


JUNE 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Contribution Per Meal: \$3 Under 60 years of age \$5				June 1 Sloppy Joes on a Bun Roasted Potato Bites Corn Mandarin Orange
June 4 Chicken Alfredo over Pasta Italian Veggies Tropical Fruit Cup	June 5 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	June 6 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Carrot Cake	June 7 Spanish Rice Broccoli Corn Bread Fresh Fruit	June 8 Cold Plate Citrus, Turkey, and Spinach Salad Fresh Tomato salad Muffin of the Day Chocolate Cake
June 11 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	June 12 Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup	June 13 Roast Pork/ Gravy Mashed Potato Peas & Onions Strawberry Shortcake	June 14 Cold Plate Tuna Salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day	June 15 Happy Father's Day Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Cole slaw Father's Day Dessert
June 18 Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple	June 19 Apple N' Onion Chicken Sweet Potatoes California Medley Birthday Cake Happy Birthday!!	June 20 Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes	June 21 Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana	June 22 Cold Plate Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie
June 25 Breaded Haddock Au gratin Potatoes Japanese Veggies Pudding/Topping	June 26 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	June 27 Roast Turkey/ Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	June 28 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Fresh Fruit	June 29 Cold Plate Chicken Salad on Bed of Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Gingerbread/ Topping



Office Staff

- Deanna "Dee" Park - *Director*
- Catherine Bearor - *Services Specialist*
- Susan Dornan - *NY Connects Coordinator*
- Hanna Hall - *Services Specialist*
- Dinah Kawaguchi - *Keyboard Specialist*
- Kathleen McLaughlin - *NY Connects, Services 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.

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

SPRING EDITION 2018



2018

SENIOR OF THE YEAR

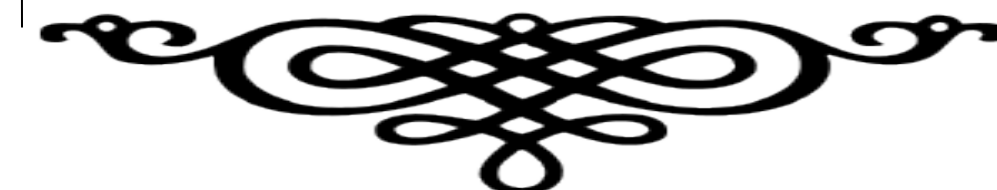
HAMILTON COUNTY - PHILIP MULEEDY
WARREN COUNTY - VIRGINIA "GINNY" RAYMOND
CONTRIBUTING SENIOR OF THE YEAR
HAMILTON COUNTY - MILDRED ANZALONE
WARREN COUNTY - DAISY KAVANAGH

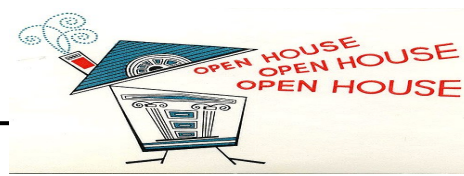
Thank you for your nominations for "Senior of the Year" and "Contributing Senior of the Year." Volunteers are an essential part of our community and we thank you for your dedication.

The New York State Office for the Aging and the Association on Aging in New York will be inviting these seniors to an awards ceremony on **Tuesday, May 22nd in Albany.**

SAVE THE DATE:

The Warren/Hamilton Counties Office for the Aging will be holding our annual luncheon on Friday, June 1st at The Holiday Inn, Lake George.





HOME CARE & MORE OPEN HOUSE

NY Connects
Warren-Hamilton Counties Office for the Aging



NY Connects
 Your Link to Long Term
 Services and Supports

TUESDAY, MAY 15, 2018

10AM UNTIL 2 PM

WARREN COUNTY HUMAN SERVICES BUILDING

1340 STATE ROUTE 9, LAKE GEORGE, NY 12845

**GREATER ADIRONDACK HOME AIDES ~ FORT HUDSON HEALTH SYSTEM ~ NEIGHBORS NY
 ABOVE & BEYOND COMPASSIONATE CARE ~ HOME INSTEAD SENIOR CARE ~ NEARCARE
 HIGH PEAKS HOSPICE ~ HOME HELPERS ~ HOME HEALTH CARE PARTNERS
 HCR HOME CARE ~ INTERIM HEALTHCARE ~ CHC COMMUNITY HEALTH CENTER
 CAREGIVER SUPPORT INITIATIVE ~ WARREN COUNTY HEALTH SERVICES
 SUNY ADIRONDACK HEALTH PROFESSIONS OPPORTUNITY GRANT (HPOG)
 VISITING NURSES HOME CARE~ NYSARC TRUST SERVICES
 WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING and MORE**

**PLEASE STOP IN TO TALK WITH REPRESENTATIVES FROM VARIOUS HOME CARE
 PROVIDERS FOR INFORMATION ABOUT SERVICES & EMPLOYMENT OPPORTUNITIES IN
 HOME CARE WITHIN OUR COMMUNITY. NO RESERVATIONS NECESSARY.**

