




June 2024

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 3 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	June 4 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	June 5 Meat Lasagna Green Beans California Medley Mandarin Oranges	June 6 CHEF'S CHOICE	June 7 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
June 10 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	June 11 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	June 12 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin	June 13 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	June 14 Happy Father's Day Pork Chops Sweet Potatoes California Medley Father's Day Dessert
June 17 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	June 18 American Goulash Broccoli Corn Chilled Pineapple	June 19 Juneteenth  Meal site closed	June 20 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	June 21 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
June 24 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	June 25 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	June 26 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	June 27 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	June 28 Cold Plate Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!

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. 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 degree 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	



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

SPRING EDITION

APRIL, MAY AND JUNE

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



Newsletters are available online at:

www.warrencountyny.gov/ofa/newsletters.php

Or contact Mary Ann at 518-761-6347 to be added to our email list.



Seniors of the Year

Warren County

Valerie & Ray Caron Burlett

And

Hamilton County

Neil McGovern &

Patricia Paton

Congratulations!

Thank you for your time and dedication to our community.

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NATIONAL VOLUNTEER WEEK

April 21-April 27, 2024

A NOTE OF



We truly appreciate all of your hard work and dedication to the people in our community. By giving of your time, energy and service to our neighbors you brighten our corner of the world.



May 2024 - Altered delivery schedule Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 1 Meat Lasagna Green Beans California Medley Mandarin Oranges	May 2 CHEF'S CHOICE	May 3 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
May 6 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin	May 7 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	May 8 Pork Chops Sweet Potatoes California Medley Chilled Pears	May 9 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	May 10 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie Happy Mother's Day
May 13 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	May 14 American Goulash Broccoli Corn Chilled Pineapple	May 15 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	May 16 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	May 17 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
May 20 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	May 21 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	May 22 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	May 23 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	May 24 Memorial Day BBQ Hot Dog/Bun Baked Beans Hot German Potato Salad Memorial Day Dessert
May 27 Meal site Closed 	May 28 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	May 29 Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	May 30 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	May 31 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches


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. 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.






April 2024 - Altered Delivery Schedule
Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	April 2 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	April 3 Pork Chops Sweet Potatoes California Medley Chilled Pears	April 4 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	April 5 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
April 8 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	April 9 American Goulash Broccoli Corn Chilled Pineapple	April 10 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	April 11 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	April 12 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
April 15 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	April 16 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	April 17 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	April 18 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	April 19 Cold Plate Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!
April 22 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	April 23 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	April 24 Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	April 25 Meal Site Closed  Staff Training	April 26 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches Age 60+ Suggested contribution \$3 Under age 60 required contribution \$7
April 29 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	April 30 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges			


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.* 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: heat on high 5-6 minutes, or until the food has 1 cooking cycle. Let stand 2-3 minutes prior to **Caution contents will be hot.**





HIICAP Corner

Medicare Information and Updates



Medicare Reminder

Items and Services Excluded from Medicare Coverage

Unfortunately, Medicare does not cover all health care services. Services **excluded** from Medicare coverage include but are not limited to:

- Most Dental Care**
 - Most Vision Care** - eyeglasses (except following cataract surgery) and examinations for prescribing or fitting eyeglasses.
 - Hearing Aides** - examinations for prescribing or fitting hearing aids. In some cases implants to treat severe hearing loss are covered
 - Personal Care** - help with bathing, dressing and eating, when it is the only care you need
 - Custodial Care (Homemaker Services)** - light housekeeping, laundry and meal preparation, when it is the only care you need
 - Nursing Home Care (Long-Term Care)** - medical care, therapy, 24-hour care and personal care
 - Non-Medical Services** - a private hospital room, hospital television and telephone, canceled or missed appointments, copies of x-rays, upgraded oxygen equipment and upgraded cataract lenses
 - Alternative Medicine** - experimental procedures and treatments, acupuncture and chiropractic services, except when manipulation of the spine is medically necessary to fix a subluxation of the spine (when one or more bones of the spine move out of position)
 - Most Care Received Outside of the United States**
 - Cosmetic Surgery** - unless needed to improve the function of a malformation part of the body
 - Most Non-Emergency Transportation** - such as ambulette services
 - Certain Preventive Services** - such as routine foot care
- Beneficiaries are responsible for the full cost of care when a non-Medicare service is received. If you have a Medicare Advantage Plan, your plan may cover some of these services. Check with your plan before scheduling to make sure it covers any additional services.



