

Newsletter for Senior

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



SUMMER EDITION

2023

JULY, AUGUST AND SEPTEMBER

OFFICE STAFF

Deanna "Dee" Park-Director

Rose Ann Taft-Coordinator of Services

Catherine Bearor-Services Specialist

Hanna Hall-Services Specialist

Sherry Hanchett-Reception/
Services Assistant

Dinah Kawaguchi-Keyboards Specialist

Cindy Cabana-Aging Services Assistant

Cindy Coulter-Aging Services Assistant

Stephanie Belden-Aging Services Assistant

Catherine Keating-Stauch-Registered
Dietician / Menu

Jeffrey Haines-Fiscal Coordinator

Mary Ann McCarthy-Services Assistant /
Volunteer Coordinator/ Newsletter

Senior Picnic in September

WARREN/HAMILTON COUNTIES SENIOR PICNIC



Wednesday September 27th

(Rain date: Thursday, September 28)

Time: 10AM Refreshments: Tea, Coffee & Donuts
12PM Lunch: Hot Dogs & Hamburgers,
Coleslaw, Macaroni Salad, Watermelon and
Strawberry Shortcake

Where: Warren County Fish Hatchery
145 Echo Lake Road
Warrensburg, NY 12885

Cost: \$5, Tickets may be purchased at the Office
for the Aging or one of the meal site locations.
Please make sure to keep your receipt for
entry and the door prize.

RSVP: Purchase tickets by Sept. 13th 518-761-6347

**Highlights: Blood Pressure Clinic, In-
formation Booths, Door Prizes, Basket
Raffle & Games**

September 2023 - Altered Delivery Schedule Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: People under the age of 60 are required to pay \$7 per meal. Clients 60 and over suggested contribution is \$3.				September 1 Labor Day BBQ BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert
September 4 Labor Day  Meal Site Closed	September 5 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	September 6 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	September 7 Apple N' Onion Chicken Mashed Potatoes Carrots Gelatin	September 8 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup
September 11 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	September 12 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	September 13 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 14 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 15 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
September 18 Chicken Alfredo over Pasta California Medley Chilled Pineapple	September 19 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	September 20 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	September 21 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 22 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
September 25 CHEF's CHOICE	September 26 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	September 27 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 28 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 29 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake with Frosting Happy Birthday!!

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

Meal Site Phone Numbers:

Bolton: (518) 644-2368	Long Lake: (518) 624-5221	Solomon Heights, Salvation
Cedars: (518) 832-1705	Warrensburg: (518) 623-3451	Army: 518) 832-1705
Chestertown: (518) 623-3451	Lake Pleasant: (518) 924-4066	Wells: (518) 924-4066
Johnsburg: (518) 251-2711	Indian Lake: (518) 648-5412	Office for the Aging: (518) 761-6347
	Lake Luzerne:(518) 696-2200	



**Newsletters are available
online at:**

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

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

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Legal Aid is Here to Serve Warren and Hamilton Counties

When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County).



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

August 2023 - Altered Delivery Schedule Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 1 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	August 2 Lemon Baked Fish Roasted Red Potatoes Broccoli Dump Cake	August 3 Apple N' Onion Chicken Mashed Potatoes Carrots Gelatin	August 4 Cold Plate Chicken Salad on a bed Of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Tropical Fruit Cup
August 7 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	August 8 Salisbury Steak Sweet Potato Mixed Veggies Mandarin Oranges	August 9 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	August 10 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	August 11 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
August 14 Chicken Alfredo over Pasta California Medley Chilled Pineapple	August 15 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	August 16 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	August 17 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	August 18 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
August 21 CHEF'S CHOICE	August 22 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	August 23 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	August 24 Meatloaf Mashed Potatoes Spinach Chilled Pears	August 25 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake with Frosting Happy Birthday!!
August 28 BBQ Chicken Potato of the Day Beets Mandarin Oranges	August 29 Veal Parmesan Penne Pasta with Marinara Sauce Cauliflower Fresh Fruit	August 30 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	August 31 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	Reminder: People under the age of 60 are required to pay \$7 per meal. Clients 60 and over suggested contribution is \$3

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.** Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

Farmers' Market Coupons

2023 Distribution Plan

The Farmers' Market Coupon Program offers \$25 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2023.

