


## December 2018

Warren/Hamilton Counties Office for the Aging  
Menu by: Catherine Keating-Stauch, RDN CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY December 3	TUESDAY December 4	WEDNESDAY December 5	THURSDAY December 6	FRIDAY December 7
Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day	Pepper Steak Mashed Potatoes Brussels Sprout Mandarin Oranges	Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apple Crisp	Cheeseburger Pie Roaster Potatoes Bites Carrots Coleslaw Chilled Pineapple	Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches
December 10 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Mandarin Oranges	December 11 Pork Chop Roasted Red Potatoes Japanese Veggies Chilled Applesauce	December 12 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	December 13 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	December 14 Beef Stroganoff over Noodles Broccoli Cookie of the Day
December 17 Brunch Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola	December 18 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	December 19 <b>CHEF'S CHOICE</b>	December 20 <b>CHRISTMAS DINNER</b> Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 21 Sloppy Joe on a Bun Roasted Potatoes Bites Corn Pumpkin Bar
December 24 Chicken Reuben Rice Pilaf Broccoli Pears	December 25  <b>Meal Site Closed</b>	December 26 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	December 27 Beef Stew Boiled Potatoes/Carrots Biscuit Dump Cake	December 28 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Fresh Fruit
December 31 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup				

### Meal site numbers:

Bolton: (518)644-2368  
Cedars: (518)832-1705  
cedars@warrencountyny.gov  
Chestertown: (518)494-3119

Johnsburg: (518)251-2711  
Long Lake: (518)624-5221  
Warrensburg: (518)623-2653  
Lake Pleasant: Call Wells  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls &  
Solomon Heights, Queensbury:  
(518)832-1705  
Wells: (518)924-4066



# Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

FALL EDITION

2018

OCTOBER, NOVEMBER, DECEMBER

### Office Staff

Deanna "Dee" Park - Director

Catherine Bearor - Services Specialist

Susan Dornan - NY Connects  
Coordinator

Hanna Hall - Services Specialist

Dinah Kawaguchi - Keyboard Specialist

Tammy Morehouse -  
Aging Services Assistant

Rose Ann O'Rourke -  
Coordinator of Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Mary Ann McCarthy -  
Volunteer Coordinator

Catherine Keating - Stauch -  
Registered Dietician / Menu



Newsletters are available  
online at:

www.warrencountyny.gov/ofa/  
newsletters.php

Or contact Mary Ann at  
761-6347 to be added to our  
email list.



### NOTICE OF PUBLIC HEARINGS

We would love to see you  
there.



It is time for our annual **Public Hearings**. At the hearings we will be discussing the office's service plan for seniors for 2019. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice, as well as interpretation services. All sites are handicap accessible. If you need special accommodations, please call Deanna Park, PH#(518)761-6347 or email: [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov), at least one week in advance.

Hearings will be conducted at the following sites:

#### OCTOBER 24<sup>th</sup> CHESTERTOWN MEAL SITE

11:30AM PH#(518)494-3119

6307 State Route 9, Chestertown, NY 12817

#### NOVEMBER 7<sup>th</sup> WELLS NUTRITION SITE

11:30AM PH#(518)924-4066

501 Buttermilk Hill Road, Wells, NY 12190

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Deanna Park, 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.

**NEW HOURS FOR OFFICE FOR THE AGING ARE  
8:00AM TO 4:00PM**

**YOU Make the DIFFERENCE: Volunteer Open House**

**Tuesday, October 23, 2018 10 A.M. - 2 P.M.**

**Meet with representatives from area community service providers to find out about opportunities to serve YOUR community:**

Nearcare, Haynes House of Hope, Literacy Volunteers,  
 Warren-Hamilton Counties Office for the Aging, Long Term Care Ombudsman,  
 High Peaks Hospice, American Red Cross, Catholic Charities, Open Door,  
 Alzheimer's Association, Queensbury Senior Citizens, Inc.,  
 Fort Hudson Health System, RSVP, Aging in Place,  
 Warren Washington Association for Mental Health ,  
 New York State Mentoring Program, Warren County Health Services,  
 Caring Together, Inc., Senior Center Kingsbury Fort Edward Area, Inc.