QUESTIONS: CALL 1-866-805-3931

MAY 2018

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 May 11 Happy Mother's Day	May 1 Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Cookie of the Day	May 2 BBQ Pulled Pork/Bun Roasted Potato Bites Peas & Onions Tropical Fruit Cup	May 3 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Jell-O Poke Cake	May 4 Chef's Choice
May 7 Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple	May 8 Apple N' Onion Chicken Sweet Potatoes California Medley Happy Birthday!!	May 9 Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes	May 10 American Goulash Tossed Salad Asparagus Apricots	May 11 Cold Plate Happy Mother's Day Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Mother's Day Dessert
May 14 Breaded Haddock Au gratin Potatoes Beets Pudding/Topping	May 15 Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana	May 16 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	May 17 Meat Lasagna Scandinavian Veggies Tossed Salad Fresh Fruit	May 18 Cold Plate Chicken Salad on Bed of Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Gingerbread/Topping
May 21 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	May 22 Meatloaf Mashed Potatoes Carrots Peach Cobbler	May 23 Chicken & Stuffing Casserole Sweet Potatoes Peas Tropical Fruit Cup	May 24 Cold Plate Sliced Roast Beef Plate with Potato Salad & Marinated Veggies Sandwich Roll Berry Crisp	May 25 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Fresh Fruit
May 28 Meal site Closed 	May 29 Baked Fish Scandia Wild Rice Italian Veggies Pineapple Upside Down Cake	May 30 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	May 31 Cold Plate Chef Salad -(Turkey/Ham/ Swiss Cheese/ Lettuce) Tomato & Chickpea Salad Strawberry Shortcake	Suggested Contribution Per Meal: \$3 Under 60 years of age \$5

APRIL 2018

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

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NY Connects
Your Link to Long Term Services and Supports

*****SAVE THESE DATES*****

Join us for our NY Connects Long Term Care Council Meeting

Wednesday, June 13 from 10 AM-12 PM



TOPIC: "Best Practices in Rural Health"

**At Hamilton County Public Health
White Birch Lane, Indian Lake, NY 12842**



We would love to have veterans, caregivers, clergy, and everyone interested in rural health join us. Light refreshments available.

**How: Required RSVP by Friday June 8, to
Kathy McLaughlin at PH#1-866-805-3931**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 2 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Rice Pudding/Topping	April 3 Pork Chops Sweet Potatoes Mixed Veggies Applesauce	April 4 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Asparagus Peaches	April 5 American Goulash Tossed Salad California Medley Mandarin Orange	April 6 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Chocolate Cake/Frosting
April 9 Turkey Tetrizzini Broccoli Chilled Pears	April 10 Meatloaf/Gravy Mashed Potatoes Peas Peach Cobbler	April 11 Chicken & Stuffing Casserole Wild Rice Carrots Tropical Fruit Cup	April 12 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp	April 13 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies
April 16 Chicken Stir-Fry Brown Rice Oriental Veggies Tropical Fruit Cup	April 17 Baked Fish Scandia Sweet Potatoes California Medley Pineapple Upside Down Cake	April 18 Sloppy Joes on a Bun Roasted Potato Bites Corn Mandarin Orange	April 19 Cold Plate Chef Salad -(Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Strawberry Shortcake	April 20 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
April 23 Chef's Choice 	April 24 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	April 25 Spanish Rice Broccoli Corn Bread Birthday Cake Happy Birthday	April 26 Meal Site Closed  Staff Training Day	April 27 Veal Parmesan Penne/Marinara Sauce Italian Veggies Tossed Salad Fresh Fruit

Meal site numbers:
 Bolton: (518)644-2368
 Cedars: (518)832-1705
 cedars@warrencountyny.gov
 Chestertown: (518)494-3119
 Johnsbury: (518)251-2711
 Long Lake: (518)624-5221
 Warrensburg: (518)623- 2653
 Lake Pleasant: (518)548-4941
 Indian Lake: (518)648-5412
 Lake Luzerne: (518)96-2200
 First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705
 Wells: (518)924-4066

NY Connects Outreach to Hamilton County

**Warren-Hamilton Counties Community Action Agency at Indian Lake
10-12 & 1-2pm Wednesday, April 4**

**Tuesday, April 17
Wells Central School Talent Night
5:30-6:30 P.M. (before the show!)**



We will have information on many resource! Plan to stop in and speak with us.

If you are unable to stop by, please give us a call to make an appointment to meet with us in person. We can do home visits.

1-866-805-3931

SPRING word search



Depression **is** Treatable

Medicare covers the cost of Depression Screening

Once a year you can be screened in a primary care setting (like a doctor's office) and Medicare covers the total cost!

**This service is preventive so
no co-pay or deductible for you!**



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,

My grandmother has been losing a lot of weight lately and doesn't seem to be eating as much as she used to eat. I'm worried and not sure how to talk with her about this. Can you help?

Concerned in Chestertown

Dear Concerned,

Thank you for reaching out to us in how to help your grandmother. There are many ways you could respond. First, you may share with her that you're concerned about her weight loss and ask if there is anything going on you could help with. It's important to "check-in" with her first because she has the right to make her own decisions. She may share with you that she is already being treated for an illness or that she herself is also worried something may be wrong. This could open up the door to communication because you're showing concern and being respectful by asking how you can help instead of telling her what she should do. Perhaps you could offer to go with her to her primary care provider for an annual wellness exam (typically 100% covered annually by Medicare).

