

September 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



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
<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

Tues-9/3	Film- <i>"Dress In Art"</i>	1:00 p.m.
Wed-9/4	Warren County Office For The Aging picnic-tickets required	11 a.m.-3 p.m.
Mon-9/9	One Stroke Art Class-Cost: \$15-all materials provided	12:30-2 p.m.
Tues-9/10	Christmas Child Workshop	1:00 p.m.
Wed-9/11	Defensive Driving class-call for details	9 a.m.-5 p.m.
Wed-9/11	50's/60's Variety Show-Little Theater On The Farm	2:00 p.m.
Mon-9/16	Good Books Club discusses- <i>"The Distant Hours"</i> -by Kate Morton	1:00 p.m.
Tues-9/17	Welcome Back Luncheon & Program-Cost: \$7 - call to reserve	12:00 p.m.
Wed-9/18	Singing Group get- together	1:00 p.m.
Mon-9/23	Film- <i>"Get Low"</i> -with Robert Duvall and Bill Murray	1:00 p.m.
Tues-9/24	Card Making Class-Cost: \$4- call to reserve	1:00 p.m.
Wed-9/25	Newsletter Mailing	1:00 p.m.
Thurs-9/26	Boat/Lunch Cruise-Lac Du St. Sacrement-Cost: \$30	11:00 a.m.
Mon-9/30	Day Trip-Wine and Whinny-Cost: \$50-wine tasting/horse farm-Bus Trip	12:30 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	9:00-10:30 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

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





!!!!!!!FUNDRAISER!!!!!!!

Pam Youker will be doing this on Sept 7th

She will be riding 62 miles

Any donations wanting to be made can be mailed to:

*82 Feeder Dam Rd.
S. Glens Falls, NY*

If you would like a receipt for tax purposes please enclose a self-addressed stamped envelope or contact Pam at 743-0494 and she can leave a receipt in an envelope at the meals' site when she volunteers next time.

Thank You

Heart-Healthy Cheesy Potatoes



Makes: 12 **Prep** 15 mins **Bake** 350°F 1 hr 5 mins to 1 hr 10 mins **Stand** 10 mins

Ingredients

- 1 10 3/4 ounce can reduced-fat and reduced-sodium condensed cream of chicken soup
- 1 cup shredded reduced-fat sharp cheddar cheese (4 ounces)
- 1/2 cup fat-free milk
- 1/2 cup light dairy sour cream
- 1/3 cup finely chopped onion or 2 tablespoons dried minced onion
- 1/2 teaspoon ground black pepper
- 1 30 - 32 ounce package frozen shredded or diced hash brown potatoes, thawed
- 1/2 cup crushed cornflakes or crushed wheat cereal flakes

Directions

Preheat oven to 350 degrees F. Lightly grease a 2-quart rectangular baking dish; set aside. In a very large bowl, combine soup, cheese, milk, sour cream, onion, and pepper. Stir in potatoes. Spread mixture evenly in prepared baking dish.

Cover and bake for 45 minutes; stir potatoes. Sprinkle with cornflakes. Bake, uncovered, for 20 to 25 minutes more or until heated through and bubbly. Let stand for 10 minutes before serving.

Nutrition Facts - Nutrition facts per serving: Servings per Recipe 12

- cal.(kcal)129
- Fat, total(g)3
- chol.(mg)11

- sat. fat(g)2
- carb.(g)20
- fiber(g)1

- sugar(g)1
- pro.(g)5
- sodium(mg)236

*Percent Daily Values are based on a 2,000 calorie diet

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: Heart Healthy Living

September is National Cholesterol Month

What You Need To Know About High Blood Cholesterol

Why Is Cholesterol Important?

High blood cholesterol is one of the major risk factors for heart disease. In fact, the higher your blood cholesterol, the greater your risk of developing heart disease or having a heart attack. Heart disease is the #1 killer of men and women in the United States.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart becomes slowed down or blocked. This may cause chest pain or even a heart attack.

