Aging (OFA). There are times when the OFA will need to call you to get important information. Many are becoming reluctant to give out any information over the telephone. However, if you know the person there are times when it is necessary to give out information. First, let talk about two telephone scams that are impacting older people across the state.

The Medical Alert Device scam. I am sure many of you have seen the television commercials for various “medical alert devices” (that you can obtain through the OFA) as well as other products. Individuals posing as representatives from medical device companies have been calling people across the state. My wife and I have received a number of calls where we live in Central New York. They will tell you that you have been chosen to receive “free medical” alert equipment that is necessary for you to remain safely in your home. All you have to do is provide them with some information, such as your Social Security number and your credit card information to pay for shipping and handling.

The New York Department State Division of Consumer Protection has issued a special alert concerning these calls. Legitimate companies selling things will never ask for your personal information in an unsolicited phone call.

The National Do Not Call Registry scam. One way to protect yourself against unwanted telephone solicitations is to have your name placed on the National Do Not Call Registry. Once you have placed your name in the Registry it will remain on file permanently, you never have to register again. Recently people have been receiving calls from agents saying they represent the Registry and that their names are about to be

WHAT'S NEW WITH HIICAP



removed from the list. All they need to do is give the caller some additional information, such as their Social Security number, and their names will remain on the Registry. These calls are not coming from the Registry or the Federal Trade Commission. If you receive such a call report it to the OFA.

If you have not done so and would like to put your name on the National Do Not Call Registry the number is 1-888-382-1222 from the phone you wish to register or go to <https://www.donotcall.gov/default.aspx> on the Internet and click “Register a Phone Number” in the left hand column of their home page. There is also a New York State Do Not Call List. Go to http://www.dos.ny.gov/consumerprotection/do_not_call/ to register your home phone. You can also register your cell phone.

What to do if you think you are receiving fraudulent phone calls.

- If you receive a call from someone you don't know asking for personal information, hang up your phone.
- If you decide to take the call ask for the name of the person you are talking to, the name of the business and their phone number. If you think you might be interested in their offer you can hang up and call them back at the number they gave you. You can also check out the business on the Internet.
- Report what you think are scams and fraudulent calls to the OFA so they can alert other older people in the counties. They can also assist you in reporting the calls to the NYS Division of Consumer Protection.

When should you give out information over the phone? Give out information only to people you know and trust. County offices, such as the OFA, will clearly identify themselves. Your physician's office and pharmacy are other types of calls you may respond to safely.

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. He does not sell insurance, work for any insurance company or recommend any insurance products.



TRAVEL TIPS FOR FOLKS OVER 50!

Today's seniors are healthier, more active, and more adventurous than ever before. That means they're also *traveling* more than ever before. To visit grandkids. To go hunting and fishing. Even to take that once-in-a-lifetime trip overseas.

But even if you're in tip-top shape, the physical changes that come with age present new challenges and obstacles — not to mention the hassles of modern travel, the extra security, the hidden fees, and so on. So here are some tips to make travel easier, more fun, and more *safe* after 50:

1. DON'T TRUST OVER-THE-COUNTER DRUGS OVERSEAS. They're like a box of chocolates: You never know what you're going to get. So always carry these basic OTC drugs with you when you travel:

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Antacids | <input checked="" type="checkbox"/> Cough-and-Cold medicine | <input checked="" type="checkbox"/> Antihistamines |
| <input checked="" type="checkbox"/> Anti-diarrheal | <input checked="" type="checkbox"/> Hydrocortisone cream | <input checked="" type="checkbox"/> Insect Repellent |
| <input checked="" type="checkbox"/> Sunscreen | <input checked="" type="checkbox"/> Motion sickness medicine | |

2. IF YOU'RE GOING TO A SUNNY LOCALE ... be sure to ask your doctor if any of your prescription medicines cause increased sensitivity to the sun. Many do.