Seniors interested in getting Farmers' Market Coupons can:

- For eligible clients that live in Cronin Hi-Rise, Stichman Towers, White Water Manor, Solomon Heights, Village Green Apartments, Broad Street Commons or Indian Lake Senior Housing, we will be working with the manager of these complexes to get you the coupons. Please reach out to them if you are interested in completing the necessary forms.
- Stop by the Office for the Aging at the Human Services Building, 1340 State Route 9, Lake George, NY, Monday – Friday, from 8AM until 4PM, excluding holidays.
- If you do not live in the senior housing complexes listed and are unable to pick them up at the Municipal Center, we can also provide the coupons to you through the mail. The following steps will need to be followed:

1. Call the office to speak with an OFA employee (518-761-6347). We will go over the eligibility guidelines to make sure you qualify.
2. If you do, we will email, mail, or send you the forms that will need to be completed with your home delivered meals.
3. Please send completed forms (pages 4-7) back to us at:
 Mail to: Warren County Municipal Center, OFA,
 1340 State Route 9,
 Lake George, NY 12845;
 - Fax to PH#(518)761-6344;
 - Email to: parkd@warrencountyny.gov; OR
 - Send back with your Home Delivered Meal Driver.
4. We will then send the coupon booklet and other important documents to you.
5. Your designated Power of Attorney and/or Authorized Proxy may also complete the documents for you. We will need to see a copy of their POA and /or Proxy forms.

Eligibility Guidelines:

*60 Years of age or older

***Income:** 1-person household \$2,248/month; 2-person household \$3,041/month
 *Have not received checks from another location this year

Using Coupons

Please note, if you are concerned about going to the Farmers' Market in person, you may arrange to have someone shop at the Farmers' Market for you.

July 2023 - Altered Delivery Schedule Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 3 4th of July Picnic Hot Dog/Bun Hot German Potato Salad Baked Beans Independence Day Dessert	Happy 4th of July  Meal site Closed	July 5 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	July 6 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	July 7 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
July 10 Chicken Alfredo over Pasta California Medley Chilled Pineapple	July 11 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	July 12 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Gelatin	July 13 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 14 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
July 17 CHEF's CHOICE	July 18 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	July 19 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 20 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 21 Cold Plate Tuna Salad on a Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
July 24 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 25 Veal Parmesan Penne Pasta with Marinara Sauce Cauliflower Fresh Fruit	July 26 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	July 27 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	July 28 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Pudding
July 31 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	Reminder: People under the age of 60 are required to pay \$7 per meal. Clients 60 and over suggested contribution is \$3.			

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving.

Caution contents will be hot.

**WARREN/HAMILTON COUNTIES OFA CLIENT'S
STATISTICAL INFORMATION FORM**

This information will be tallied and sent to NY State OFA for statistical purposes. No personal information will be forwarded.

Client Name _____

Address _____

Phone # _____ DOB: _____

Soc. Sec. # XXX-XX-_____ Gender: ___ Male ___ Female

Frail/Disabled: ___ Yes ___ No Veteran: ___ Yes ___ No

Living Status/Client Lives: ___ Alone ___ With Spouse ___ With Others

Race/Ethnicity
 American Indian/Alaskan Native _____
 Asian _____
 Black or African American _____
 Native Hawaiian/Pacific Islander _____
 Hispanic _____
 White _____

Is Client? Yes or No

Oxygen Dependent _____
 Insulin Dependent _____
 On Dialysis _____

PLEASE CIRCLE ONE:

Household Size	100%	130%	185%
	Annual	Annual	Annual
1	\$14,580	\$18,954	\$26,973
2	\$19,720	\$25,636	\$36,482
3	\$24,860	\$32,318	\$45,991
4	\$30,000	\$39,000	\$55,500



Easy Zucchini Pasta with Ricotta & Basil



An easy summer pasta dish with quickly sautéed zucchini, parmesan, lemon, ricotta, and basil

servings: 2 (main portions) to 4 (side dish portions)