**WARREN COUNTY HUMAN SERVICES BUILDING**

**1340 STATE ROUTE 9,**

**LAKE GEORGE NY 12845**

**NO RESERVATIONS NECESSARY.**

**QUESTIONS: CALL 1-866-805-3931**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
60 + Suggested contribution is \$3  Under 60 , \$5 re-quired contribution			November 1 <b>Meal Site Closed</b>  <b>Staff Training Day</b>	November 2 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Brownie
November 5 Turkey Tetrizzini Beets Yogurt Parfait with Strawberry & Gran-ola	November 6 Beef Stroganoff over Noodles Scandinavian Veggies Frosted Birthday Cake <b>Happy Birthday</b>	November 7 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	November 8 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	November 9 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day
November 12  <b>Meal Site Closed</b>	November 13 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	November 14 <b>CHEF'S CHOICE</b>	November 15 <b>Thanksgiving Meal</b> Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	November 16 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Pears
November 19 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	November 20 Apple n' Onion Chick-en Sweet Potatoes Japanese Veggies Fruited Gelatin	November 21 Swedish Meatballs Over Noodles Scandinavian Veg-gies Strawberry Short-cake	November 22 <b>Happy Thanksgiving</b>  <b>Meal site Closed</b>	November 23 Hungarian Goulash California Medley Tossed Salad Mandarin Orange
November 26 Sour Cream Chick-en Sweet Potatoes Peas & Onions Chilled Pineapple	November 27 Beef Pot Pie with Po-tatoes and Veggies Winter Squash Chilled Peaches	November 28 Quiche of the Day Italian Veggies Muffin of the Day Pears	November 29 Pot Roast/Gravy Mashed Potatoes Carrots Gingerbread/Topping	November 30 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Frosting Cake of the Day

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.



**OCTOBER 2018**

Warren/Hamilton Counties Office for the Aging

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**NY Connects**  
Your Link to Long Term Services and Supports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 1</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	<b>October 2</b> Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Mandarin Orange	<b>October 3</b> Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	<b>October 4</b> Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	<b>October 5</b> American Goulash Winter Squash Tossed Salad Fresh Fruit
<b>October 8</b>  Meal Site Closed	<b>October 9</b> Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>October 10</b> Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	<b>October 11</b> Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	<b>October 12</b> Roast Pork Loin/Gravy Mashed Potatoes California Medley <b>Birthday Cake</b>
<b>October 15</b> Sour Cream Chicken Sweet Potatoes Peas & Onions Tropical Fruit Salad	<b>October 16</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Yellow Cake/Frosting	<b>October 17</b> Pot Roast/Gravy Mashed Potatoes Carrots Strawberry Shortcake	<b>October 18</b> Quiche of the Day Scandinavian Veggies Muffin of the Day Pears	<b>October 19</b> Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches
<b>October 22</b> Creamy Parmesan Fish Roaster Potatoes Bites Mixed Veggies Pudding of the Day	<b>October 23</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	<b>October 24</b> <b>Chef's Choice</b>	<b>October 25</b> Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Fresh Fruit	<b>October 26</b> Juice of the Day Chicken & Biscuit Italian Veggies Apple Crisp
<b>October 29</b> Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Pineapple	<b>October 30</b> Pork Chop Roasted Red Potatoes Carrots Chilled Applesauce	<b>October 31</b> <b>Happy Halloween</b> Cauldron of Chili Frightening Fiesta Rice, Creepy corn Petrifying Pumpkin Bar	<i>60(+) SUGGESTED CONTRIBUTION IS \$3</i>  <i>UNDER 60, \$5 REQUIRED CONTRIBUTION</i>	

**Meal site numbers:**  
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Warrensburg: (518)623- 2653  
Lake Pleasant: (518)548-4941  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls & Solomon Heights, Queensbury:

NY Connects provides free information and assistance on long term care services and supports including Medicare Prevention & Wellness. Contact us at 1-866-805-3931 to find out how we can assist you.

Dear OFA,

I have heard people talking about consumer directed home care and I would like to hire someone to take care of my mother while I'm working all day and maybe get some respite for when I have an evening event to attend because I worry if she is left alone for too long. How does this work?

Tired Out in Thurman!

Dear Tired Out,

Thank you for emailing us about options available. Consumer Directed Personal Assistance Program (CDPAP) is a Medicaid program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services.

- Services can include any of the services provided by a personal care aide (home attendant), home health aide, or nurse.
- Recipients have flexibility and freedom in choosing their caregivers.

The consumer or the person acting on the consumer's behalf (such as the parent of a disabled or chronically ill child) assumes full responsibility for hiring, training, supervising, and – if need be – terminating the employment of persons providing the services.

Before a person can receive services, his or her doctor must send a completed Physician's Order for Services to the local social services district, which then completes a social and nursing assessment. A nurse assessor then determines whether the recipient can appropriately participate in CDPAP, and recommends the amount, frequency and duration of services.

Recipients must be able and willing to make informed choices regarding the management of the services they receive, or have a legal guardian or designated relative or other adult able and willing to help make informed choices. The consumer or designee must also be responsible for recruiting, hiring, training, supervising and terminating caregivers, and must arrange for back-up coverage when necessary, arrange and coordinate other services; and keep payroll records.