This publication was supported in part by a grant from the U.S. Administration for Community Living

HIICAP Corner
Medicare Information and Updates



Medicare Advantage Plans offered by Humana and WellCare will no longer be accepted by the following Health Care Providers:

- | | |
|-----------------------------------|-------------------------------|
| Albany Medical Center (7/1/24) | Glens Falls Hospital (7/1/24) |
| Saratoga Hospital (7/1/24) | Columbia Memorial (7/1/24) |
| Nathan Littauer Hospital (4/1/24) | Community Care (3/14/24) |
- Providers affiliated with these Networks

Beneficiaries in these plans can change to other coverage using one of the following Special Enrollment Periods:

Extra Help/LIS (Low Income Subsidy)

- * Medicare beneficiaries who get Extra Help from the Medicare Savings Program (MSP) can change plans one time during EACH of the first 3 quarters of the year.
- * Apply for MSP through Local Department of Social Services
- * Eligibility: Gross Monthly income below \$2,355 single or \$3,189 Couple
- * Also provides payment of Medicare Part B premium to Social Security

EPIC (Elderly Pharmaceutical Insurance Coverage Program)

- * Enrollees of EPIC, NYS Prescription Assistance Program (SPAP), can change coverage one time during the year outside of Open Enrollment.
- * Apply by contacting EPIC at 1-800-332-3742
- * Eligibility: NY State resident 65 years old or older; income below \$75,000 single or \$100,000 couple; have, or be eligible for, Part D coverage
- * Provides secondary coverage for Medicare Part D and EPIC covered drugs

How to Update Your Medicare Coverage

- Contact your local Agent of Record (Broker who enrolled you into your current plan) to request enrollment into compatible plan
- Call Medicare at 1-800-633-4227 for review of medications and enrollment
- Talk with a HIICAP counselor at your County Office for the Aging
 (*All changes take effect the 1st of the month following enrollment)



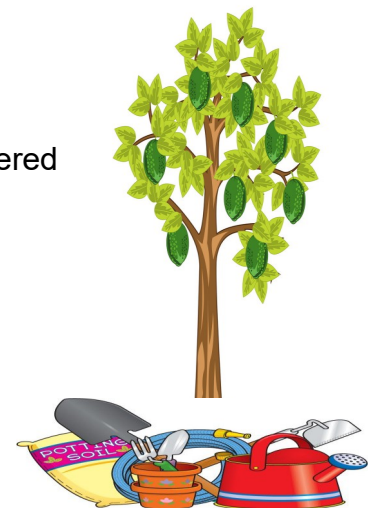
This publication was supported in part by a grant from the U.S. Administration for Community Living

Lime Couscous with Summer Veggies

Quick-cooking couscous is finished in 5 minutes. Try adding whatever veggies you have on hand for this clean-out-the-crisper dish. And you can toss in leftover chicken, fish, or beef. **Prep Time:** 15 min **Cook Time** 8 min **min time:** 23 min

Ingredients

- 1 10-ounce package couscous
- 4 medium carrots coarsely chopped (2 cups)
- 1 tablespoon olive oil
- 2 medium zucchini and/or yellow summer squash quartered lengthwise and sliced into 1/2-inch pieces
- 6 green onions sliced into 1-inch pieces
- 1/2 cup lime or lemon juice
- 1/4 cup olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chopped walnuts, toasted
- 2-ounce Parmigiano-Reggiano cheese shaved



Directions

1. Prepare couscous according to package directions. *
2. Meanwhile, in a large skillet cook and stir carrots in hot oil for 2 minutes. Add zucchini and green onion; cook and stir 6 minutes or until vegetables are just tender. Transfer couscous to large bowl and fluff with a fork. Add carrot mixture.
3. In a screw-top jar combine lime juice, oil, honey, salt, and black pepper. Cover and shake well. Pour over couscous mixture; toss to combine. Top with walnuts and cheese.