Ingredients

2 medium zucchini	¼ cup grated parmesan cheese
½ lb rigatoni	1 lemon juiced
1 tbsp olive oil	½ cup whole milk ricotta cheese
kosher salt	8 large basil leaves, torn
2 tbsp butter	garnishes: freshly cracked black pepper + flaky sea salt + more parmesan
2 tbsp heavy cream	

1. Bring a large pot of water to a boil. Add a heaping pinch of salt. Meanwhile, trim the ends off each zucchini and cut them in half lengthwise. Use a mandolin to shave the zucchini thinly (you could also use your knife to thinly slice the zucchini if you don't have a mandolin).
2. Drop the rigatoni in the boiling water, stir well, and cook for 1 minute less than the package's instructions.
3. Meanwhile, heat a 12" stainless steel pan over medium heat. Add the olive oil. Once hot, add the zucchini. Quickly sauté for a few minutes until caramelized and tender, stirring often. Season with a pinch of salt.
4. Stir in the butter and let melt. Add the heavy cream. Retrieve a ½ cup of starchy pasta water from the pot and add to the pan. Stir well and bring the liquid to a simmer. Simmer for a minute or so until starting to thicken.
5. Drain the rigatoni and immediately add it to the sauce. Stir continuously as you sprinkle in the parmesan cheese. Stir in the lemon juice. Continue to stir until the parmesan has melted and the sauce clings to the pasta.
6. Transfer the pasta to a serving bowl. Dollop the ricotta cheese over top. Garnish with the torn basil, freshly cracked black pepper, flakey sea salt, and more parmesan.

Adopted by: The Original Dish

Chipotle Ranch Chicken Tacos

TOTAL TIME: Prep/Total Time: 20 min. **YIELD:** 4 servings.

Juicy chicken, fresh veggies, bright seasonings and more come together in this delicious, **low-cholesterol dinner**.

It's time to bump up the flavor with chipotle ranch chicken tacos. The lean chicken breast has less fat than ground beef but keeps all the flavor. Serve with a side of vegetarian refried beans for an extra dose of fiber and protein.

Ingredients

- 2 cups shredded rotisserie chicken
- 2 cups frozen corn thawed
- 1/4 cup Pico de Gallo
- 8 taco shells warmed
- 1 cup shredded Monterey Jack cheese
- 1 cup coleslaw mix
- 6 radishes thinly sliced
- 1/2 cup chipotle ranch salad dressing
- 3 jalapeno peppers seeded and thinly sliced



Directions

1. Combine the chicken, corn and Pico de Gallo in a small microwave-safe dish. Cover and cook on high for 1-2 minutes or until heated through.
2. Spoon chicken mixture into taco shells. Top with remaining ingredients

Adopted By: *Taste of Home*

Complete the following chart. The answers you provide in this chart are optional and will not affect your eligibility for the SFMNP. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

Ethnicity (select yes or no) Hispanic or Latino?		Race (select one or more)				
Yes	No	American Indian or Native Alaskan	Asian	Black or African American	Native Hawaiian or Pacific Islander	White

I certify that:

- I. I am:
 - a. 60 years of age or older; AND
 - b. My monthly income is at or below the federal income guidelines for my household outlined in SFMNP Policy Memorandum #2023-1.
 - i. \$2,248/month (for a one-person household); Or
 - ii. \$3,041/month (for a two-person household); Or
 - iii. \$3,833/month (for a three-person household).
- II. I have not received SFMNP checks from any other location this year.
- III. I have been advised of my rights and obligations under the SFMNP. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.
- IV. The information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law.

Signature (Participant)

Date

****Internal Use Only****

Booklet Serial Number: _____ Program/Agency Name: _____ Site ID: _____

Program/Agency Representative's Name (Issuer): _____

Informed Consent to Share Certain Information in the event of a Disaster or Emergency

In the event of a disaster or emergency, I consent to the release of information about services I receive, my housing situation and who I live with, medical equipment or services needed daily, prescription medications taken daily, special dietary needs, special communication needs, blindness or other visual impairments, and information about my general condition and mobility.