Contact NY Connects at 1-866-805-3931 if you think you have an immediate need for Consumer Directed Personal Assistance Services and would like more information on how to get your eligibility processed more quickly for these services.

Sincerely,

OFA (Send your questions to [McCarthy@warrencountyny.gov](mailto:McCarthy@warrencountyny.gov) )

*Plan now for your long term care needs. Warren/Hamilton Counties NY Connects @ PH#1-866-805-3931. For all other counties, call NY Connects PH#1-800-342-9871.*



**NY Connects**  
Your Link to Long Term  
Services and Supports

**Join us for our December NY Connects Long Term Care Council Meeting**

**When:** December 6, 2018 9:30-12 noon, Networking, Light Refreshments by "Above & Beyond Compassionate Care"

**Where:** Washington County Municipal Center, Building B, Basement, 383 Broadway, Ft. Edward, NY

**Why:** Our focus will be upcoming Advocacy Days in Albany/How you can meet with our State Legislators

**RSVP** required to Susan Dornan, LTCC Secretary at 1-866-805-3931

**Do you have a PLAN for when you may need assistance?**

We can connect you to agencies you can hire for in-home care.

We can explain financial resources available to you if the cost of care is more than you can afford to pay.

We can screen to see if you may be eligible for financial reimbursement from the VA for in-home care.

You may be eligible for Medicaid even if you think you are not.

We can connect you to supports if you are taking care of someone with memory loss.

There is help...call NY Connects at 1-866-805-3931 to speak with us...your calls are confidential and we have options to assist you and those you care

**Plan now for your long term care needs. Call NY Connects @ 1-866-805-3931 or New York Relay Service at 711**

(For other counties, call State NY Connects # at 1-800-342-9871)



**FALL HOLIDAY**  
word search

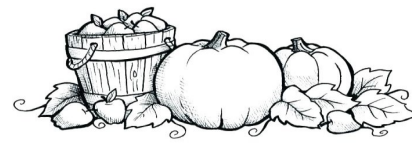


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- |              |                |              |             |
|--------------|----------------|--------------|-------------|
| COLUMBUS DAY | TRICK OR TREAT | THANKSGIVING | CHRISTMAS   |
| NINA         | GHOST          | PIE          | HANUKKAH    |
| CELEBRATION  | SKELETON       | CORNUCOPIA   | KWANZAA     |
| HALLOWEEN    | COSTUME        | VETERANS DAY | DECORATIONS |



# FALL FUN WORD SEARCH



**WARREN COUNTY PUBLIC HEALTH**  
**2018 SEASONAL FLU & PNEUMONIA VACCINE CLINICS**

**Tel #: 518-761-6580**

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

1-Oct	Monday	Chestertown Municipal Center	11:00am – Noon
1-Oct	Monday	Hague Town Hall	1:00pm – 2:00pm
2-Oct	Tuesday	Cronin High Rise	9:30am – 10:30am
2-Oct	Tuesday	Stichman Towers	11:00 – Noon
3-Oct	Wednesday	Bolton Town Hall, Lake Shore Drive	1:00pm – 2:00pm
4-Oct	Thursday	Warren County Municipal Center, Public Health Office	4:30pm – 5:30pm
5-Oct	Friday	Queensbury Community Center	11:00am - 2:00pm
10-Oct	Wednesday	North Creek/Johnsburg, Senior Cen- ter	12:30pm – 1:30pm
11-Oct	Thursday	Lake Luzerne Senior Meal Site	10:30am – 11:30am
15-Oct	Monday	Lake George Town Hall	11:00am – Noon
16-Oct	Tuesday	Glens Falls Senior Center	Noon – 2:00pm
18-Oct	Thursday	Warren County Municipal Center Public Health Office	4:30pm – 5:30pm
22-Oct	Monday	Warrensburg Town Hall	10:00am – 11:00am
25-Oct	Thursday	Warren County Municipal Center, Public Health Office	4:30pm – 5:30pm
1-Nov	Thursday	Warren County Municipal Center, Public Health Office	4:30pm – 5:30pm

WELCOMING PERENNIAL GENERATIONAL HONEYCRISP FIREWOOD  
 HARVEST APPLE HIKING GRAVENSTEIN ABUNDANT  
 ARTISAN HISTORIC ANTIQUES OPTIMIST AUTUMNAL  
 PUMPKINS CANNING BONFIRE CIDER DONUT FOLIAGE

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

We are offering Flu Shots. We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC. Cost of High-Dose flu is \$60.00. We are giving Quadrivalent Flu vaccine and Flumist for all others. Cost of Flu is \$40.00. Pneumonia vaccines will also be available. Plevnar 13 will cost of \$234.00 and Pneumovax will cost \$145.00. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.