***Tip:** If you like, prepare couscous with reduced sodium chicken broth and decrease salt to 1/2 teaspoon. **Nutrition Facts:** calories 643, protein 19g, total CHO 75g, sodium 884mg, By **BHG Test Kitchen**



“Anything goes” Quiche

- 1 refrigerated pie crust
- 5 eggs
- 1 cup half-and-half
- ½ teaspoon seasoning of your choice, such as mustard, dill, or rosemary
- ¾ cup crispy bacon, crumbled cooked sausage, or leftover ham, chopped
- 1 cup shredded cheddar or Swiss cheese
- 1 cup spinach or kale, torn or chopped
- ½ cup of your favorite veggie, diced (tomato, broccoli, asparagus, and peppers are good options)

INSTRUCTIONS

1. Preheat oven to 350 F and roll pie crust into your pie plate.
2. Whisk eggs, half-and-half, and seasoning in a medium bowl.
3. Sprinkle meat, cheese, and veggies onto the prepared pie crust evenly. Pour the egg mixture to cover.
4. Bake for 40-50 minutes or until a knife inserted in the center comes out clean. Let cool 10 minutes before slicing and enjoying. *Recipe adapted from Pillsbury, with vegetables added*

Quiche has been a popular brunch food for decades and was a luxury for many seniors growing up. This is an inexpensive, easy recipe for seniors that includes leafy greens rich in magnesium, iron, manganese, and vitamins A, C, and K. Make this tasty treat for breakfast, lunch or dinner and enjoy leftovers throughout the week.



Warren & Hamilton Counties Office for the Aging



Warren/Hamilton Counties Office For the Aging Volunteer Spotlight

Volunteer's Name: Roger Daby **Age:** 80

Town/County: Brant Lake, Horicon

How long have you been a volunteer for WHCOFA? 2 years

Why did you decide to volunteer? Just for Good things

What do you enjoy most about volunteering?

It is all good but seeing people and moving around outside is great!

What has been your most rewarding volunteer experience

with WHCOFA? *Interacting with people (the workers at the County Home that make the meals are very helpful and pleasant!*

What do you do when not volunteering? I still do some odd jobs and am a member of the Horicon Fire Department. I also take care of my own place, etc.

Would like to thank all of our volunteers for their support and dedication!

UNDERSTANDING ADVANCE DIRECTIVES

Join us for this educational event to learn more about
Health Care Proxies, MOLST forms and Advance Directives

Date: Thursday, April 11th, 2024

Location: Glens Falls Hospital
Community Learning Center

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

Cost: Registration is free

Speakers: Elizabeth Reinhardt, PA and Farhana Kamal, MD of
the Glens Falls Hospital Palliative Care team

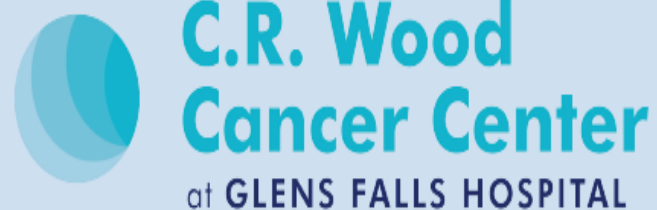


To pre-register contact:

Vickie Yattaw, RN, OCN

Phone: 518-926-6639

Email: vyattaw@glensfallshosp.org



Sheet-Pan Maple-Mustard Pork Chops & Carrots

You need just one pan for this satisfying weeknight dinner. A sweet and savory maple-mustard glaze livens up baked pork chops, while the carrots are jazzed up with flavor-boosting and anti-inflammatory garlic, ginger and turmeric. Rainbow carrots add colorful pizzazz, but regular orange carrots are a just-as-tasty substitute. Pork dries out easily--using an instant-read thermometer ensures meat is cooked safely, but still moist.