3. CREATE A SIMPLE "MEDICAL INFORMATION FORM" TO CARRY IN YOUR WALLET OR WITH YOUR PASSPORT. Your form should include:

- Your name, address, and phone number
- Friends and relatives who should be contacted in an emergency
- Personal physician contact
- Dentist contact
- Current medications (both prescription and OTC)
- Known drug and food allergies
- Name and number of medical insurance company

4. TIP: ASK FRIENDS WHO RECENTLY VISITED YOUR DESTINATION what they wished they had taken with them! Facebook works great for this.

5. REMEMBER: Medicare will NOT cover you outside of the United States, Canada, or Mexico.

6: DON'T FORGET! Even in the United States, Medicare (and most insurance plans) only pay to get you to the *nearest* hospital — no matter how inadequate that hospital might be. If you need to be evacuated to a more appropriate facility, *it's at your expense.*

CONTINUED: TRAVEL TIPS FOR FOLKS OVER 50!

7. TAKE MORE PRESCRIPTION MEDICINE THAN YOU THINK YOU'LL NEED.

An extra week's worth is a good rule of thumb.

8. ASK YOUR DOCTOR FOR DUPLICATE PRESCRIPTIONS in case your pills are lost or stolen.

9. PUT YOUR PILLS IN YOUR CARRY-ON, not your checked luggage. You're much less likely to lose them that way.

10. ADJUST YOUR SCHEDULE OF PRESCRIPTION MEDICINE TO ACCOUNT FOR TIME ZONES. An easy way to do this is to carry an extra watch and keep it set to "home time."

11. IF YOU'RE SUSCEPTIBLE TO MOTION SICKNESS, the best location in a boat is amidships, the best location in an airplane is over the wing.

12. THE 7 TOP TRIGGERS OF TRAVELER'S DIARRHEA:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Custards, pastries, and other desserts | <input checked="" type="checkbox"/> Leafy green vegetables |
| <input checked="" type="checkbox"/> Raw vegetables, cold platters, and crudité's | <input checked="" type="checkbox"/> Raw shellfish |
| <input checked="" type="checkbox"/> Raw eggs or unpasteurized cheeses | <input checked="" type="checkbox"/> Raw meat |
| <input checked="" type="checkbox"/> Tap water and ice cubes made of tap water | |

13. WORLD'S BEST MEDICINE FOR TRAVELER'S DIARRHEA: Imodium AD®

14. SUNSCREEN SECRET: Shake the bottle well before applying. Because the active ingredient is suspended in a neutral lotion.

15. WORLD'S STRONGEST SUNSCREENS are made with one of these two ingredients: Americaine or Dermoplast.

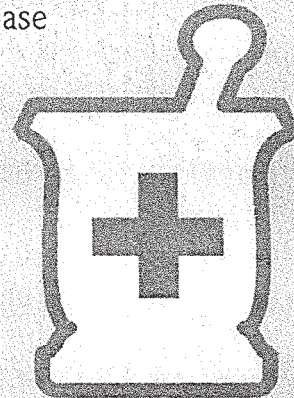
16. BUG BITES AND BEE STINGS: Applying meat tenderizer (like *Accent*®) is one of the best ways to reduce pain and swelling.

17. SUNSTROKE SECRET: Eat bananas, tomatoes, and oranges which are rich in electrolytes to avoid dangerous dehydration.

18. NEVER WEAR NEW SHOES, or especially hiking boots, on vacation. Take a few weeks to break them in first unless you want blisters.

19. IF YOU TAKE NITRO FOR YOUR HEART, make sure the pills or patches are fresh. They lose their potency over time.

20. IF YOU TAKE INSULIN, carry a prescription for your *syringes*. Many states and countries will not sell them to you over the counter.



Queensbury Senior Citizens Inc. Presents...

Sunny Portugal

April 25th - May 4th 2014

Rates: \$2999pp dbl \$3,399 Single, \$2969 triple
if booked by Oct 25th 2013!