## Medicare Preventive Services Checklist

Please visit [www.Medicare.gov](http://www.Medicare.gov) for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If provider recommended, up to 4 face-to-face visits per year with qualified doctor.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions.	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year.	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear & Pelvic Exam)	Once every 24 months or every 12 months for those at risk.	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor.	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes—doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per flu season.	Medicare pays 100%
Glaucoma Screenings	Once every 12 months for those at risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot	Based on risk factors. Ask your doctor.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high-risk definition, but were born from 1945 through 1965.	Medicare Pays 100%
HIV Screening	Once every 12 months or up to 3 times per year during pregnancy.	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older.	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second shot is now covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.
Smoking & Tobacco Cessation	Up to 8 face-to-face visits per year.	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk.	Medicare pays 100%

For more information, contact your local Office for the Aging or call the Health Insurance Information Counseling and Assistance Program (HIICAP) at 1-800-701-0501.



# Office Board Bulletin

★ HAPPY ★  
BIRTHDAY!

### OCTOBER

Val Bucci.....1  
 Andy Houtman.....8  
 Priscilla Sanderspree.....8  
 Ellen O'Hara.....10  
 Maureen Shaughnessy.....12  
 Clara Fiore.....21  
 John Hayes.....22  
 Bonnie Nadig.....29  
 Kimberly McGuire.....30

### NOVEMBER

Courtney Holmes .....1  
 Pat Minucci.....4  
 Morland Keyes.....8  
 Scott Rager.....14  
 Marie Godsil .....25  
 Cathy Hodgkins .....25

### DECEMBER

Ted Scannell.....1  
 Gene Casella.....6  
 Gail Connor .....12  
 Joe Maglione.....12  
 Bob Diamond.....13  
 Louissette Bureau.....17  
 Pete Cartier .....19  
 Robin Dutcher.....19



**The Meal Sites will be closed on the following Dates**

Columbus Day, MONDAY, OCTOBER 8

Staff Training, THURSDAY, NOVEMBER 1

Veterans Day, MONDAY, NOVEMBER 12 (observed)

Thanksgiving Day, THURSDAY, NOVEMBER 22

Christmas Day, TUESDAY, DECEMBER 25

## Cream of Turkey & Wild Rice Soup



1 tablespoon extra-virgin olive oil  
2 cups sliced mushrooms, (about 4 ounces)  
¾ cup chopped celery  
¾ cup chopped carrots  
¼ cup chopped shallots  
¼ cup all-purpose flour  
¼ teaspoon salt

¼ teaspoon freshly ground pepper  
4 cups reduced-sodium chicken broth  
1 cup quick-cooking or instant wild rice, (see Ingredient Note)  
3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)  
½ cup reduced-fat sour cream  
2 tablespoons chopped fresh parsley

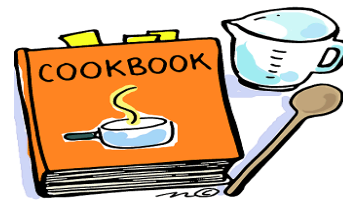
1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

**Ingredient note:** Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. Be sure to check the cooking directions when selecting your rice—some brands labeled “quick” take about 30 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end of Step 2.  
**Tip:** To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes. Recipe By: EatingWell Test Kitchen

## Roasted Green Beans, Mushrooms, and Onions with Parmesan Breadcrumbs

1 1/2 lb. green beans, trimmed  
1 medium red onion, sliced into rings  
8 oz. cremini mushrooms, sliced  
8 tbsp. extra-virgin olive oil, divided  
kosher salt  
Freshly ground black pepper  
1 c. fresh bread crumbs or panko bread crumbs

1/2 tsp. dried oregano  
1/2 c. freshly grated Parmesan  
Juice and zest of 1 lemon



1. Preheat oven to 425°. On two rimmed baking sheets, arrange green beans, onions, and mushrooms. Toss each with 3 tablespoons olive oil and season with salt and pepper, then roast until tender and deeply browned, 30 to 35 minutes.
2. Meanwhile, in a medium skillet over medium heat, heat remaining 2 tablespoons oil. Add bread crumbs and oregano and cook, stirring constantly, until golden brown, 3 minutes. Remove from heat and stir in Parmesan and zest of lemon. Squeeze lemon juice over roasted vegetables and top with Parmesan bread crumbs.