Prep Time: 10 mins **Additional Time:** 20 mins **Total Time:** 30 mins
Servings: 4

Ingredients

- 4 tablespoons extra-virgin olive oil divided
- 1 tablespoon whole-grain mustard
- 1 tablespoon maple syrup
- 4 (5 ounce) bone-in, center-cut pork chops (1/2 inch thick)
- 1 ½ pounds rainbow carrots, cut diagonally into 1/4-inch slices
- 2 teaspoons finely chopped garlic
- 1 teaspoon coarsely chopped peeled fresh ginger
- ½ teaspoon ground turmeric
- ¾ teaspoon kosher salt
- ¾ teaspoon ground pepper
- ¼ cup chopped flat-leaf parsley



Directions

Position a rack in the lower third of the oven and preheat to 450 degrees F.

1. Whisk 1 tablespoon oil, mustard and maple syrup in a small bowl. Place pork chops on one side of a rimmed baking sheet. Brush the tops with the oil mixture. Place carrots on the other side and drizzle with the remaining 3 tablespoons oil. Sprinkle garlic, ginger and turmeric on the carrots and toss to coat. Season everything with salt and pepper. Roast for 10 minutes. Turn broiler to high. Broil until an instant-read thermometer inserted in the thickest part of a chop without touching the bone registers 145 degrees F, about 4 minutes. Continue cooking the carrots, if needed, until tender and glazed, 2 to 5 minutes more. Serve sprinkled with parsley.

Adopted by: EatingWell

**Nutrition: serving size 1 pork chop + ½ c carrots: 376, total fats 21g,
Chol 77mg, sodium 453mg, protein 25g**



APRIL

- Carlo Fattibene.....1(W)
- Evelyn Casella..... .6
- Dorothy Petrie.....6
- Nancy Beaudin.....6
- Bernice Mennis7
- Karen Hutchins.....7 (IL)
- Kathy Herold.....15(W)
- Sharon Clark..... 20
- Bonnie Cleveland.....25(W)
- Alice Megargle.....20(WE)
- OOPS sorry we missed you:
- Vanessa Judkins.....3/6

MAY

- Diane Collins.....6
- Tom Ives.....9
- Nancy Stedman.....24
- Gary Constant.....27

JUNE

- Roger Daby.....1(W)
- Mary Osborne.....25
- Lloyd Burch,.....25 (J)
- Tom Judkins.....27
- Francis Angelo28



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

Legal Aid is Here to Serve Warren and Hamilton Counties

At Legal Aid we believe that you shouldn't be denied the benefit of any attorney just because you cannot afford one. . To make an appointment contact *Warren / Hamilton County Office Of the Aging*. Legal Aid Society of Northeastern New York has partnered with the Warren/Hamilton Counties Office for the Aging. Call (518) 761-6347 To provide free legal services for seniors in Warren and Hamilton Counties who are interested in estate planning or need advice on a civil legal matter. But did you know that for income-eligible residents of Warren and Hamilton Counties of all ages we offer a wide variety of other services? To make an appointment contact Warren/ Hamilton Counties Office for the Aging Phone number is (518-761-6347).