I understand that this information will only be given to those who will use it to respond to an emergency, such as government agencies, law enforcement, or those acting on their behalf if there is a disaster or emergency situation.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

I consent to actions above where I have initialed. The authorizations provided shall not expire unless revoked.

_____ *Signature of individual or legal representative* _____ *Date*

_____ *Individual's name (Print)*

_____ *If legal representative, provide name and relationship to individual*

~~~~~ FOR OFFICE USE ONLY ~~~~~

**ATTESTATION**  
*To be completed by worker*

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

\_\_\_\_\_ *Signature* \_\_\_\_\_ *Date*

\_\_\_\_\_ *Print*

**SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH**

High cholesterol is one of the most common and commonly misunderstood health risks in America. It can be caused by an unhealthy diet and exacerbated by smoking and a lack of exercise and since it is symptomless it can be hard to diagnose.

**WHY NATIONAL CHOLESTEROL EDUCATION MONTH IS IMPORTANT**

**It shines a light on a silent condition** - High cholesterol has no symptoms itself, but it can lead to blockages of the arteries resulting in heart disease. National Cholesterol Education Month raises awareness about this potentially dangerous condition.

**It urges people to get checked** - A simple blood test can tell you if your cholesterol is high and if you're in danger of heart disease. Since there are no symptoms for high cholesterol, adults over the age of 20 are encouraged to get this test once every five years.

**It galvanizes people to make healthier choices** - high cholesterol can often be caused by one's lifestyle habits. Poor diet, a lack of exercise, and other factors like smoking can cause or exacerbate the condition. Luckily, improving one's lifestyle choices can also help lower cholesterol and National Cholesterol Education Month teaches people just how to do that.

**You can do many things to improve your cholesterol levels and keep them in a healthy range!**

- **Get tested at least every 5 years** (unless told otherwise by your doctor).  
**Make healthy food choices.** Limit foods high in saturated fats. Choose foods naturally high in fiber and unsaturated fats. Learn more about healthy diets and nutrition at CDC's [Division of Nutrition, Physical Activity, and Obesity website](#).  
**Be active every day.** The Physical Activity Guidelines for Americans recommends that adults get 150 to 300 minutes of moderate physical activity each week. Learn more about [physical activity basics and tips](#).  
**Don't smoke or use tobacco products.** Smoking damages your blood vessels, speeds up the [hardening of the arteries](#), and greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Learn more about tobacco use and ways to quit at CDC's [smoking and tobacco use website](#).
- **Talk with your health care team** about ways to manage your cholesterol; if any medicines are given to you to manage your cholesterol, take them as they are prescribed.  
**Know your family history.** If your parents or other immediate family members have high cholesterol, you probably should be tested more often. You could have a condition called [familial hypercholesterolemia \(FH\)](#).  
*Adopted by: Nationaltoday. & CDC*

## Things You Don't Know About Vitamins

Here is the inside scoop behind vitamins and what you may not know

### **1. Take vitamins A, D, E, and K with fat so you can absorb them.**

These are four fat-soluble vitamins that can only be absorbed when in the presence of fat.

### **2. Do not combine daily vitamin E and fish oil**

Both of these are blood thinners and can make you bruise or bleed more easily. And if you take a daily aspirin, it does the same thing—so definitely check with your doctor before combining any of these.

### **3. Don't take your vitamins on an empty stomach**

Taking vitamins on an empty stomach can cause nausea

**4. Pair vitamin C with iron** - When it comes to iron, your body can absorb it much more easily if it's consumed with vitamin C so eat a citrus fruit, red pepper, or other high vitamin C food.

### **5. Calcium will compete with iron for absorption**

Calcium blocks iron from entering the cell. Take calcium and iron supplements at different times during the day.

### **6. Take B12 if you're vegan**

Adult vegans who do not consume B12-rich foods like meat, eggs and fortified food products should supplement with vitamin B12. Your brain, nervous system and blood need this vitamin.