## HIICAP Corner

Medicare Information and Updates



### Medicare Annual Enrollment Period (AEP) (Open Enrollment)

October 15th—December 7th

This is the time of year Medicare recipients can review current plan coverage and make comparisons to the options available in 2019. You can make decisions on keeping current coverage or changing to any of the available plans in your service area.

#### **Suggested areas to review:**

**Prescription Coverage**—Check your medications against the formulary of your current plan as well as available options for next year to see if there may be cost saving opportunities. Not all plans cover the same medications or cover them at the same copay levels.

**Premiums and copays**—Checking your plan annually against other plans in your area can reveal changes in billing that may save you significant out of pocket monthly expenses without sacrificing coverage.

**Coverage Level**—Your need for more or less insurance coverage due to changes in your medical needs since first enrolling in a plan.

#### **Ways to review your coverage:**

**Medicare.gov**—This website offers you the ability to search Medicare Advantage and Prescription plans using the Plan Finder. You can enter your medications to see how the different plans cover your prescriptions as well as compare up to 3 plans side by side, research the benefit details of the available plans, and complete an enrollment online.

**1-800-MEDICARE (1-800-633-4227)** - Similar to Medicare.gov, this number connects you to a Medicare representative who can help you review the options specific to your county. They can input your medications, offer options, and assist with enrollment.

**Medicare Plan Representatives or Companies**—You can meet with a local representative of the available plans in your area or contact the companies directly. Speaking with a representative is a great option for clients who have detailed questions or would like an agent to assist with enrollment and to be able to connect with once your plan is active.

**Office for the Aging**—Contact your County Office for the Aging to speak with a HIICAP counselor who can assist with questions about Medicare and available options.



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program



**New Members Are Welcome to Come Join our Family**

**HERE ARE SOME OF THIS MONTH'S HIGHLIGHTES**

Mon-10/1	Book club meets at Spot Coffee-Glen Street	1 pm
Tues-10/2	Lunch & Learn with the Conkling Center-11:30 Lunch at Domino's and Strand-HF	11:30 am
Wed-10/3	Reading with Bea Roman-Spot Coffee-Glen Street	1 pm
Thurs-10/4	Colonie Mall shopping-Van transportation to first 11 people. Cost: \$6 for van.	9 am
Fri-10/5	Lunch Bunch-Historic Grounds, Whitehall-Van limited to 11 people. Van cost \$4	11 am
Mon-10/8	Center Closed/ Columbus Day!	9:00am-4:00pm
Tues-10/9	Presentation by Captain John-Glens Falls Fire Department	1 pm
Wed-10/10	Defensive Driving class-Cost: \$20 AARP members/\$25 nonmembers-Lunch \$6	8:45-4
Thurs-10/11	Chair Yoga with Tobey Gifford from the Lemon Tree	10:30 am
Fri-10/12	Shoobox Packing/ volunteers welcome!	12:30 pm
Sun-10/14	<b>"Young Frankenstein"</b> - SPA Little Theatre-Funny stage musical. Tickets \$29	2 pm
Mon-10/15	Walmart Shopping Trip	9:15 am
Mon-10/15	Karen's Art class-Cost: \$15 all material provided	12:30
Tues-10/16	Flu Clinic-Warren County Health Dept. -Bring insurance cards	12-2
Wed-10/17	Health Fair-Information on insurance	1 & 6:30
Thurs-10/18	HUMANA presentation	1 pm
Fri-10/19	Fidelis Care information	1:30 pm
Mon-10/22	CDPHP presentation	2 pm
Tues-10/23	United Health Care presentation	1 pm
Wed-10/24	MVP health presentation	1:30 pm
Thurs-10/25	Lunch Bunch-Luzerne Senior Center-Laura Roth	12 pm
Fri-10/26	Newsletter Mailing- Volunteers needed!	1 pm
Fri-10/26	Adirondack Ramblin Scribblers-Writers' group meets	1 pm
Mon-10/29	EPIC presentation	1 pm
Tues-10/30	Blue Shield informational meeting	1 pm
Wed-10/31	Halloween Lunch-Come dressed for the occasion/prizes/great food. Cost: \$7 sign up	12 pm
<b>Ongoing Activities at a Glance:</b>		
Mon-Fri.	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thurs.	Chair Yoga- with Tobey	10:30 am
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9-10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

**TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!**

*\*Call Center for pricing and information on the upcoming trips and events or see on line.*

**Transportation for Center activities available/medical transports by appointment.**

SENIOR CENTER SHENANIGANS



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## Healthy Tips: Using Up Holiday Leftovers

Instead of tossing those holiday leftovers to avoid more over-indulging, use them to your advantage. Here are some practical tips and recipes to help you reduce food waste and space out the calories.