She may tell you she is lonely and doesn't like to eat alone. There are many congregate meal sites she could visit to share a meal and conversation with others. You could offer to go with her; there is no charge for the meal while donations are appreciated. If she's not able to drive, home delivered meals could be an option for her. Office for the Aging also has a Registered Dietician on staff (Catherine) who is available to provide nutrition therapy and education to those age 60 and over on nutrition issues and healthy eating habits to improve health.

Sincerely,

OFA (Send your questions to McCarthy@warrencountyny.gov)

I	D	G	B	T	R	F	V	K	C	A	R	F	A	N
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- | | | | |
|-------------|--------|-------------|----------|
| EARTH | SPRING | MAY | PASTELS |
| ENVIRONMENT | BUNNY | JUNE | HYGGE |
| RECYCLE | PEEPS | FAMILY | SUNSHINE |
| BASKET | APRIL | MARSHMALLOW | EQUINOX |

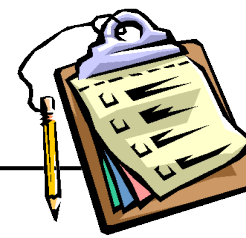


THINK SPRING WORD



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SUNSHINE	CLEANING	DECORATING	DECLUTTERING
BIRDS	WALKING	BUNNIES	WINDOW
SPRING	TULIPS	INHALING	ASPARAGUS
GARDENING	ENERGIZE	VACATION	DAISY
FLOWERS	BLOSSOM	RENEWED	DIAMOND



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Your Link to Long Term Services and Supports

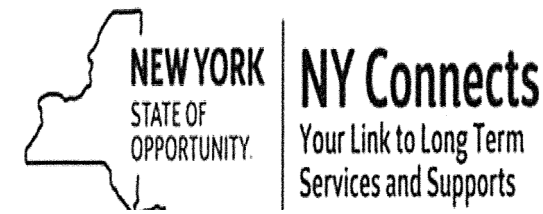
SAVE THE DATE!

HOME CARE & MORE OPEN HOUSE



NY Connects

Warren-Hamilton Counties Office for the Aging



TUESDAY, MAY 15, 2018

10 A.M. - 2 P.M.

WARREN COUNTY HUMAN SERVICES BUILDING

1340 STATE ROUTE 9, LAKE GEORGE NY 12845

NO RESERVATIONS NECESSARY.

QUESTIONS: CALL 1-866-805-3931

Amanda's House, part of Glens Falls Hospital

This Home Away From Home is for patients and families who have traveled a distance to be treated at Glens Falls Hospital. There is no charge to stay at the house.

The house has three bedrooms and two bathrooms. The downstairs, which has one bedroom and a bathroom, as well as the house kitchen, dining and living rooms, is handicap accessible.

Bed linens and towels are provided as well as clothes washer and dryer. There is phone service. A computer with internet access is available for our guests.

Amanda's House is located just a few blocks from Glens Falls Hospital at 22 Henry Street, Glens Falls.

Amanda's House is supported by generous donations from the community and guests of the house. Call for more information 518-792-7212.



QUIT FOR LIFE **STOP** SMOKING PROGRAM

Join us for a free 4 week program lead by professionals from the C.R. Wood Cancer Center

2018 GROUP SESSIONS

April 10th-May 1st

July 10th-31st

October 9th-30th

Tuesdays from 6:00PM-7:00PM



C.R. Wood Cancer Center Library
100 Park Street Glens Falls, NY 12801

Please call Lisa Haase, RN at 518-926-6563 for more information or to register for the next session

FREE SKIN CANCER SCREENING

COURTESY OF GATEWAY DERMATOLOGY, HHHN & THE C.R. WOOD CANCER CENTER

SATURDAY
APRIL 14th
9AM-12PM

C.R. Wood Cancer Center
Glens Falls Hospital
100 Park Street
Glens Falls, NY 12801

SCREENINGS ARE OPEN TO THE PUBLIC & NO INSURANCE NEEDED!

APPOINTMENTS REQUIRED
PLEASE CALL 518.926.6640

Screenings will only be performed to determine the possibility of skin cancer. Medical consultation will not be provided for other skin conditions such as rashes, abrasions, etc. The C.R. Wood Cancer Center fully ascribes to the Americans with Disabilities Act. If you require accommodation, please call 518.926.6640.



Office

Board

Bulletin

HAPPY BIRTHDAY!

To the Volunteers Celebrating in the Spring

APRIL	MAY	JUNE
<i>Nan Hayes.....4</i>	<i>Diane Collins.....6</i>	<i>Kathy Pellatt.....8</i>
<i>John Dutcher..... 5</i>	<i>Tom Ives.....9</i>	<i>Kevin McCullough.....24</i>
<i>Evelyn Casella.....6</i>	<i>Chuck Adams.....13</i>	<i>Tom Judkins27</i>
<i>Bernice Mennis7</i>	<i>Diane Frazier21</i>	<i>Francis Angelo28</i>
<i>Holly Hahne.....13</i>	<i>Joan Flanagan23</i>	<i>Kristina Peirce.....23</i>
<i>Jim Goodspeed15</i>	<i>Nancy Stedman.....24</i>	
<i>Sharon Clark20</i>	<i>Peter Dziedzic.....28</i>	
<i>Paige Edwards.....20</i>		
<i>Peter Trumbull.....29</i>		



Help Us Help You & Your Community!