High blood cholesterol itself does not cause symptoms; so many people are unaware when their cholesterol is too high. It is important to find out your cholesterol numbers. Lowering levels that are too high lessens the risk of developing heart disease or dying from it if you already have it.

What Do Your Cholesterol Numbers Mean?

Getting a blood test called a fasting lipoprotein profile will give information about your:

- **Total cholesterol**—it is desirable to have a measurement of less than 200 mg/dL.¹
- **Low-density lipoprotein (LDL, or “bad”) cholesterol**—the main source of cholesterol buildup and blockage in the arteries. It is optimal to have an LDL level lower than 100 mg/dL. (The higher your LDL cholesterol level, the greater your chance of getting heart disease.)
- **High-density lipoprotein (HDL, or “good”) cholesterol**—which helps keeps cholesterol from building up in the arteries. An HDL of ≥ 60 mg/dL will help lower your risk for heart disease. (The higher your HDL cholesterol level, the lower your chance of getting heart disease.)
- **Triglycerides**—another form of fat in your blood. Levels that are borderline high (150–199 mg/dL) or high (≥ 200 mg/dL) may need treatment in some people.

Treating High Cholesterol

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack.

There are two main ways to lower your cholesterol:

- **Therapeutic lifestyle changes (TLC)**—includes a cholesterol lowering diet (called the TLC diet), physical activity, and weight management. TLC is for anyone whose LDL is above goal.
- **Drug therapy**—If cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower LDL. To reduce your risk for heart disease or keep it low, it is very important to control any other risk factors you may have, such as high blood pressure and smoking.

The Southern Adirondack Independent Living Center (SAIL) recently received the New York State Department of Health contract for the new Health Benefit Exchange Navigator Program. This contract covers the counties of Warren, Washington, Clinton and Essex counties. This program will enroll individuals, families and small businesses with fewer than 50 employees into health care plans. Jocelyn Blanchard, Director of Outreach Services at SAIL will head up this new program. Blanchard and her husband and two children reside in Hudson Falls.

This new program will allow SAIL to offer services to more people in the aforementioned counties. It will promote independence and wellness in the community in an accessible, friendly format. The agents for the program are referred to as Navigators. The Navigators will be independent agents attempting to pair clients with the most appropriate health insurance plan. There will be no incentive to enroll people in any particular plan.

Staff will be available nights and weekends. They will provide services where they are needed and will be knowledgeable about many other community services. Enrollment is scheduled to begin October 1, 2013. Individuals enrolled in October through December will be the first to have active insurance when the various insurance plans go into effect January 1, 2014.

For more information, contact Jocelyn Blanchard at SAIL by phone at 792-3537 or email at jblanchard@sail-center.org. If you have questions or would like a presentation for your group, organization or business, contact SAIL. They can do educational programs on a variety of insurance and disability issues, tailored specifically to your needs.

More about SAIL

SAIL is a non-profit corporation with offices in Ballston Spa and Queensbury that operates under contracts with the New York State Department of Health. They rely heavily on donations for continued operation. With a budget of just over 1 million dollars, SAIL provided over 7,000 Life Filling services in 15 counties of New York's Capital and Adirondack regions. These services promoted people's ability to live, work, play and even die in the least restrictive settings with the greatest degree of dignity and independence. The demand for services continues to grow. It

is the mission of SAIL to promote the independence, equality and dignity of people with disabilities in all aspects of personal and community life.

Last year SAIL authorized \$35 million in Medicaid funding to local businesses and agencies in a nine county area to provide needed services to prevent and avoid institutionalization. This saved New York State more than \$4 million and conservatively created 1,250 jobs.

For people with disabilities and their families, Independent Living means knowing what services and supports are available and having the ability to choose the services that are right for their particular situation. It also means taking responsibility for personal choices and actions in order to control your own life. It means taking risks and being allowed to succeed or fail on your own terms. It means participating in community life and pursuing activities of your own choosing.