**Give It Away Now!** If you hosted the holiday festivities, plan ahead and have resealable plastic bags and food storage containers handy to send guests home with goodies. This works perfectly for cookies, candies or other sweets.

**Zip It Good.** Make sure to store all leftover foods in airtight containers; this keeps things fresher longer and gives you more time to finish off the stash.

**Chill Out.** Utilize your freezer — soups, cooked vegetables, breads, pastries and cookies all freeze very well and can be thawed for later indulging.

**Recreate the Plate.** Serve small portions of leftover turkey, roast beef or ham along with lots of fresh fruits and vegetables for sandwiches, salads, wraps or a light main course.

**Mix It Up.** Toss left over veggies and seafood with small portions of pasta or brown rice.

**Veg Out.** Reduce portions of high calorie favorites by adding fresh or frozen vegetables to creamy soups or leftover mashed potatoes.

**Go Nuts.** Add remaining nuts and dried fruit to a simple and light spinach salad.

**Be Creative.** Combine herbs and roasted root vegetables along with a pinch of low fat cheese to make quesadillas, minis pizzas or omelets.

**Safety First.** Most foods will stay fresh for up to seven days, but if it looks or smells even a little funky, throw it out!

**Feel the Burn.** Work off some of those extra calories! Make sure to get some exercise in the weeks following holiday get-togethers. Prep leftover plates and march them to your neighbors (especially any ones up a hill).

*Adopted By: Dana Angelo White, M.S., R.D., A.T.C., is a contributor to Food Network's*





**New Members Are Welcome to Come Join our Family**

**HERE ARE SOME OF THIS MONTH'S HIGHLIGHTES**

## STAY MINDFUL WITH 4 TIPS FOR HOLIDAY EATING

Another Halloween is almost here and that means Thanksgiving, Christmas and New Years are right around the corner. **On average, Americans gain approximately one to two pounds during the holiday season.** While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, **do not skip meals throughout the day** as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

### There are many strategies to help you avoid overeating.

1. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes.

2. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.

3. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

4. Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

For more information on how to eat healthfully, contact a registered dietitian nutritionist in your area.

ADOPTED BY JILL KOHN, MS,RDN,LDN @EATRIGHT



Thurs-11/1	Today's Options presentation	1:00 PM
Fri-11/2	Senior Chat-Bring your ideas and concerns to discuss with this group	1:00 PM
Mon-10/5	Book Club- <i>"The Alice Network"</i> -by Kate Quinn	1:00 PM
Tues-11/6	United Health Care information	1:00 PM
Wed-11/7	Defensive Driving-\$20 AARP members/\$25 nonmembers-Lunch available \$6	8:45-4pm
Thurs-11/8	Lunch & Learn at Glens Falls Senior Center- <i>"Ready Or Not!"</i>	12:00 PM
Fri-11/9	Adirondack Ramblin Scribblers-Writers' Group	1:00 PM
Mon-11/12	Walmart Shopping Trip- Van limited-first 11 to sign up!	9:15 AM
Mon-11/12	Mexican Train/Mahjongg	10:00 AM
Mon-11/12	Karen's Art Class-Cost: \$15-all materials provided	12:30
Tues-11/13	Thanksgiving Day project-with Jessica, Cornell Cooperative Extension	1:00 PM
Wed-11/14	Annual meeting	1:00 PM
Thurs-11/15	MVP Representative-Insurance information	1:00 PM
Fri-11/16	Center Closed-Set up for Christmas Boutique	9 am-4pm
Sat-11/17	Christmas Boutique Sale-Jewelry, decorations, baked goods, gift items etc.	9am-2pm
Tues-11/20	Cards for Troops	1:00 PM
Wed-11/21	Mexican Train-Mahjongg, Come join in on the fun!	1:00 PM
Mon-11/26	Newsletter Mailing-Volunteers needed!	1:00 PM
Tues-11/27	Decorating party-Getting ready for the holidays!	1:00 PM
<b><u>Ongoing Activities at a Glance:</u></b>		
Monday- Friday	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thursday	Chair Yoga- with Tobey	10:30 AM
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
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	Woodshop/Golf/Cards/Special Bingo & Much More.	

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**Transportation for Center activities available/medical transports by appointment.**

# WELLS SENIORS



Annual dues time is here, please drop off \$10 per member or mail to Holly Hite at Box 411, Wells, NY 12190.

Members who are paid get \$10 off of their Christmas party and we refunded the cost of the picnic so members are already \$15 ahead when attending events.