Hamilton County Retired Senior Volunteer Program
of Catholic Charities of the Diocese of Ogdensburg
Christine Snyder & Hanna Smith
(518)624-6788

-Do you have a little extra time on your hands?

Help Us Help You & Your Community!
Hamilton County Retired Senior Volunteer Program
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Christine Snyder & Hanna Smith
(518)624-6788

Meal Sites closed the following days:

Thursday - April 26 for Staff Training

And

Monday - May 28 for Memorial Day



HIICAP HIGHLIGHTS



Medicare Information and Updates



Special Enrollment Periods for Part D Prescription Coverage

Special Enrollment Periods (SEPs) are the exceptional circumstances which allow Medicare recipients the opportunity to enroll into or switch Part D coverage outside of Open Enrollment (October 15th through December 7th).

SEPs are important for those who did not previously have a prescription plan with their Medicare and now are in need of coverage or for those who have a Part D plan that does not effectively cover their prescriptions.

Some commonly used Special Enrollment Periods:

EPIC:

Enrollment in EPIC (New York State's Prescription Assistance Program) for those 65 and older grants new or existing members the opportunity once per year (outside to Open Enrollment) to get or change their Medicare Part D Prescription Plan. Applications are available by calling EPIC at 1-800-332-3742 or through the Office for the Aging.

Extra Help:

The Social Security Administration offers this program to Medicare individuals with monthly income below \$1,538 (\$2,078 for couples) and assets below \$14,100 (\$28,150 for couples). Clients with Extra Help are able to enroll in or change their Part D plan any month of the year and have lower Part D premiums and copays. Apply through the Social Security Administration locally or online at SSA.gov.

MSP/Medicaid:

Another way to get Extra Help and the continual enrollment period is through MSP (Medicare Savings Program) and/or Medicaid. Applications are submitted through the client's County Department of Social Services. Monthly income limits for MSP are \$1,386 (\$1,872 couples) and there are no asset limits. In addition to the lower copays and premium assistance from Extra Help, the MSP also pays the Part B premium deducted from Social Security.

Other SEPs:

Some examples of other ways to change prescription coverage are -

- * Moving out of your plans coverage area
- * You get creditable coverage through active employment
- * Loss of creditable coverage through no fault of your own (e.g. loss of employer coverage)
- * No longer qualify for Extra Help or MSP

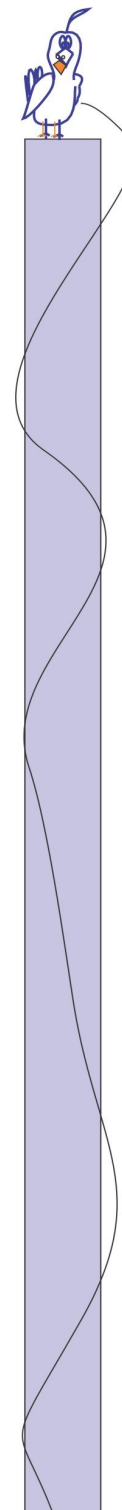


518 761-8224 • 742 Bay Road • Queensbury, NY 12804

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

For further travel info • Contact Melissa at PH#(518)745-4439 or melissa@seniorsonthego.org

SENIOR CENTER SCHEMANGANS



Travel with QSC on the Go in 2018



Thurs. May 24th - Culinary Institute of America

Tour & Lunch at Ristorante Caterina De' Medici at CIA
Visit FDR Home & Library
Hyde Park NY. Cost \$99 members / \$109 not-yet-members
Deadline: Fri. April 27th

June 7th-10th - Moose Trax in New Hampshire

3 Nights, 3 Breakfasts, 2 Dinners including turkey dinner train, evening moose tour, Franconia Notch Visitor's Center, Canon Mtn. Aerial Tram, tour of Wright Museum, Canterbury Shaker Village, Winnepesaukee Lake Cruise & more. Cost \$599pp dbl.
Deposit due 3/30. Balance due April 20th.

Wed. June 20th - Cooperstown NY.

Your choice of Farmers Museum, Fenimore Art Museum or the Baseball Hall of Fame. Lunch is included at the Otesaga Hotel followed by a one hour cruise aboard the Glimmerglass Queen. Cost of the trip is \$89 members / \$99 not-yet-members
Deadline: Fri. May 18th.

Wed. July 25th - Burlington VT

The Birds of Vermont Museum
Luncheon Cruise aboard Spirit Of Ethan Allen
Champlain Chocolates factory & gift shop
Shelburne Vineyard wine tasting & tour
Cost \$79 members / \$89 not-yet-members
Deadline: Fri. June 22nd

Wed Aug 15th - Manchester, Weston & Dorset VT

Vermont Country Store Weston Vermont
Lunch in Manchester
Dorset Theater Festival "Pride & Prejudice"
Cost & Deadline - TBA

Friday Sept 28th - Blue Mountain Lake & Raquette lake

Blue Mountain Lake/ ADK Experience Museum
Great Camp Sagamore tour
Raquette Lake Navigation narrated cruise
Cost \$79 members / \$89 not-yet-members
Deadline: Fri. Aug. 24th

October 8th-12th - Ocean City Maryland

4 Nights, 4 Breakfasts, 3 Dinners. Tour of Assateague Island. Visit Lewes & Rehoboth DE, Sightseeing boat ride, Nassau Valley Winery. Cost \$499 pp dbl. Deadline for deposit of \$25 due by 7/1.