Come hear about the exciting details
with a vacations expert.

For complete itinerary & pricing

Contact: Queensbury Senior Citizens Inc.

Activity Director - Melissa Pagnotta - (518)745-4439

Day 1 Overnight Flight
Days 2-4 Cascais
Day 5 Alentejo
Day 6-8 Algarve
Day 9-10 Lisbon

10 Days - 15 Meals (8 breakfasts, 1 lunch, 6 dinners)

Highlights

Discover the narrow cobblestone streets, old palatial villas and mild climate with a three night stay on the "Portuguese Riviera." Experience an entertaining evening featuring Portuguese cuisine, local wine, folkloric dances and the moving sounds of Fado.

Enjoy time on Portugal's beautiful "Silver Coast" dotted with charming villages, magical castles and miles of pastoral scenery. Witness a true sense of country life with an overnight stay in the heart of Alentejo's vineyards and farmland.

Spend three nights in the Algarve, the sunny coast that has been attracting traveler since the Phoenicians.

Savor regional wine with every dinner.

Visit five UNESCO World Heritage Sites including Jeronimo's Monastery, Belem Tower, Sintra, Evora, & Fatima including the traditional Fado

Call 745-4439 or 761-8224 for more information

**MEDICARE
OPEN ENROLLMENT
OCT. 15th – DEC. 7th**

Do you have questions about?

Medicare

Managed Care Plans

Medigap Policies

Medicare Part D OR EPIC

Warren/Hamilton County

Office for the Aging

Can Help

Please schedule an appointment

Call: (518)761-6347

**GREATER GLENS FALLS SENIOR CITIZENS CENTER, INC.
380 Glen Street, Glens Falls, NY 12801, (518)793-2189**

**The Annual Enrollment Period for Medicare Advantage Plans and Medicare Part D Drug coverage begins October 15th 2013 and ends December 7th 2013.
The new plans take effect January 1st 2014.**

HEALTH FAIR

**Medicare Overview
Medicare Advantage Plans
Medicare Supplement Plans**

Presenter: Lauren Tompkins, Senior Services Specialist, Glens Falls Senior Center

Where: Greater Glens Falls Senior Center, 380 Glen Street, Glens Falls, NY 12801

Date/Time: Wednesday October, 16th, 1:00 PM

Medicare Advantage Plan Representatives will be available with 2014 Plan Information

Please call to reserve a seat: 793-2189

MEDICARE PART D, EXTRA HELP & EPIC PRESENTATION

**Presenters: Medicare Part D, Lauren Tompkins, Glens Falls Senior Center
New York State EPIC Program, Candy Rivera Whitehead
Extra Help Program, Social Security Representative**

Where: Greater Glens Falls Senior Center, 380 Glen Street, Glens Falls, NY 12801

Date/Time: Tuesday October 22nd 1:00 PM

Please call to reserve a seat: 793-2189

MEDICARE AND YOUR HEALTH INSURANCE
& PRESCRIPTION COVERAGE OPTIONS

Medicare Overview
Medicare Advantage Plans
Medicare Part D, Extra Help, EPIC
Medicare Supplement Plans

Presenter: Lauren Tompkins, Senior Services Specialist, Glens Falls Senior Center

Where: Queensbury Senior Citizens, Inc., 742 Bay Road, Queensbury, NY 12804

Date/Time: Wednesday October 2, 2013 at 1:00 PM

Overview of Medicare Basics

Medicare Part A (Hospitalization)
Medicare Part B (Health Insurance)
Medicare Part C (Medicare Advantage Plans)
Medicare Part D (Prescription Drug Plans)

Medicare Enrollment Periods

Initial Enrollment
General Enrollment
Annual Enrollment

Health Insurance and Prescription Coverage Options

Original Medicare
Medicare Advantage Plans (HMO's & PPO's)
Medicare Supplement Plans
Prescription Drug Plans (PDP's)
Extra Help
EPIC (New York Elderly Pharmaceutical Insurance Coverage)