### **7. 'The more, the merrier' is not always true**

This is specific to calcium. Calcium absorption is best when a person consumes no more than 500 mg at one time. So, if you take 1,000 mg/ day of calcium from supplements, you should split the dose instead of taking it all at once."

**8. Anyone who has had a significant injury or surgery should take extra vitamin C until the skin heals.** Consult with your doctor to determine the best dosage for you, but large doses of vitamin C could be a waste of money Vitamin C is water-soluble, which means when you get extra, it will simply come out in your urine.

### **9. Vitamin K is a critical factor in blood clotting**

If you are on some types of anticoagulants [meds that help prevent blood clots], the amount of vitamin K in the body needs to be maintained at a constant level to avoid either over- or under-anticoagulation. Therefore, if your doctor has prescribed an anticoagulant, you should have a conversation about whether you are on type that is affected by the vitamin K level, Half of all-American adults—including 70 percent of those age 65 and older—take a multivitamin or another vitamin or mineral supplement regularly. But your money might be better spent on nutrient-packed foods like fruit, vegetables, whole grains and low-fat dairy products.

Adopted By: Eat This, Not That & AMA

*Client must initial each section that applies and sign at the end. Worker must complete attestation.*

#### Informed Consent to Collect and Record Personal Information

I consent to the Warren-Hamilton Counties Office for the Aging saving personal information provided by me or my authorized representative in the Client Data System maintained by the New York State Office for the Aging (NYSOFA). Saving my information like this allows other agencies that use the Client Data System to see my information if a referral is made, but this will only happen with my permission.

I understand that this information is being collected to help in providing services under the State Office for the Aging and local Offices for the Aging. It also helps to identify other services that I may need. I understand that this information is needed in order for some services to be provided. The authority to provide these services and to collect my information for these purposes is found in the Older Americans Act and the New York State Elder Law.

I understand that, per New York State's Personal Privacy Protection Law, my personal information will be kept confidential. It will not be shared without my permission.

I understand what information will be recorded, the need for the information, and that there are laws and regulations protecting my information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

Client Initial \_\_\_\_\_

#### Informed Consent to Refer and Share Personal Information

I request and consent to the release by Warren-Hamilton Counties Office for the Aging of all requested records, including but not limited to, personal information, health information, and any other information concerning me that I have provided to Warren-Hamilton Counties Office for the Aging to the following entities so they can make referrals for services that I may need, or for the purposes identified as follows:

|                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Warren County DSS; <input type="checkbox"/> Warren County Public Health; <input checked="" type="checkbox"/> Farmer's Market; |
| <input type="checkbox"/> Hamilton County DSS; <input type="checkbox"/> Hamilton County Public Health; <input type="checkbox"/> HIICAP;                 |
| <input type="checkbox"/> NY Connects; <input type="checkbox"/> HEAP; <input type="checkbox"/> NYS Office of Temporary & Disability Assistance;         |
| <input type="checkbox"/> Other(s) _____                                                                                                                |

I understand what information will be released, the need for the information and that there are laws and regulations protecting the confidentiality of this information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial \_\_\_\_\_



# Agriculture and Markets

## New York State Senior Farmers' Market Nutrition Program Participant Proxy Assignment

### Participant Agreement:

I, (print participant name)

\_\_\_\_\_

Give my permission to (proxy name)

\_\_\_\_\_ for the explicit purpose of picking up my 2023 Senior Farmers' Market Nutrition Program (SFMNP) coupon booklet, for which I have provided the attestation of my eligibility to agency staff.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Proxy Agreement:

By signing as proxy, I am accepting the responsibility for receiving Federal assistance on behalf of the participant named above, and I will immediately return the SFMNP coupon booklet to them. I understand that failure to relinquish the coupons to the participant named above will be considered a fraudulent act. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing or withholding facts may result in paying the State agency, in cash, the value of the food benefit improperly issued and may subject me to civil or criminal prosecution under State and Federal Law.

Proxy Name (printed):

\_\_\_\_\_

Proxy Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***This proxy assignment is valid until revoked by the participant or by  
September 30, 2023.***

### Healthy Food Tips for Summer

Summer can be the peak time to enjoy healthy eating as fruits and vegetables are in season. With the summer high temperatures, changes in appetite and lowered desire for cooking can make healthy eating challenging. Follow these food tips to enjoy fresh summer eating and stay healthy this summer.

### Load Up on Fruits & Vegetables

Summer is the perfect season to add fruits and vegetables to your diet. Fruits and vegetables are easy to find from local sources, and the hot temperatures naturally cater to eating more fresh salads, smoothies, fresh fruits, and vegetables for snacks. Eating more fruits and vegetables can also help meet fluid needs, as fruits and veggies have high water content.

Keep fresh produce in plain sight on the counter or in the front of the refrigerator. If possible, wash produce and keep in bags that are ready to go for an easy snack on the go. For example, wash cherries and store handfuls in plastic bags in the fridge. Cut up and store melon in the refrigerator for an easy, hydrating, refreshing snack.

### Focus on a Healthy Breakfast

If warm temperatures later in the day cause lack of appetite, focus on eating a nutritious, filling breakfast every day when appetite may be highest. Keep breakfasts quick and simple by pairing fruit and veggies with whole grains, lean proteins, and heart-healthy fats. Examples can include:

- ◇ Fruit with cottage cheese and a handful of nuts
- ◇ Omelet with veggies and whole-grain toast
- ◇ Smoothie with fresh or frozen fruit
- ◇ Whole grain toast with nut butter and berries

### Steps to minimize your risk of heat injuries during the summer. They include:

- Protecting from the sun when outside
- Staying hydrated by drinking plenty of water and fluids
- Keeping medications out of the heat
- Being aware of new surroundings to minimize fall risks, and cooling down when feeling hot

Adopted by: Care.com





**2023 NYS FreshConnect Checks Program (FCC)**

**For Veterans', Servicemembers and their immediate family**

NYS Department of Agriculture & Markets has asked us to assist in the distribution of **\$50** in FCC coupons to all Veterans, Servicemembers, members of their immediate families OR the un-remarried surviving spouse of a Veteran regardless of era of service or any other criteria.

FreshConnect Checks are valid through December 31, 2023

Available for pick-up Monday – Friday 9am – 5pm at:  
**Warren County Veterans' Services**  
 1340 Rt 9  
 Lake George NY 12845  
 518-761-6342



**JULY**

- Sherry Williams.....8 (IL)
- Willie Ordway.....8 (J)
- Rick Hussa.....9
- Arlene Ordway.....11 (J)
- John Monroe.....13 (J)
- Lois Zilm.....13 (LL)
- Nathaniel Turner.....19
- Art Yannotti.....22
- Crysti O'Connor.....23 (LP)

**AUGUST**

- Angela Butterworth .....8
- Susan Brown .....10
- Edythe Monroe.....14 (J)
- Ellen Farley.....28

**KEY**

- J Johnsbury Meal Site
- IL Indian Lake Meal Site
- LL Lake Luzerne
- LP Lake Pleasant



**SEPTEMBER**

- Sally Gallup.....10
- Lorna McCabe.....11
- Kate Belden.....21
- Jeff Hartig.....21 (J)
- Nancy Sylvester.....25 (J)
- Valerie Caron Burlett ....30



**Three Ways to Protect Your Eyes in the Summer**

There's sunscreen lotion for your skin but protecting your eyes in the hot summer sun is just as important. Take a proactive approach to protect your eyes during the summer. You can minimize the risks to your eyes and continue enjoying a lifetime of healthy sight and vision.

**Be Sure to Wear Sunglasses with Ultraviolet Protection**

Let's start with the obvious one—sunglasses. Your eyes need as much protection from ultraviolet radiation (UVR) as your skin. UVR comes from the sun and reflects off surfaces such as sand and water.