Friday October 19th - Woodstock VT

Marsh Billings National Park, Billings Farm with wagon ride and visit to Quechee Gorge.
Lunch included at Bentley's in Woodstock
Cost \$79 members / \$89 not-yet-members
Deadline: Fri. Sept. 14th

QSC
742 Bay Rd
Queensbury NY
12804
(518)761-8224



Contact Melissa at (518) 745-4439 for Travel Information

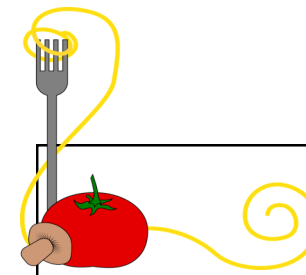
New Members are Welcome, Come Join Our Family

Mon-4/2	Mexican Train Game with Dominoes	1:00 PM
Mon-4/2	The Good Books Club- <i>"Little Fires Everywhere"</i> by Celeste NG	1:00 PM
Tues-4/3	The Basics of Alzheimer's or Dementia	1:00 PM
Wed-4/4	Defensive Driving Class-\$20 AARP members/\$25 nonmembers-Lunch provided \$6	9am-4 pm
Thurs-4/5	Saratoga Racino-Van transportation \$6	10:00 AM
Fri-4/6	Senior Chat Group-Bring your ideas to share-open discussion	1:00 PM
Mon-4/9	Karen's Art Class-Cost: \$15 all materials provided	12:30 PM
Tues-4/10	Indoor Vegetable seeding-Cornell Cooperative-Hands on project	1:00 PM
Wed-4/11	Mexican Train-Game with Dominoes	1:00 PM
Thurs-4/12	SUNY Adirondack Culinary Lunch-Cost: \$13.95 -Limit to first 20 to sign up	Noon
Thurs-4/12	Operation Christmas Child-shoebox preparation party	1:00 PM
Fri-4/13	Women At Work-Kim Harvish/Chapman will present changes in work place 1945-75	1:00 PM
Mon-4/16	Lunch Bunch-Queensbury Hotel/pick from select menu	Noon
Tues-4/17	Movie/Popcorn- <i>"Same Kind Of Different As Me"</i>	1:00 PM
Wed-4/18	Basket Raffle Party-Still time to buy your tickets!	1:30 PM
Thurs-4/19	UpYonda Farm/Amphibians-presented by Pete Olesheski-Call the Center to sign up	1:00 PM
Tues-4/20	Wii Bowling Tournament	1pm
Mon-4/23	Defensive Driving Class-\$20 AARP members/\$25 nonmembers-Lunch provided \$6	9am-4pm
Tues-4/24	Freida Toth will speak on Ian Fleming-well know author of James Bond series	1:00 PM
Wed-4/25	Victorian Tea-tea sandwiches/cookies-limited seating. Call the Center to sign up	1:30 PM
Thurs-4/26	Newsletter mailing-Volunteers welcome! Great gathering, conversation	1:00 PM
Fri-4/27	Adirondack Ramblin Scribblers-Bring your writings to share	1:00 PM
Mon-4/30	Special Bingo-Bring your nickels & quarters-Refreshments/prizes/large cards	1:00 PM
<u>Ongoing Activities at a Glance:</u>		
Mon- Fri	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thursday	Chair Yoga- with Tobey	10:30 AM
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
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.	

SENIOR CENTER SCHEMANNIGANS

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Healthy Recipes for Spring



Pizza Primavera



Ingredients

2 cups cut-up fresh asparagus	4 whole wheat flatbreads
2 yellow sweet peppers, cut into thin, bite-size strips	1/2 cup grated Pecorino-Romano cheese (2 ounces)
2 medium red onions, sliced	2 cups halved cherry tomatoes
8 fresh mushrooms, sliced	1/2 cup shredded mozzarella cheese (2 ounces)
4 teaspoons olive oil	
1/2 teaspoon salt	

Directions

Preheat oven to 475 degrees F. Line a large baking sheet with parchment paper; set aside. In a large bowl combine asparagus, sweet peppers, onions, mushrooms, oil, and salt. Spoon vegetable mixture onto prepared baking sheet, spreading into an even layer. Roast for 10 minutes; remove from oven and set aside.

Place flatbreads on two large baking sheets; sprinkle Pecorino-Romano cheese evenly over flatbreads. Arrange the roasted vegetables and the cherry tomatoes evenly on flatbreads. Sprinkle with mozzarella cheese. Bake about 5 minutes or until cheese is melted.