How to Eat Healthy on a Budget



Here are your tips for healthy eating on a budget:

- 1. Plan your menu ahead.** Impulsive buying and eating can cost extra money, calories and your health. Make a weekly menu and shopping list that includes good seasonal and shopping deals. And never ever shop on an empty stomach!
- 2. Buy unprocessed foods.** Most processed packaged foods are higher in fat and sodium and cost more than whole foods. So shop mainly on the outer perimeter of the store and spend the bulk of your money on fresh fruits, vegetables, fish, poultry, and low-fat dairy and whole grains.
- 3. Compare frozen prices.** Frozen produce is often less expensive than fresh. Plus it's picked at the height of ripeness, flash frozen to retain nutrition and flavor and can stay frozen until ready to use.
- 4. Be selective with protein.** The costliest part of your food budget tends to be protein. Since beans and whole grains, like brown rice, combine to make balanced, less expensive protein, use them in dishes to fill in the cracks when you can cut down on costly animal protein.
- 5. Look for things on sale.** Stores often have coupons or foods on special. But make sure it's something you can use, store or freeze.
- 6. Buy more foods in bulk.** Whenever feasible, buy enough to get case or bulk discounts. Just make sure you store all foods safely.
- 7. Pack your own snacks.** Nothing ruins your health and budget faster than a hunger-attack when you're out and about. Always carry snacks, like sliced veggies, whole grain crackers or cheese and an apple.
- 8. Dine at home more often.** Home cooking is not just healthier, it's also cheaper. When you're too busy, buy a rotisserie chicken and add side dishes. If you do eat out, downsize to a healthy "kid's meal".
- 9. Cook double, freeze half.** Prepare food in large batches and freeze meal-size portions for when you're too busy to cook.
- 10. Eat healthy low calories.** Many studies show that a healthy low calorie diet (no lower than 800 calories) is best for your health. So eating less is one of the most important tips for eating healthy on a budget.

Turkey & Squash Soup



Healthy Budget-Friendly Recipes

This Southwestern-inspired turkey-and-squash soup gets a little kick from crushed red pepper and some zing from fresh lime juice. You can use leftover turkey or chicken (instead of the cutlets); dice it and add a few minutes before serving. Serve with cornbread.

6 servings, about 1 1/2 cups each | Active Time: 35 minutes | **Total Time:** 45 minutes

Ingredients

- 2 teaspoons canola oil
- 2 leeks, trimmed, chopped and rinsed
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 4 cups reduced-sodium chicken broth
- 1 1/2 pounds butternut squash, (1 small to medium), peeled, seeded and cut into 1-inch cubes
- 2 tablespoons minced fresh thyme, or 2 teaspoons dried thyme
- 1 1/2 teaspoons ground cumin
- 1 pound turkey cutlets, cut into 1/2-by-2-inch strips
- 2 cups frozen corn kernels
- 2 tablespoons lime juice
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.
2. Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add lime juice and crushed red pepper. Season with salt and pepper.

Nutrition: Per serving :231 Calories; 3 g Fat; 0 g Sat; 30 mg Cholesterol; 31 g Carbohydrates; 24 g Protein; 6 g Fiber; 550 mg Sodium; 692 mg Potassium. **Exchanges:** 1 1/2 starch, 1 vegetable, 3 very lean meat