Services provided by SAIL enable people of any age with disabilities to gain control over their lives through information and referral, assistive technology assessment and loaned equipment, peer counseling, individual and systems advocacy, independent living skills, computer and job readiness training, errand support and voter registration.

In order to help support the mission of SAIL, the Center is holding their Second Annual Harvest Gala at the Holiday Inn in Saratoga Springs from 5:30pm until midnight on Saturday, October 19, 2013. The event will feature live and silent auctions, raffles, cocktails and sit down dinner with dancing to the popular local band "Standing Room Only" featuring Cyndie Wade. Dr. Daniel Way of Hudson Headwaters Health Network is being honored. He is a noted Adirondack physician and photographer. He will give a very interesting slide presentation of his patients and their stories along with some of his more than 1,000 photographs. He will hold a book signing of his published works. For more information, donate a basket or other item for the auction or to volunteer with the event, contact Anna Livingston at SAIL at 792-3537.

Famous Birthdays!

September 3rd – Charlie Sheen –
Versatile actor in comedy
 (“Spin City”) or drama (“Platoon”)



September 8th – Patsy Cline –
Legendary country singer recorded
 “ I Fall to Pieces”

September 9th – Adam Sandler –
Comedian in movies such as
 “The Wedding Singer”



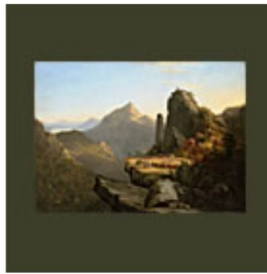
September 21st – Alfonso Ribeiro –
Played preppie Carlton Banks on
 “Fresh Prince of Bel-Air”

September 23rd – Jason Alexander –
Jerry’s neurotic friend George Costanza
 on “Seinfeld”



Travel with.....

Hudson Valley Tour Featuring Cedar Grove (Thomas Cole Estate)



Day Trip Thursday Sept. 12th - Hurry Deadline Extended!

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

Bennington Vermont



Day Trip Thursday Oct. 10th - Deadline: Friday Sept. 6th



Meal Included



Motorcoach transportation



Driver Tip included



2pm Show



Mild Moderate Active ACTIVITY LEVEL

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 Pablyk 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 Apple Barn & Country Bake Shop to take home.

Cost \$74 Deadline Sept. 6th!

Visa, Master Card and Discover Accepted over the Phone!