Penne and Asparagus Salad

16 ounces dried penne pasta (about 5 cups)	6 ounces Fontina cheese, cut into 1/4-inch cubes
1 pound asparagus, trimmed and cut into 1-1/2-inch lengths	4 ounces sharp cheddar cheese, cut into 1/4-inch cubes
1 cup halved pitted Kalamata olives	4 ounces Gouda cheese, cut into 1/4-inch cubes
1 cup chopped red sweet pepper (1 large)	1/2 cup coarsely chopped fresh basil
6 ounces capocollo or prosciutto, thinly sliced and coarsely chopped	1 1/2 cups creamy garlic dressing or creamy Italian Dressing

Directions

In a large pot cook pasta according to package directions until tender but still firm to the bite. Add asparagus to pot for the last 2 minutes of cooking. Drain pasta and asparagus. Rinse well in cold water; drain again. Transfer pasta and asparagus to a very large bowl.

Add olives, red pepper, capocollo, Fontina, cheddar, Gouda, and basil to pasta mixture. Toss gently to combine. Stir in dressing; mix well. Cover and chill for 2 to 24 hours before serving.

MAKES: 20 SERVINGS SERVING SIZE: 1 CUP
PREP: 30 MINS CHILL: 2 HRS TO 24 HRS



Nutrition Facts Per serving: 263 kcal , 15 g fat, 22 mg chol. , 581 mg sodium , 20 g carb. , 1 g fiber , 10 g pro. Recipe Adopted by: .bhg.com/



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Herbal Supplements: What to know before you buy.

Here's what to consider before giving herbal supplements a try.

Herbal supplements, sometimes referred to as "botanicals," have been used for medicinal purposes for many centuries, and they continue to gain popularity among consumers today. These supplements are marketed for the prevention and management of many disease states and ailments.

Examples of some of the most common herbal supplements sold in this country include echinacea, flaxseed, ginseng, ginkgo, saw palmetto, St John's wort, black cohosh, evening primrose, milk thistle and garlic.

But Are Herbal Supplements Safe?

Herbs aren't necessarily safer than the ingredients in over-the-counter (OTC) and prescription medicines just because they come from nature. Although herbal health products and supplements are advertised as "natural," their ingredients aren't necessarily natural to the human body. They may have strong effects on your body. They can also cause unpleasant health effects (also called adverse effects). Researchers have studied the benefits and risks of some herbal health products and supplements, but others need to be studied more.

Are herbal health products and supplements regulated by the U.S. Food and Drug Administration (FDA)?

All of the OTC and prescription medicines you can buy have to be "approved" as safe and effective by the FDA. But the FDA defines dietary supplements as a category of

food, not as drugs. For this reason, the FDA doesn't require proof of their safety and effectiveness to diagnose, prevent, treat, or cure health conditions. Instead, it's up to the manufacturer to be sure that an herbal health product or supplement is safe before it is sold.

ADVERTISING

Before Using a Herbal Supplement

If you are considering using an herbal supplement, you should be aware that many herbal supplements may interact with both prescription and nonprescription medications and can cause some very serious interactions and adverse effects.

Herbal health products and supplements may not be safe if you have certain health problems, are pregnant, or are breastfeeding. Children and older adults also may be at increased risk of adverse effects from these products because their bodies process the ingredients differently.

Whether you have a health problem or not, it is always best to talk to your family doctor before taking any herbal health product or supplement.

Remember, "natural" doesn't always mean safe and free of adverse effects. When it comes to your health, always ask questions when in doubt.

Adopted by: WebMD and Familydoctor.org

New Members are Welcome, Come Join Our Family

Tues-5/1	Law Day-Sponsored by Conkling Center	1:00 PM
Wed-5/2	Mexican Train-Come join the fun!	1:00 PM
Thurs-5/3	Clifton Colony Mall/Lunch at the Cracker Barrel. Call to sign up! Van transportation.	9:00 AM
Fri-5/4	Senior Chat-Bring your ideas/great discussion	1:00 PM
Mon-5/7	Senior Stitchers	10:00 AM
Mon-5/7	Good Books Club- <i>"Pachinko"</i> by Min Jun Lee	1:00 PM
Tues-5/8	Annual Spring Banquet at the Courtyard by Marriott/ Entertainment /Cost: \$20	12:00 PM
Wed-5/9	Defensive Driving Class-AARP Members \$20/nonmember \$25/Lunch provided \$6	9am-4pm
Thurs-5/10	<i>"Dear Diary"</i> with Kim Harvish from the Chapman. Call to sign up!	1:00 PM
Fri-5/11	Movie & Popcorn	1:00 PM
Mon-5/14	Karen's Art Class-Cost: \$15/all materials provided.	12:30 PM
Tues-5/15	<i>"Wake Up To Good Health"</i> with Diane Hart/BlueShield	1:00 PM
Wed-5/16	Mexican Train-Game with Dominos-Lots of fun!	1:00 PM
Thurs-5/17	Saratoga Racino-Van transportation \$6	9:00 AM
Fri-5/18	Newcomers Welcome! Call to sign up.	1:30 PM
Mon-5/21	Special Bingo-Large cards available, prizes, refreshments. Join in on the fun!	1:00 PM
Tues-5/22	Medicare 101 with M.J. Murray from MVP	1:00 PM
Wed-5/23	Mexican Train-Join in on the fun!	1:00 PM
Thurs5/24	Newsletter Mailing/Volunteers appreciated!	1:00 PM
Fri-5/25	Adirondack Ramblin Scribblers writer's group	1:00 PM
Mon-5/28	Center Closed! Memorial Day!	4-Sep
Tues-5/29	EPIC program	1:00 PM
Wed-5/30	Mexican Train-Game with Dominos	1:00 PM
Thurs-5/31	Fort Ticonderoga Trip/Bag lunch or eat there!	9:00 AM
Thurs-5/31	Operation Christmas Child Projects	1:00 PM

Ongoing Activities at a Glance:

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
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.	