TRIVIA

- Halloween was originally a Celtic holiday celebrated on October 31.
- **Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes**
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.
- **Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.**
- There are no words in the dictionary that rhyme with orange, the color of pumpkin.
- **A pumpkin is a berry in the cucurbitaceous family, which also includes melons, cucumbers, squash and gourds. All these plants are native to the Americas.**
- Pumpkins originated in Central America. When Europeans arrived in the New World, they found pumpkins plentiful and used in cooking by Native Americans. They took seeds back to Europe where they quickly became popular.
- **According to folklore, the jack-o-lantern got his name from a man named Jack.**
- Jack-o-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- **Turnips and beets served as the original Jack-o-lanterns.**
- Mexico celebrates 'The Day of the Dead' instead of Halloween.
- **It is believed that the Irish began the tradition of Trick or Treating. In preparation for All Hallows' Eve, Irish townsfolk would visit neighbors and ask for contributions of food for a feast in the town.**
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first. People spend as much as over \$2.5 billion during Halloween on candies, costumes, decorations and parties.
- **Halloween candy sales average about 2 billion dollars annually in the United States.**
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers .
- **Black cats were once believed to be witch's familiars who protected their powers.**
- Samhainophobia is an intense fear of Halloween.



**Habitat
for Humanity®**

Northern Saratoga
Warren and Washington Counties

4 Glens Falls Technical Park, Suite 4
Glens Falls, NY 12801
(518) 793-7484

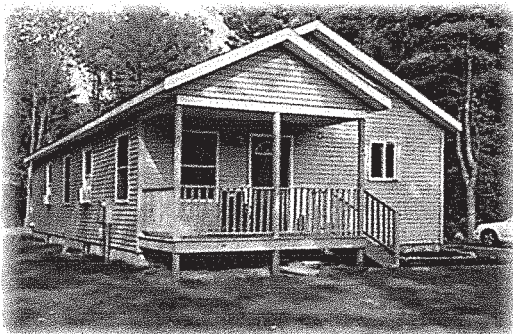
info@glensfallshabitat.org
www.glensfallshabitat.org

Decent Affordable Housing

Families who are currently living in substandard housing and cannot obtain a conventional mortgage may qualify for a Habitat for Humanity home.

Habitat partner families are selected based on their level of need, ability to pay and willingness to partner.

Habitat does not give homes away; Habitat homes are sold to partner families at no profit, financed with affordable, no-interest loans. In addition to a down payment and the monthly mortgage payments, homeowners invest hundreds of hours of their own time and effort to build their home (sweat equity).



To learn more or to apply:

Call..... (518) 793-7484
Click..... www.glensfallshabitat.org
Email..... info@glensfallshabitat.org

To Learn More

Come to one of our information nights to learn about the application process and requirements, how Habitat families are selected and ways in which applicants might overcome common obstacles in the application process.

Thursday, September 19th
5:30 to 6:30
(Saratoga Springs Library)

Monday, November 18th
5:30 to 6:30
(Glens Falls Habitat Office)

Reserve a spot
793-7484
info@glensfallshabitat.org



**Habitat
for Humanity®**

Northern Saratoga

Warren and Washington Counties

4 Glens Falls Technical Park, Suite 4

Glens Falls, NY 12801

(518) 793-7484

info@glensfallshabitat.org

www.glensfallshabitat.org

How do you choose recipients for houses?

Partner families will be selected based on the following criteria:

- Residence and/or employment in Warren, Washington or Northern Saratoga Counties.
- Present living quarters are substandard. (“Examples include but are not limited to, no indoor plumbing, leaks in roof, inadequate heating, overcrowding (3 or more per bedroom), children of different genders sharing a bedroom, unsafe or unsanitary conditions, or not handicapped accessible.”)
- Exhibited willingness to participate in the program. Each family is expected to provide 500 hours of volunteer labor.
- Meet HABITAT financial guidelines. Must be able to afford a monthly mortgage payment of \$600 to \$650. Income of approximately \$28,000 to \$42,000 a year, this can be thru nontraditional means, such as HUD, SSI, SSD, child support, etc.

***Income guideline exceptions are made in a family is receiving HUD funding. We are currently partnering with HUD with its first time home buyer program.**

GREATER GLENS FALLS SENIOR CENTER

FALL FAIR



Saturday, October 19, 2013
9 a.m. – 2 p.m.