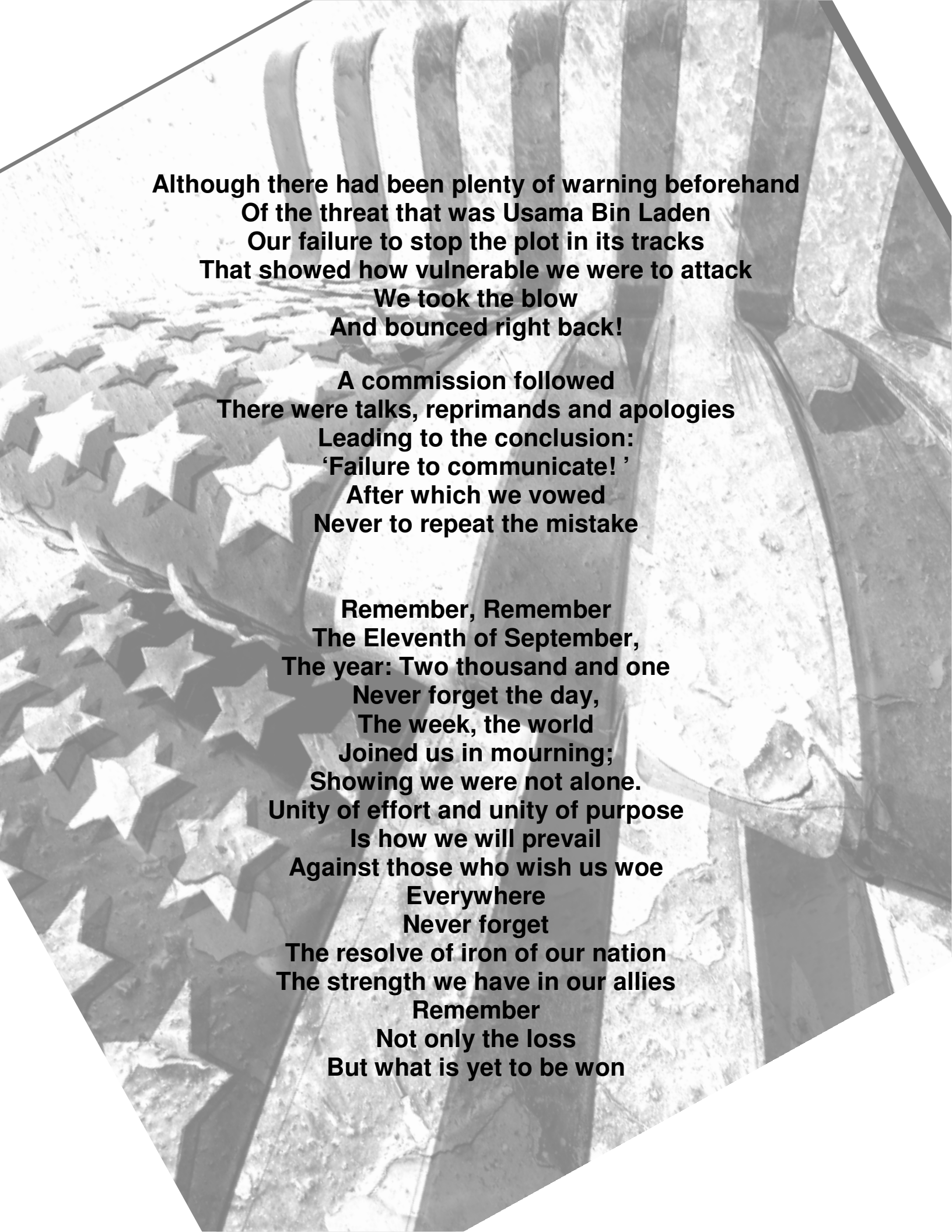
**Remember. Remember The Eleventh of
September (9-11 poem)**

**Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day
That we lost
And they won**

**Four airliners
Flying at hundred miles per hour
At the hands of self-proclaimed martyrs
Became weapons of mass destruction**

**People died
That should have lived
Some as heroes, most were victims
Robbed of what could have been**

**Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
How we all felt
Not only the horror
Or our justified anger
But how we came together
As one nation
Transformed**

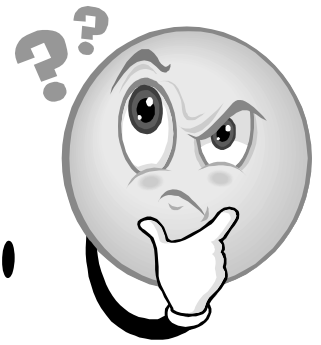


**Although there had been plenty of warning beforehand
Of the threat that was Usama Bin Laden
Our failure to stop the plot in its tracks
That showed how vulnerable we were to attack
We took the blow
And bounced right back!**

**A commission followed
There were talks, reprimands and apologies
Leading to the conclusion:
'Failure to communicate!'
After which we vowed
Never to repeat the mistake**

**Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
The week, the world
Joined us in mourning;
Showing we were not alone.
Unity of effort and unity of purpose
Is how we will prevail
Against those who wish us woe
Everywhere
Never forget
The resolve of iron of our nation
The strength we have in our allies
Remember
Not only the loss
But what is yet to be won**

Whats New with HIICAP...



The Affordable Care Act and Medicare
William Lane, Ph.D.