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New Members are Welcome, Come Join Our Family

Fri-6/1	Senior Chat-Bring along you thoughts and ideas for trips, programs etc. or just	1:00 PM
Mon-6/4	Good Books Club- <i>"Manhattan Beach"</i> by Jennifer Egan	1:00 PM
Tues-6/5	<i>"Preventing Pain & Strain"</i> with Diane Hart/BlueShield	1:00 PM
Wed-6/6	Defensive Driving Class-AARP members \$20/nonmembers \$25/Lunch provide	9am-4pm
Thurs-6/7	Saratoga Museum in Canfield Casino	1:00 PM
Fri-6/8	Special Bingo-Large Cards Available/prizes, refreshments. Lots of fun!	1:00 PM
Mon-6/11	Walmart Shopping/Van Transportation for the first 10 people	10:00 AM
Mon-6/11	Karen's Art class-Cost: \$15/all material provided	12:30 PM
Tues-6/12	Movie & Popcorn-Call to reserve your seat!	1:00 PM
Wed-6/13	Mexican Train-with Dominos/Lots of fun!	1:00 PM
Thurs-6/14	Chapman Museum walking tour	1:00 PM
Fri-6/15	Center closed-Lawn Sale set up	9am-4pm
Sat-6/16	Lawn Sale-New/used items! Jewelry, Crafts, Collectibles, Plants, Linens,	9am-2pm
Mon-6/18	Tea and Crumpets at the Home Of The Good Shephard	2:00 PM
Wed-6/20	Mexican Train-Come join in on the fun!	1:00 PM
Thurs-6/21	Grant's Cotttage-Bring bag lunch/picnic tables provided	10:00 AM
Fri-6/22	Sunny Day Lunch-Call to reserve your spot!	12:00 PM
Mon-6/25	Newsletter Mailing-Volunteers needed!	1:00 PM
Wed-6/27	Mexican Train/Beginning Bridge	1:00 PM
Thurs-6/28	Saratoga Auto Museum-Van transportation for the first 10 people	1:00 PM
Fri-6/29	Adirondack Ramblin Scribblers writer's group	1:00 PM
<u>Ongoing Activities at a Glance:</u>		
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SENIOR CENTER SCHENANIGANS

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Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Eat in season: All the fruits and vegetables to cook with this spring

Spring is the prime time to enjoy what Mother Nature gave us, starting with some of the freshest and most flavorful fruits and vegetables available for the season. These in-season fruits and vegetables for spring are ripe for the picking, making for a delicious snack or an ultra-healthy meal.

Here are some of our freshest springtime picks to get you started:

Spring vegetables

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Fava beans
- Fiddlehead ferns
- New potatoes
- Ramps
- Rhubarb
- Spinach
- Sugar snap peas
- Vidalia onions
- Zucchini



Spring fruits

- Apricots
- Avocados
- Blueberries
- Cherimoya
- Grapefruit
- Kiwi
- Lemons
- Pineapple
- Strawberries
- Tomatoes



These spring produce lists are general recommendations. Where you live will determine the fruits and vegetables in season for you.

COMMUNITY CONNECTION

Caregiver Conversations

A supportive group for those taking care of someone with memory loss.

2nd Tuesday of the Month

11:00 am

The Glen at Hiland Meadows

39 Longview Drive, Queensbury

For Additional Information Call (518) 832-4991

All are welcome.



SENIOR CENTER SCHEENANIGANS

WELLS SENIORS



Please note, if you have an orange sticker on your home phone, remove it!! The number is no longer active and all emergencies should be reported to 911.

Lunch is not just for seniors, those under 60 years can have lunch for \$5, 60+ is \$3

Upcoming Events



4/11 April Business

4/26 April Social, Johnstown Movieplex, \$6 movie, popcorn drink, 1 PM

5/9 May Business

5/23 May Social, 1 PM Ice Cream Social, Hope Diner, Seats limited, sign up at the meal site

6/12 Lowville Windmill Trip, Depart 8:00 am, Return 6:00pm, Cost \$45 (plus \$3 if you choose Wine tasting)

6/27 June Social, 5 PM Covered dish at the pavilion, bring a dish to pass, beverage, plate & utensils

“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 7 PM (new players welcome, instruction always available)

“Pitch” card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)

Please give dues to Holly Hite or mail to Box 411, Wells, 12190

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.