HOUSE & PORCH SALE

Offering Jewelry, Crafts, Collectibles, Baked Goods
Thrift Shop, Boutique, Housewares, Books, Appliances
And much more

Bring Your Family

Lunch at the Sherman House Café

Have a Great Time!

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



If Jimmy cracks corn and no one cares, then why is there a stupid song about him?

Can a hearse carrying a corpse drive in the carpool lane?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you in a movie, but you're on TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wile E. Coyote had enough money to buy all that Acme stuff, why didn't he just buy dinner?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Do the alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com

Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements.....

Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

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

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Tues-10/1	Movie/Popcorn "Quartet"-with Maggie Smith	1:00 p.m.
Wed-10/2	Flu Shot Clinic-Sponsored by Rite Aid	10-11 a.m.
Wed-10/2	Little Theatre On The Farm-Musical program-Cost: \$5/\$3 for van	2:00 p.m.
Thurs-10/3	Lunch Bunch-Blue Moose-Lake George Road-Call to reserve	12:00 p.m.
Mon-10/7	One Stroke Painting Class-\$15- call to reserve	12:30-2 p.m.
Mon-10/7	Good Books Club-"Run" by Ann Patchett	1:00 p.m.
Tues-10/8	Special Bingo-refreshments, lots of games	1:15 p.m.
Wed-10/9	Defensive Driving class-call to register	9 a.m.-5 p.m.
Thurs-10/10	Racino Trip-Cost: \$6 transportation van trip	9 am.-3 p.m.
Wed-10/16	Health Fair-call to sign up ASAP	1:00 p.m.
Sat-10/19	Annual Fall Fair-Outside and Inside	9 a.m.-2 p.m.
Mon-10/21	Shoobox Packing Party	1:00 p.m.
Tues-10/22	EPIC, Social Security, Part D drug plan information session	1:00 p.m.
Wed-10/23	MVP Health Plan information	1:00 p.m.
Mon-10/28	CDPHP Health Plan information	1:00 p.m.
Wed-10/30	Halloween Costume Lunch	12:00 p.m.
Thurs-10/31	Christmas Tree Shopping Trip-Cost: \$12 van transportation	9 a.m.-3 p.m.
Monday- Friday	Thrift Shop/Boutique-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:

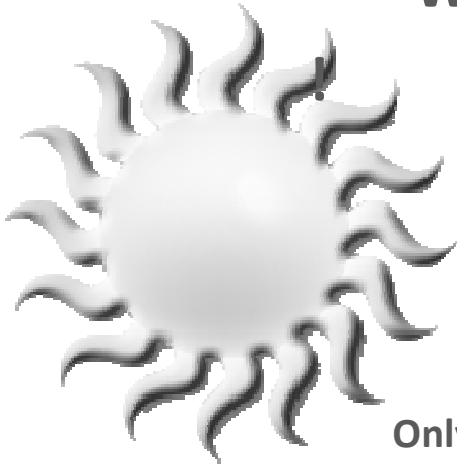
Name: _____

Address: _____ Phone: _____

Want to check your credit report?

It's FREE!

Why check? Protect yourself



Only by checking will you become aware if someone has used your name or personal information to open an unauthorized new account, made unauthorized charges, secured services or benefits, or borrowed money in your name!

TransUnion 1-888-909-8872

Equifax 1-800-349-9960

Experian 1-866-580-6066

Please call 1-866-805-3931 to speak with Susan Dornan, NY Connects Coordinator, Warren/Hamilton Counties Office for the Aging for more information.

NY Connects is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Hamilton County Department of Social Services, Warren County Health Services & Warren county Department of Social Services.

761-8224



745-4439



Afternoon Fall Foliage Limo Trip & Model Railroad Extravaganza Thursday Oct. 17th from 1-5pm

*Visit Railroads on Parade in Pottersville, NY.
Five miniature worlds of model trains!*

“A first-class journey for dreamers of all ages”.