The Patient Protection and Affordable Care Act, more commonly referred to as simply the Affordable Care Act (ACA) or Obamacare in the popular press, is clearly misunderstood by many people. There is a great deal of misinformation coming out everyday and the complexity of the ACA makes it much too difficult to discuss in detail in a brief article. Putting aside the political disagreements about the ACA, I hope to clear up some of the major misconceptions about the law while discussing changes that have occurred or will occur in the near future.

First let's discuss the provisions in the ACA that went into effect prior to this year.

- **2010.** Most of the initial provisions enacted under the ACA focused on improving health insurance coverage for those under 65, including such popular provisions preventing the denial of cover because of pre-existing conditions, allowing young adults to remain on family health plans until age 26 preventing insurance companies from dropping your coverage if you are sick and preventing insurance companies from placing lifetime dollar limits on your health coverage.

- **2011.** During 2011 Medicare benefits were expanded to include an annual wellness visit and some important preventive care without a co-pay. These major benefits include a free "Welcome to Medicare" preventive visit. To access this benefit you see your doctor within the first 12 months of enrolling in Part B. After this initial visit you will receive a yearly "Wellness" visit to update your health status by having your doctor conduct a "Health Risk Assessment." You pay nothing for these visits. Among the many other free preventive services are influenza (flu), pneumonia and Hepatitis B (if you are a medium or high risk) immunizations.

- **2012.** The ACA began to address the issue of the "doughnut" hole in Medicare prescription drug plans. During 2012 if you fell into the doughnut hole you received a 50% discount on brand-name drugs and a 14% discount on generics. Such improvements will continue until the Medicare Part D doughnut hole is completely closed in 2020.

- **2013.** This year the major change was the continued expansion for access to health insurance but few changes have had an impact on Medicare. The one change was that the discount on brand name drug increased to 52.5% while the discount on generics increased from 14% to 21%. This pattern will continue until 2020 when you will pay only 25% for all drugs once you have met your deductible. Also, insurance carriers must now spend at least 85% of the premiums they receive on care which leaves 15% for overhead and profit. Some of you may have received small checks, usually under \$100, in the last few months from your insurance carrier. These are refunds for your portion of the amount they spent over the allowable 15% overhead cap. My check was for about \$58.00.

What is going to happen next year? In 2014 the major changes will be for individual and family insurance coverage. The health insurance Exchange (now also called the Marketplace) will begin operation in New York State. Recent estimates indicate that insurance plans purchased through the exchange may save consumers as much as 50% in premium costs. More people will be covered under Medicaid at no additional cost to the State for two years. After 2016 the State will only have to pick up 10% of the cost.

There are some changes that will not happen under the ACA that are worth our attention.

- First, there will be no changes to Original Medicare. This was announced on May 28th Health and Human Services Secretary Kathleen Sebelius.
- Second, we had expected that arrival of the insurance Exchanges would bring about changes in Medicare Supplemental Insurance (Medi-gap) plans. Secretary Sebelius has stated that there will be no changes this year. In the future we may see new plans, more options and lower premiums but everything will remain the same next year. But, for 2014 you will see no changes in your Supplemental policies.

I hope this brief article has cleared up some misconceptions and even fears that some have about the ACA.

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.

**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)

Joke of the Month

off the mark .com by Mark Parisi



© Mark Parisi, Permission required for use.

Volunteer Birthdays!

Dave Thompson- 5th

Susan Herlihy-12th

Pat Oddey –

Marylou Round – 14th

Frank Shields – 14th

Lynn Potenza-16th

MaryJean Muncil-17th

Mary LaMere-19th

**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

STAR Registration Fact Sheet

New legislation requires all homeowners receiving a Basic STAR exemption to register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years.

This is part of a new initiative to protect New Yorkers against inappropriate or fraudulent STAR exemptions.

Who must register?

Resident homeowners who currently receive the Basic STAR exemption must register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years.

- Homeowners do not need to re-register every year.
- Based on the information provided in the registration process, the Tax Department will confirm homeowners' eligibility in future years.