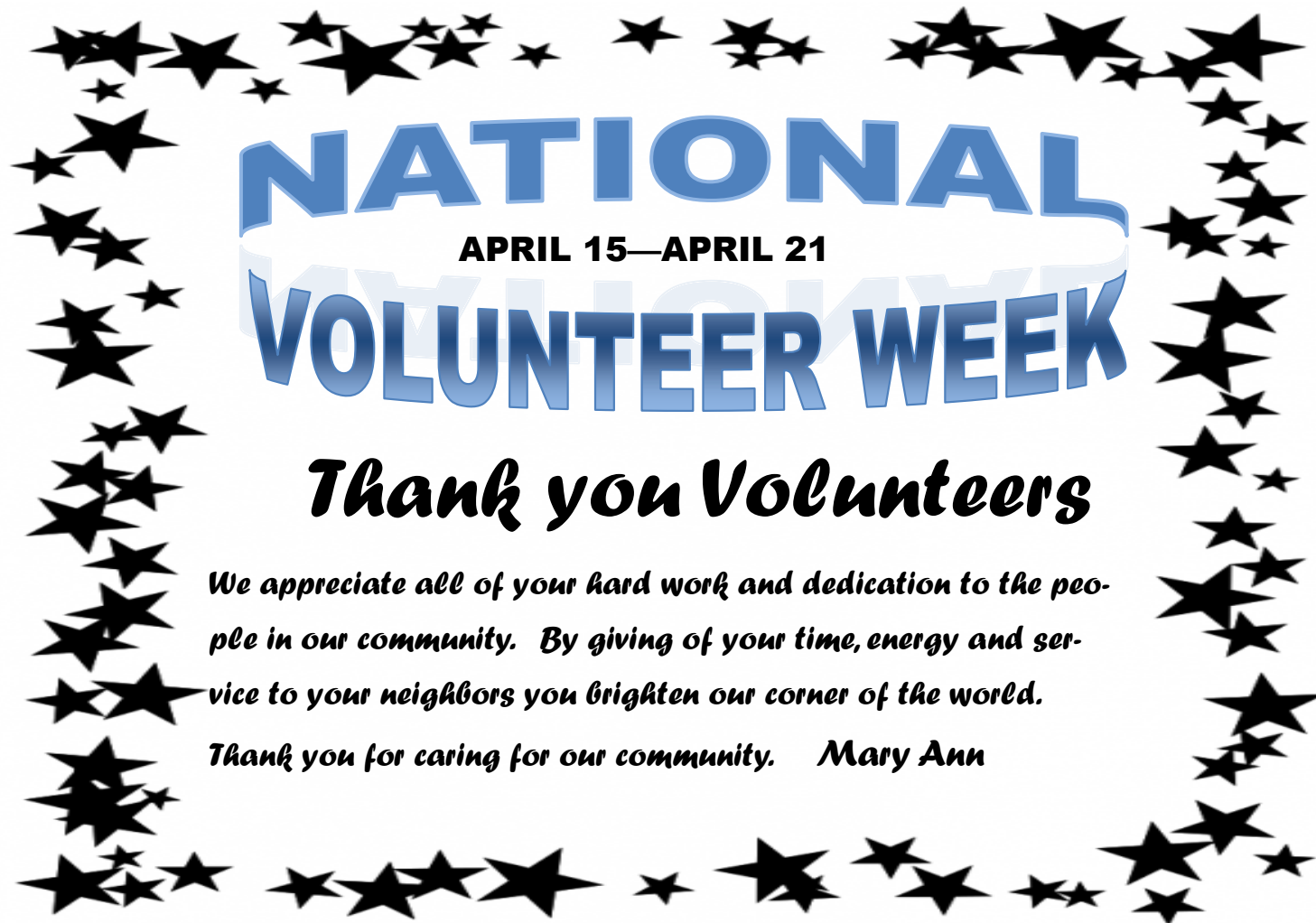
Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon and Christmas party

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

Other Organizations.....

Broadalbin Seniors overnight travel 2018,

May – Cincinnati



2018

Senior of the Year

Please join us for the
45th Annual Senior Luncheon

Honoring Seniors from Warren and Hamilton Counties

Friday, June 1st, from 12-2PM

HOLIDAY INN

(2223 State Route 9, Lake George, NY)

Sign up at your meal site, Senior Club or Office for the Aging

\$16 per person

Menu

Garden Salad & Homemade Rolls

Sliced London Broil with Gravy, Oven Roasted Potatoes & Seasonal Vegetables or

Chicken Parmesan with Pasta & Seasonal Vegetables

Coffee, Hot Tea & Soda

Cheesecake

(optional bar at your own cost)

Seating is limited, reservations and payment due by Wednesday, May 16th.

Call Jami at the Office for the Aging PH#(518) 761-6347 to reserve your place.



Save the Date

April 23rd from 2pm-4pm

Broadway Lanes

359 Broadway, Ft. Edward NY

May 16th from 12pm-2pm

Hovey Pond

21 Lafayette Street, Queensbury

June 20th from 10am-12pm

Caregiver Support Initiative

357 Bay Road, Suite 8

Queensbury

What is a Memory Café?

A Memory Café provides a gathering place for friends with Alzheimer's disease or other dementia. Along with their caregivers and families to relax and enjoy socialization, refreshments, discussion and entertainment.



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

**For more information or to RSVP,
call Stacey Barcomb (518) 832-4990
or Kimberly Comisky (518) 832-4991**

wehelpcaregivers.com

The Caregiver Support Initiative
SUNY Plattsburgh

These services are provided in part by a grant from the
New York State Department of Health.