Take another step back in time at Main Street’s Ice Cream Parlor in Chestertown where we stop for a treat before heading back. The ride itself in this brand new SUV type limo with plenty of head and leg room is well worth it!

Cost \$39 Seating is limited!

Deadline: Friday Oct. 4th!

Christmas Spectacular



Mild Moderate Active
ACTIVITY LEVEL



Meal Included



Motorcoach transportation



1pm Show



Driver Tip included

Get in the holiday spirit with a luncheon show at the Hilton Garden Inn. The Latshaw Pops Orchestra will be performing a “Christmas Spectacular” with songs, carols, singers and dancers in this lively yuletide performance. Grab some holiday bargains on the way down with a stop at the Christmas Tree Shop at the Colonie Center.

Day Trip Mon. Nov. 25th - Cost \$71 Deadline: Fri. Oct. 18th

2013 Flu Clinic Schedule

Hamilton County Public Health Nursing Service
139 White Birch Lane
PO Box 250
Indian Lake NY 12842
518-648-6497

COST: \$25.00

NOTE:
Bring your
Insurance cards
with you for
verification and
scanning
process if you
have Medicare
and Medicaid

Wednesday October 16, 2013

Indian Lake County Offices: 3:00-5:00pm

Thursday October 17, 2013

Piseco Community Hall: 9:30-10:30am

Morehouse Post Office: 11:30- 12:00

Speculator Senior Center: 2:30-5:00pm

Monday October 21, 2013

Inlet Town Hall : 10:00-12:00

Raquette Lake School: 1:00-2:00pm

Tuesday October 22, 2013

Benson Town Hall: 10:00-10:30am

Hope Town Hall: 11:00-11:30am

Wells Ambulance Building: 2:30-5:00pm

Thursday October 24, 2013

Blue Mt. Lake Fire House: 9:00-10:00am

Long Lake Town Hall: 11:00-12:00



Please Call to Pre-Register, for your area. We will need your Insurance Information so we can verify correct plans before we administer Immunization.

WARREN COUNTY PUBLIC HEALTH

2013 SEASONAL FLU & PNEUMONIA VACCINE CLINICS

9/30	Monday	Hague Town Hall	1:00pm – 2:00pm
10/2	Wednesday	Warren County Municipal Center Room 6103	4:30pm – 5:30pm
10/3	Thursday	North Creek Senior Center	12:30pm – 1:30pm
10/7	Monday	Chestertown Municipal Center	12:30pm – 1:30pm
10/9	Wednesday	Warren County Municipal Center Room 6103	4:30pm – 5:30pm
10/10	Thursday	Lake Luzerne Senior Meal Site	10:30am – 11:30am
10/11	Friday	Queensbury Community Center	1:00pm - 3:00pm
10/16	Wednesday	Brant Lake Town Hall	11:00am – Noon
		Warren County Municipal Center Room 6103	4:30pm – 5:30pm
10/17	Thursday	Bolton Town Hall Lake Shore Drive	11:00am – Noon
10/21	Monday	Cronin High Rise	9:30am – 10:30am
		Stichman Towers	11:00 – Noon
		Glens Falls Presbyterian Church Senior Meal Site	12:30pm – 1:30pm
10/23	Wednesday	Lake George Town Hall	11:00 – Noon
		Warren County Municipal Center Room 6103	4:30pm – 5:30pm
10/24	Thursday	Stony Creek Town Hall	9:15am – 10:00am
		Thurman Town Hall	10:30am – 11:15am
10/28	Monday	Warrensburg Town Hall	10:00am – 11:00am
10/30	Wednesday	Warren County Municipal Center Room 6103	4:30pm – 5:30pm

It is strongly recommended that ALL persons of any age receive Flu Vaccine each year!