Senior citizens

Senior citizens receiving the Enhanced STAR exemption are not affected by the new registration requirement. However, in order to receive Enhanced STAR, seniors must continue to:

- apply annually, or
- participate in the Income Verification Program.

Resident homeowners applying for STAR for the first time are not affected by this year's registration procedure. To apply for STAR a new applicant must:

- use Form RP-425, *Application for School Tax Relief (STAR) Exemption*, available on the Tax Department's Web site, and
- file the application with their local assessor.

When does registration begin?

Registration will begin **August 19, 2013** and continue through **December 31, 2013**.

- The Tax Department will mail instructions to all homeowners who currently receive the Basic STAR exemption. The letters will include a STAR code that homeowners will need to register.
- Because seniors who receive Enhanced STAR are not affected by the new requirements, they will not receive new instructions from the Tax Department.

continued on back

How does a homeowner register?

Online registration

The fastest and easiest way for homeowners to register is through the Tax Department's Web site, **www.tax.ny.gov**.

Homeowners will need their STAR code to register. In addition to being included in the instructions that were mailed to them, homeowners will be able to find their STAR code through an online lookup or by calling the Tax Department at [518] 457-2036.

Online registration is a simple process that will require homeowners to provide some basic information about their eligibility for the STAR exemption. Homeowners will need to:

- provide the STAR code and confirm the property address
- provide the names and social security numbers for all owners of the property and spouses
- confirm that the property is the primary residence of one of its owners (married couples with multiple residences may only claim one STAR exemption)
- confirm that the combined income of the owners and their spouses who reside at the property does not exceed \$500,000
- confirm that no resident owner receives a residency-based tax exemption from another state

Telephone registration – (518) 457-2036

Homeowners who are unable to register online will be able to register over the phone. The Tax Department will also provide telephone support to any homeowners who have questions about online registration.

What happens when homeowners do not register?

The Tax Department will send homeowners additional letter reminders in December 2013 and January 2014.

In February 2014 the Tax Department will give assessors the names of any homeowners who did not register, or who were determined not to be eligible for STAR. The assessment roll entries for these homeowners will not include the STAR exemption.

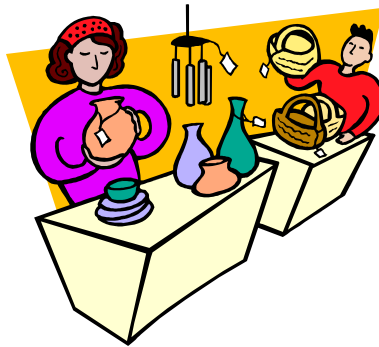
- Homeowners who the Tax Department found to be ineligible for STAR will have the right to administrative review within the Tax Department, and review before the State Board of Real Property Tax Services.

Strange Facts and Historical Trivia About September

September is a month full of odd events and little remembered historical trivia that changed the world in many decades.

1. September is National Chicken Month.
2. **It is also Cholesterol Awareness Month in America.**
3. The very first comic strip was printed in an American newspaper on September 11th, 1875
4. **The poem “Mary had a Little Lamb” was published September 1st, 1830.**
5. World War II began September 1939, when Hitler invaded Poland.
6. **The first airport opened on September 29.**
7. Band-Aids were invented in September
8. **Native American Day is always celebrated on the 4th Friday of September.**
9. The 4th week of September is National Dog Week
10. **On September 5th, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.**
11. Former President Richard M. Nixon was given an unconditional pardon, for his role in the infamous “Watergate” fiasco by President Gerald Ford, September 8, 1974.
12. **Did you know the US Food Stamp Program was authorized by the US Congress as a program to distribute surplus food to poor, hungry Americans, September 11, 1959?**
13. September 11th, 1962 was the day the Beatles recorded their first single, “*Love Me Do*”.

~ Octoberfest Crafts Fair ~



Saturday, OCTOBER 19th 2013

9:00am to 3:00pm indoors

The Queensbury Center, 742 Bay Road (Town Hall campus)

CALL FOR VENDORS!