The best way to protect your eyes from UVR exposure is wearing sunglasses with 100% UVA protection. Remember to wear them even on cloudy days.

In the short-term, too much UVR exposure can cause photokeratitis or photo conjunctivitis (more commonly known as "snow blindness"). Continual UVR exposure, particularly to UVB rays, may cause cataracts development, and non cancerous growth over the cornea called pterygium, or even skin cancer of the eyelids.

**Use Goggles at the Pool**

Chlorine is designed to protect you from exposure to germs, but has the potential to damage your eyes. Wearing goggles every time you go swimming in a pool is an easy, smart solution.

Frequent exposure to chlorine negatively affects the integrity of your corneal epithelium, which provides a layer of protection to your cornea from irritants and pathogens. If that protection is compromised, you have an increased likelihood of corneal abrasion or other eye injuries.

**Wash Hands and Avoid Rubbing Your Eyes**

The best way to protect yourself from the spread of communicable diseases is to wash your hands on a regular basis. This practice is crucial to avoid contracting eye-related conditions such as conjunctivitis. You often develop conjunctivitis after touching something that someone else has touched after they rubbed their eyes.

Source: <https://www.epa.gov/sunsafety>



## Don't Let the Heat Take a Toll on You

Did you know older people are more susceptible to heat-related illnesses and injury? As we age, our body becomes less efficient at regulating temperature and is unable to generate as much sweat as much as it used to.

Since sweat is the body's most important heat-regulating mechanism, this can be problematic in the summer because when the outside temperature rises, so does the body's internal temperature. This is why older people suffer from heatstroke in the summer more than younger people.

Enjoying the summer safely is important. The next page has ideas to stay healthy in the rising temperatures of the summer months.

## More Ways to Stay Safe

Additionally, be sure you know the side effects of your prescriptions. Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

Also, remember to maintain communication with friends, family, caregivers and emergency contacts. Keep a list of emergency phone numbers and place them in an easy-to-access area in case needed.



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



**Office for  
the Aging**

# Summer Word Search

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

|            |          |                  |            |
|------------|----------|------------------|------------|
| RELAXATION | BARBECUE | VACATION         | WATER PARK |
| TRAVELING  | OCEAN    | SWIMSUIT         | LAKE       |
| HOT        | BEACH    | AIR CONDITIONING | POOL       |
| SUNSHINE   | SUNBATHE | SWIMMING         | CAMPING    |
| POPSICLE   | GRILLING | ICE CREAM        | SPEEDBOAT  |

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# QUEENSBURY SENIOR CITIZENS

## AGING WELL IN THE ADIRONDACKS



JOIN US  
TODAY!

There has never been  
a better time to  
*BELONG!*

- Pole Walking
- Latin Moves
- Armchair Travel
  - Book Chat
  - Line Dancing
- Daily Games (Dominos, Mahjong, Pitch, Bridge, Pinochle)
  - Monthly Movie
    - Tai Chi
  - Osteobusters
- Out To Lunchers
  - Art Classes
- Crafting Groups
  - Yoga
- Genealogy 101
- Holiday Parties
  - Bowling
  - Zumba
- Stretch & Tone
- Shuffleboard
- Billiards
- TRAVEL—Day Trips, Domestic Trips & International Trips!
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- Health Fairs & Wellness Days
- Volunteer Opportunities



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(corner of Bay & Haviland)  
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Visit our website at [seniorsonthego.org](http://seniorsonthego.org)

# SUMMER SAFETY

## TIPS FOR ADULTS

### DO

#### STAY HYDRATED.

Drink at least eight glasses of water and/or fruit juices every day.

#### STAY INDOORS.

In extreme heat and high humidity, the body works harder to maintain a normal temperature. Limit your outdoor activity to the morning and the evening.

#### DRESS APPROPRIATELY.

Loose-fitting and lightweight clothing is best. Dress in lighter colors that reflect the sun and heat.

#### PROTECT YOUR SKIN AND EYES.

Wear sunglasses to block harmful UV rays. Wear sunscreen of SPF30 or higher.

#### KNOW THE SIGNS OF HEAT-RELATED ILLNESSES SUCH AS DEHYDRATION, HEAT STROKE, HEAT EXHAUSTION, ETC.

### DON'T

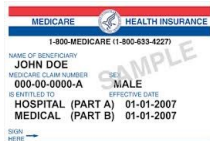