October Business meeting will be a Bingo extravaganza on Oct 10

Defensive Driving class on Saturday Oct 20, 9-4 at Wells Methodist Church. \$25 (\$20 for AARP members) contact Brian Griffin, 518-924-2216

October Social will be the Halloween party on Oct 24 (Costumes appreciated but not necessary)

November Business meeting will be on Medicare Insurance for the upcoming open enrollment

November Social will be TBD

December will only have the Christmas party date to be announced

“Osteobusters”, a 45 minute session of healthful and “easy” exercise is held in the community hall on Mondays and Thursdays from 10 – 10:45 AM. Great for keeping limber.

Mah Jongg, every Tuesday at the Library 6 PM (new players welcome, instruction always available)

“Pitch” card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available) Needlework and crafts at the library, Thursday’s 6-8

**Wells Seniors is open to all 55 and over, annual dues \$10, meetings on the second Wednesday of each month (Jan-Nov) at 12:45 PM at the meal site on Buttermilk Hill Road. Lunch is available at Noon, call 518-924-4066 for lunch reservations.**

**Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon, and Christmas party**

**Contact Brian Griffin at 518-924-2216 questions or for further info.**

## Lake Luzerne Senior Center upcoming events for 2018



*Thursday, October 25<sup>th</sup> Luncheon and show with Laura Roth, event begins at 12:00 cost p/p is \$10.00*

*Thursday, November 8<sup>th</sup> Veteran’s Day Luncheon, event begins at 11:30 cost p/p is \$3.00, veterans are free*

*Thursday, December 6<sup>th</sup> Christmas Luncheon with Racing City Chorus, event begins at 12:00 cost p/p is \$10.00*

*The contributions for these events are non-refundable.*

*Contact Barb at 518-696-6451*



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## The Best Fruits and Veggies to Eat This Fall

Sure, we all get excited for summer’s bounty of sweet berries and juicy watermelon, but there’s more to fall than Halloween costumes and hay rides. From September to November, the autumn harvest brings a variety of healthful and delicious produce, from squash and sweet potatoes to apples and pears.

While almost all produce can be grown *somewhere* year-round, trucking produce across the country (or across the world) isn’t easy. Buying local seasonal produce not only potentially reduces our carbon footprint and helps local economies, but it may also result in more nutritious produce.

To get the best of what fall has to offer, check out our top autumnal produce picks that are both delicious and super healthy, and keep track of what’s in season near you. Also, don’t be afraid to try something new. (Who knew leeks or figs would taste so good?)

**Apples** -These sweet, crunchy fall favorites are packed with antioxidants, which may help prevent chronic illness and slow aging. Among popular apple varieties (and there are more than 7,500 different types!), Fuji apples have the highest concentration of phenolics and flavonoids, while Cortland and Empire apples have the lowest.

**Beets** - They may be available year-round, but beets are at their best in the fall. When shopping, look for firm, smooth bulbs and (if attached) bright, crisp greens. Toss the greens in salads and roast the beets for their betaine—a compound that may help prevent heart and liver disease—and nitrate, which may increase blood flow to the brain and potentially reduce risk of dementia.

**Brussels Sprouts and Cabbage** - Packed with vitamins A and C, cabbage and its mini-me, Brussels sprouts, boast high concentrations of cancer-fighting glucosinolates (which also lend these veggies their distinct flavor)

**Cranberries** - Between the size of a blueberry and a grape, cranberries taste their best October through November, though only 5 percent actually make it to the fresh produce section (the other 95 percent are dried, canned, or turned into juice). Research suggests cranberry concentrate can help prevent urinary tract infections and that fresh cranberries can help prevent oral diseases and slow the growth of cancer.

**Pears** - These sweet fruits fall into two major categories: European and Asian. In the U.S., the European varieties, Bosc and Bartlett, are most common, and grow on the west coast during fall. Pears are high in soluble fiber, which helps lower “bad” (LDL) cholesterol.

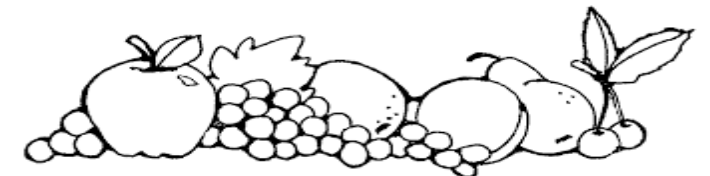
**Pumpkins** - Pumpkin is one of the best sources of alpha- and beta-carotene, which can be converted into retinol to promote healthy vision and cell growth. Pumpkin seeds are also a good source of alpha-linolenic acid, an omega-3 fatty acid that may help those with heart disease, high blood pressure, or high cholesterol. Toast them up for a deliciously nostalgic treat!