~ Reserve ASAP ~

- **6'X6' booth rental \$30**
- **Space is limited, first come, first served**
- **Call Queensbury Center @ 761-8224 or Chairperson Ginnie B. @ 761-2644 for information/reservations**

To benefit Queensbury Senior Citizens, Inc.

Convincing an Elderly Loved One to Accept Help

For many aging adults, the progressing years represent a series of increasingly hard-to-handle losses: loss of energy, loss of mobility, loss of hearing, loss of financial independence. These losses gradually chip away at their sense of freedom and can deal a significant blow to their self-esteem.

Combine that with the fact that many well-meaning younger family members unwittingly offer help in a way that reminds their loved ones of their advancing age, and you've got a recipe for interpersonal conflict.

The pairing of an elder's low self-esteem, with condescending communication habits of younger adults is the main reason [why older people refuse help](#) and act out when their family members offer to lend a hand, according to Oregon State University professor, Michelle Barnhart.

"When we offer assistance to an aging person, sometimes we do so in a way that challenges their identity as an independent adult," says Barnhart. "Treating someone as a stereotypical 'old person' makes them say, 'I don't feel old, why are people treating me like this?' This can cause serious communication issues."

Barnhart and her colleagues conducted in-depth interviews with elders, adult children and caregivers in order to examine why aging adults so often reject outside assistance.

They discovered that, when an older adult's identity is threatened, he or she may lash out—engaging in potentially dangerous behaviors to prove their youth.

4 Ways Elders Retaliate When Younger Family Members Try to Help:

- Hashing it out: Outright arguments are a common way for seniors to express their frustration at being categorized as old. During these exchanges, an elder will try to persuade others that they are not as old, or incapable, as they seem.
- Proving themselves: Mark, one of the interviewees participating in the study, repeatedly offered to help Bea, his 82-year-old mother-in-law, with household maintenance that required a ladder because he was afraid that she would lose her balance and fall. Bea responded by rebuffing Mark's request, proudly telling him every time she used the ladder to do something.
- Preventing participation: When 89-year-old Abbie's (another interviewee) cardiologist started addressing her two adult daughters instead of her during an appointment, she banned them from the exam room. "I wanted to grab him by the collar and say, 'Look, talk to me! I'm the patient!'" she says. "But that was easily corrected. They don't go in with me anymore."

- Hiding their indiscretions: After Abbie's daughters tried to get her to stop driving, she would pretend to follow their advice, while secretly driving her sister around.

As a caregiver, your challenge will be to make sure your loved one is safe, healthy and getting the care they need, without overstepping your boundaries, which could cause them to become resentful and resistant to your help.

Here are some Tips for Taking Charge, Without Taking Over:

- Ask what they need help with: If a loved one believes that asking for help was their idea, they may be more likely to accept assistance. If you start off by lending a hand with just those things that your loved one admits to needing help with, they may be more receptive to any future suggestions you have regarding their need for outside assistance.
- Show respect: Respect is the foundation upon which all good relationships are built. Ask your loved one's permission before rushing in to "save the day." Even if you really want to sit in on a family member's doctor's appointment, inquire about their feelings first. If they don't want you with them in the exam room, wait outside and talk to their doctor about your concerns once the appointment is over.
- Let them contribute: Even if a loved one does allow you to assist them with a particular task (for instance, folding the laundry), let them pitch in. Doing so may make the process less efficient, but being able to contribute can renew an elder's sense of purpose and worth.

Remember: safety should always be your ultimate aim. If you have to assume total control of a task to make sure your loved one doesn't get hurt, it is okay to do so without hesitation.

Provided courtesy of AgingCare.com, the go-to destination for family caregivers. AgingCare.com offers resources and [support for family caregivers](#) as they step into the role of helping an aging loved one. 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.

Queensbury Senior Citizens Inc. Presents...