We are offering Flu Shots and Flu Mist (flu mist is given to ages 2 years – 49 years of age and is a mist that is given into the nose). All of the flu vaccine that we are offering this year is quadrivalent, meaning it protects against four strains of flu. Cost of flu is 30.00. Pneumonia vaccine is also available at the cost of \$117.00. We will accept health insurance cards from Medicare, Empire, Blue Shield Northeastern NY, CDPHP and Senior Blue. Otherwise, we accept cash or check. If your health insurance is not listed, we will give you a receipt that can be submitted to your health insurance. No one is ever refused because of inability to pay.

Warren/HamiltonCounties



Point Of Entry

CALL 1—8 6 6—8 0 5—3 9 3 1 FOR INFORMATION

NY Connects: Choices for Long Term Care.
Providing information & assistance on long term care choices.

Susan Dornan of NY Connects
will be visiting the following flu clinics
to provide information on NY Connects.

Monday September 30 Hague Town Hall 1-2pm

Thursday October 10 Lake Luzerne Meal Site 10:30-11:30am

Friday October 11 Queensbury Community Center 1-3pm

Wednesday October 16 Brant Lake Town Hall 11am-noon

Thursday October 17 Bolton Town Hall 11am-noon

Wednesday October 23 Lake George Town Hall 11am-noon

Thursday October 24 Stony Creek Town Hall 9:15-10am

Thursday October 24 Thurman Town Hall 10:30-11:15am

Monday October 28 Warrensburg Town Hall 10-11am

PrintFreeSudokuPuzzles.com

Puzzle Set #C5608 Level: Challenging

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


A

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

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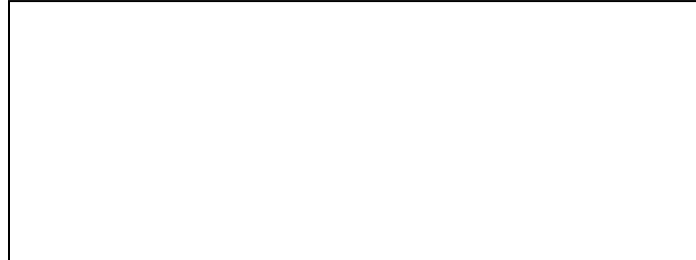
October 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1 Turkey Divan/ Broccoli Scandinavian Veggies Potato of the Day Cranberry Crunch	October 2 Beef Stew Boiled Potatoes/Carrots Biscuit Chilled Pears	October 3 Cold Plate Tuna salad on a Bun Pasta Salad Fresh Tomato salad Cookie Bar	October 4 Soup of the Day (at congregate sites only) Liver & Onions Roasted Red Potatoes California Medley Chilled Peaches
October 7 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	October 8 Chili/ Shredded Cheese Brown Rice Corn Mandarin Orange	October 9 Quiche of the Day California Medley Muffin of the Day Brownie	October 10 Hungarian Goulash Mixed Veggies Tossed Salad Fresh Fruit	October 11 Chicken & Stuffing Sweet Potatoes Pea & Onions Jell-O Poke Cake/Topping
October 14  Meal Site Closed	October 15 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Cup	October 16 Turkey Pot Roast Cranberry Sauce Roasted Red Potatoes Carrots Strawberry Shortcake	October 17 Ground Beef and Gravy Mashed Potatoes Winter Squash Chilled Peaches	October 18 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Birthday Cake
October 21 Juice of the Day Chicken & Biscuit Scandinavian Veggies Chilled Pineapple	October 22 Lemon Baked Fish Augratin Potatoes Mixed Veggies Gingerbread/Topping	October 23 Spanish Rice Broccoli Corn Bread Mandarin Oranges	October 24 Roast Pork Loin/Gravy Sweet Potatoes Peas & Onions Apple Crisp	October 25 Pepper Steak Mashed Potatoes Brussels Sprout Tropical Fruit Cup
October 28 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots	October 29 CHEF'S CHOICE	October 30 Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Peach Cobbler	October 31 Happy Halloween Monster BBQ Pork Ribs Potato Tots Boo Broccoli Petrifying 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

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