**Rutabagas and Turnips** - Research suggests eating turnips and rutabagas may help reduce the risk of prostate and lung cancers. What’s more, turnip greens are a source of calcium, and one cup of raw rutabaga offers a respectable three grams of fiber.

**Squash** - From festive photos to Thanksgiving table centerpieces, squash is the poster food for autumn. Summer squash are still available locally until October in some parts of the country, and winter squash begin to crop up (pun intended) as summer squash heads out. The gourd family offers varieties including acorn, butternut, and delicata squash, as well as spaghetti squash and its pasta-like strands.

**Sweet Potatoes** - These orange beauties have the best flavor during fall, their peak season. Like squash, sweet potatoes are rich in beta-carotene, which can prevent vitamin A deficiencies, promote healthy eyesight and generate retinol production. Sweet potatoes are also a good source of vitamin C, and when eaten with their skin on, a medium tater can pack nearly four grams of fiber.

Adopted By: By [Kelly Fitzpatrick](#) @ The Greatist newsletter





# COMMUNITY CONNECTION



## LEGAL EASE



### Legal Aid Services

Warren/Hamilton Counties Office For the Aging now has an attorney from Legal Aid who will meet with senior clients who are at least 60 years of age or older. Legal Aid offers services including Estate Planning, Wills, Advanced Directives and Power of Attorney. Appointments may be scheduled through the Warren/ Hamilton Counties Office For the Aging by calling 518-761-6347. You may also contact Legal Aid directly by calling 518-587-5188.



518 761-8224 • 742 Bay Road • Queensbury, NY 12804

Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

SENIOR CENTER SHENANIGANS

### QSC On The Go

## EXPLORE YOUR WORLD! EXCITING UPCOMING TRAVEL!

Queensbury Senior Citizens presents...  
Discover Switzerland, Austria & Bavaria  
June 6 - 15, 2019



Highlights:  
Bern, Chateau de Chillon, Montreux, Golden  
Pass Panoramic Train, Gstaad, Lucerne,  
Innsbruck, Austrian Alps, Salzburg, Mirabell  
Gardens, St. Peter's Restaurant, Tyrolean  
Folklore Show, Bavaria, Oberammergau



Join us for a fascinating presentation on the sights and logistics of this amazing trip.

Tuesday Oct 30<sup>th</sup> 4:00pm-5:00pm  
Light Refreshments Served  
RSVP by Friday Oct 26<sup>th</sup>

The Queensbury Center  
742 Bay Rd.  
Queensbury, NY

Contact Rachel Wade at (518) 745-4439 or  
Rachel@seniorsonthego.org



### Attention Veterans and Surviving Spouses

ARE YOU ELIGIBLE...

For medical, disability, pension,  
property tax exemptions, and other discounts?  
Let us complete a Veteran or Surviving Spouse 360° review  
of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS' SERVICES

Call 518/761-6342 for an appointment



Sneak  
Peek!

Queensbury Senior Citizens presents...  
Canyon Country  
Featuring Arizona & Utah  
September 21-October 1, 2019



WARREN COUNTY



### DEMENTIA CAREGIVER SUPPORT GROUP

Call Stacey Barcomb for more information. (518)832-4992

#### Second Tuesday of Each Month

11:00 a.m. - 12:00 p.m.

The Glen at Hiland Meadows  
39 Longview Drive  
Queensbury, NY

[wehelpcaregivers.com](http://wehelpcaregivers.com)  
The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from  
The New York State Department of Health



### MEMORY cafe

Open to the public...

**October 24th** 12pm - 2pm  
Caregiver Support Initiative  
357 Bay Road, Queensbury

**November 30th** 12pm - 2pm  
Festival of Trees Luncheon  
The Queensbury Hotel,  
(RSVP Required by 11/22/18)

**December 19th** 2 pm - 4 pm  
Caregiver Support Initiative  
357 Bay Road, Queensbury

Walk-ins are welcome,  
but RSVP is appreciated  
for the FREE Memory Café

For more information or to RSVP,  
call Stacey Barcomb (518) 832-4992

**What is a Memory Café?**  
A Memory Café provides a gathering place for friends with Alzheimer's disease or other dementias and their caregivers and families to relax and enjoy social events, refreshments, and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)  
The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from  
the New York State Department of Health.

# Hamilton County Support Group

September 10th ~ October 8th ~ November 12th



### DEMENTIA CAREGIVER SUPPORT GROUP

Call Stacey Barcomb for more information. (518) 832-4992.

#### Second Monday of Each Month

10:00 a.m. - 11:00 a.m.

Lake Pleasant Senior Center  
2881 Route 8  
Speculator, NY 12164

[wehelpcaregivers.com](http://wehelpcaregivers.com)  
The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from  
the New York State Department of Health