**OVERDO ALCOHOLIC AND CAFFEINATED BEVERAGES SUCH AS SODA, COFFEE AND TEA LEAVE YOU DEHYDRATED QUICKLY.**

**FORGET TO USE A FAN OR AIR CONDITIONER.**

**WEAR DARKER COLORS THAT ATTRACT THE SUN AND HEAT.**

**FORGET TO WEAR A HAT AND GLASSES.**

**HESITATE TO TAKE IMMEDIATE ACTION IF YOU FEEL ANY SYMPTOMS.**



# HIICAP Corner

## Medicare Information and Updates



### Medicare FAQ:

#### **Skilled Nursing Facility and Home Health Care Coverage**

As a result of the Public Health Emergency (PHE) being lifted on 5/11/23, some of the waivers and flexibilities that changed Medicare coverage during the emergency are being updated.

Below are the updates to Skilled Nursing Facility (SNF) and Home Health Care coverage\*:

#### Skilled Nursing Facility (SNF)

During the PHE, there were two waivers related to SNF care. After May 11, 2023 these two waivers will no longer apply:

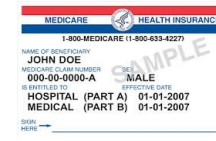
- 1) Three-day qualifying hospital stay—Medicare Part A generally only covers SNF care if someone was an admitted hospital inpatient for three days in a row before entering the SNF (aka three-day qualifying hospital stay). During the PHE, Medicare removed this requirement for beneficiaries who experienced dislocations or were otherwise affected by the COVID-19 public health emergency. This waiver ended May 11, 2023.
- 2) Benefit Period—Typically, Medicare Part A covers up to 100 days of SNF care each benefit period. A benefit period begins when a beneficiary is admitted to a hospital as an inpatient, or to a SNF, and it ends when they have been out of the hospital or SNF for at least 60 days in a row. The 100 days of covered SNF care resets at the beginning of a new benefit period. During the PHE, some beneficiaries were unable to start a new benefit period because they could not safely leave the facility and were granted another 100 days of covered SNF care without having to begin a new benefit period. This waiver ended May 11, 2023.

#### Home Health Care

During the PHE, Nurse Practitioners and Physician Assistants were authorized to prescribe home health care. This change has been made permanent and will continue after May 11, 2023. This means Doctors, Nurse Practitioners, and Physician Assistants can all prescribe home health care.

\*According to the National Council on Aging, June 1 2023

This article is supported in part by grant numbers 90SATC0002 and 90MPRC0002 from the U.S. Administration for Community Living



# HIICAP Corner

## Medicare Information and Updates



### Medicare FAQ:

#### **Will Medicare be Primary or Secondary coverage when I become eligible?**

Although we have covered this topic previously, there has been an increase of beneficiaries asking this question due to the large population of people becoming eligible for Medicare

**Job-based insurance:** Insurance offered by employer or union for current employees. If covered by your or your spouse's job-based insurance, you may be allowed to delay Medicare enrollment if your employer has more than 20 employees.

**Retiree insurance:** Insurance plans that employers may provide to former employees who have retired. Retiree insurance always pays secondary to Medicare.

**Federal Employee Health Benefits (FEHB):** Insurance for current and former government employees and their family members. FEHB coverage for retirees will be primary unless you are enrolled in Medicare, otherwise FEHB will pay secondary to Medicare.

**TRICARE:** Insurance provided by the federal government to active duty and retired military personnel and their family members. There are many different TRICARE programs. TRICARE for Life for retirees pays secondary to Medicare.

**Veterans Affairs (VA) benefits:** Insurance provided by the federal government to veterans. Benefits include pensions, educational stipends, and health care, among others. VA benefits do not coordinate with Medicare.

As a rule, when becoming eligible for Medicare you should contact the agency that provides your current coverage to confirm if it will remain active and if it will pay Primary or Secondary to Medicare. After contacting your current provider of coverage, if you still have questions regarding the order in which your coverage will pay, you can call Medicare's Benefits Coordination and Recovery Center (BCRC) at 1-855-798-2627. They help identify the health benefits available to a beneficiary and coordinate the payment process to prevent billing mistakes.

This article is supported in part by grant numbers 90SATC0002 and 90MPRC0002 from the U.S. Administration for Community Living