Sunny Portugal

April 25th - May 4th 2014

Informational Meeting

Monday Sept. 23rd @ 2pm

**Please sign up at the Queensbury Center
if you plan to attend!**

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

**Don't miss out on the
early booking date
to receive \$250 off.**

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 for more information!

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

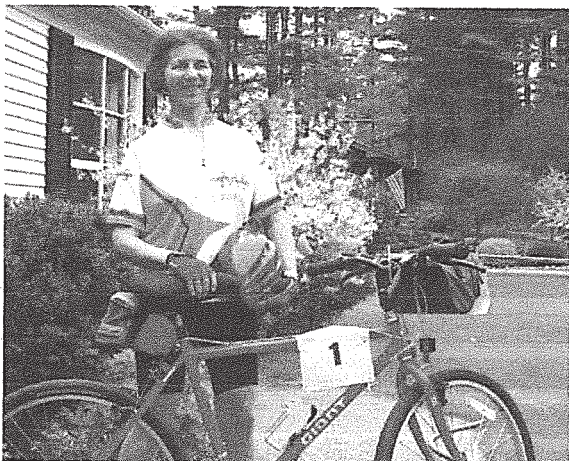
My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

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 , 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.

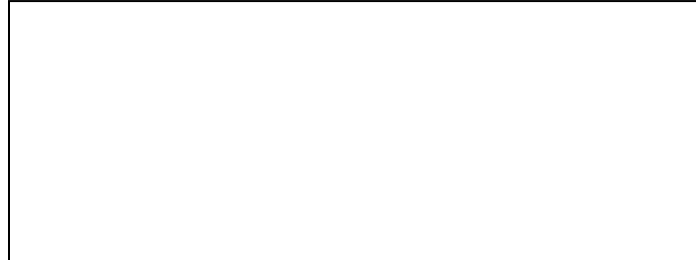
September 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2  Meal Site Closed	September 3 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Peaches	September 4 Lemon Baked Fish Potato of the Day Carrots Pineapple Up-side Down Cake	September 5 Eggplant Parmesan Spaghetti/Marinara sauce California Medley Fresh Fruit	September 6 Quiche of the Day Muffin of the Day Mixed Veggies Tropical Fruit Cup
September 9 Chicken Pot Pie with Potatoes & Veggies Spinach Tropical Fruit Cup	September 10 Swedish Meatballs over Noodles Scandinavian Veggies Mandarin Orange	September 11 Roast Turkey/Gravy Cranberry Sauce Sweet Potatoes Peas & Onions Strawberry Shortcake	September 12 American Goulash Tossed Salad Cauliflower Fresh Fruit	September 13 Cold Plate Chicken Salad on Bed of Romaine Lettuce Potato Salad Marinated Veggies Birthday Cake
September 16 Breaded Haddock Au gratin Potatoes Japanese Veggies Apricots	September 17 CHEF'S CHOICE	September 18 Meatloaf Mashed Potatoes Mixed Veggies Peach Cobbler	September 19 Cold Plate Cottage Cheese & Tropical Fruit Salad Plate Broccoli Salad Dinner Roll Gingerbread/Topping	September 20 Stuffed Shells with Marinara Meat Sauce Tossed Salad Italian Blend Veggies Fruited Gelatin Salad
September 23 Apple N' Onion Chicken Sweet Potatoes Broccoli Chilled Pineapple	September 24 Baked Fish Scandia Orange Rice Pilaf French Green Beans Tropical Fruit Cup	September 25 Roast Pork/ Gravy Mashed Potato California Medley Rice Pudding/Topping	September 26 Cold Plate Chef Salad –Turkey/Ham/ Swiss Cheese/ Lettuce Tomato, Onion & Cucumber Salad Berry Crisp	September 27 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Fresh Fruit
September 30 Veal Parmesan Penne/Marinara Sauce Cauliflower Mandarin Orange				

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; Johnsburg-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066

Toll Free Number 1(888)553-4994