FREE SKIN CANCER SCREENING

COURTESY OF GATEWAY DERMATOLOGY AND THE C.R. WOOD CANCER CENTER

SATURDAY, APRIL 6th
9:00am-12:00pm

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 518-926-6639



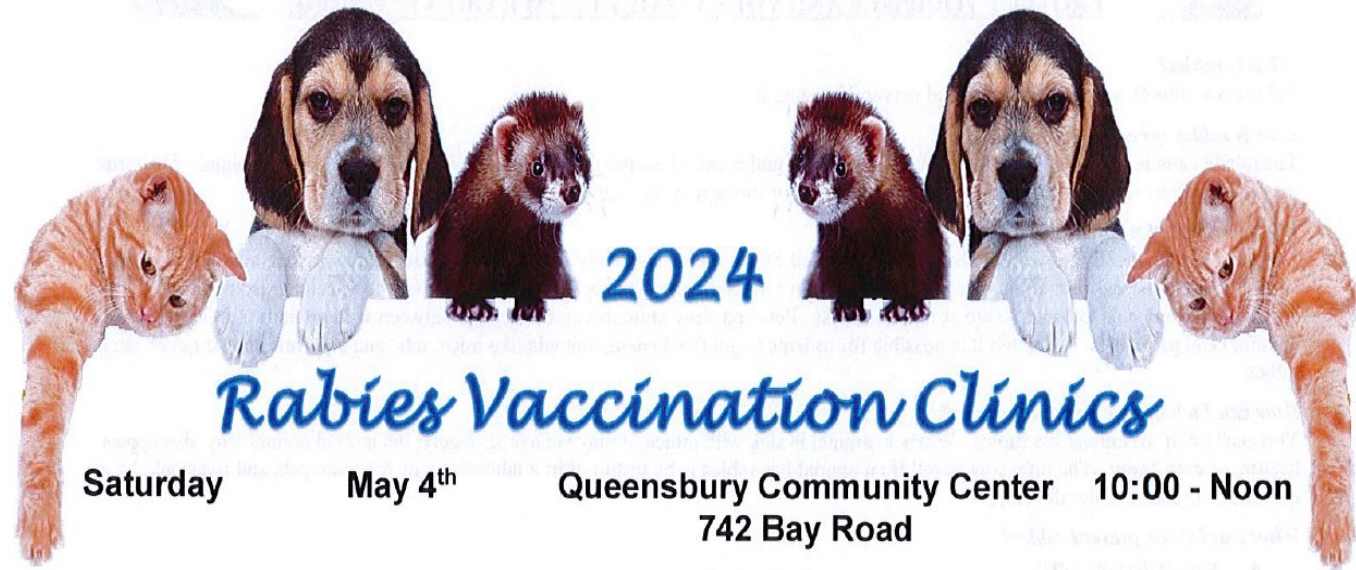
It's important to know we have implemented extensive safeguards to ensure patients receive the safest care possible. We are constantly evaluating the best way to provide care and further meet the needs of our community.

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 518-926-6639.

 ALBANY MED Health System
GLENS FALLS HOSPITAL

 glensfallshospital.org

WARREN COUNTY PUBLIC HEALTH



Rabies Vaccination Clinics

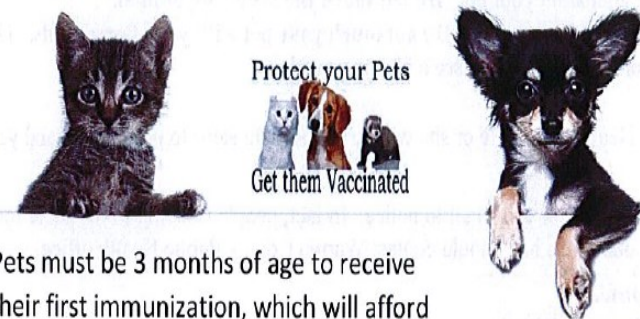
Saturday May 4th Queensbury Community Center 10:00 - Noon
742 Bay Road

Saturday July 13th Chester Fire House 10:00 - Noon
State Route 8

Saturday October 19th Queensbury Community Center 10:00 - Noon
742 Bay Road

Saturday November 2nd Queensbury Community Center 10:00 - Noon
742 Bay Road

A \$10.00 donation is requested for each pet. No one is turned away due to financial hardship.



Pets must be 3 months of age to receive their first immunization, which will afford them protection for one year. The next shot (booster) will afford protection for 3 years and is required one year after the first shot was given. From then on, every three years a booster should be given to protect your pet. Both initial and booster shots will be given at all clinics scheduled by Warren County Public Health.

Call with questions to Warren County Public Health 518-761-6580



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

- | | | | |
|-----------|--------------|--------------|------------|
| AFFOGATO | CAFÉ AU LAIT | FILTER | MOCHA |
| AMERICANO | CAPPUCCINO | FRAPPE | PERCOLATOR |
| AROMA | COLD WATER | FRENCH PRESS | POUR OVER |
| BARISTA | CORTADO | FROTHY | ROAST |
| BEAN | CREMA | GRINDER | TURKISH |
| BODY | DRIP | JAVA | STEEP |
| BREVE | ESPRESSO | LATTE | STEAM |
| | | MACCHIATO | VACUUM |





SPRING AT THE QSC

Please contact us for more information on any of these programs. For a full list visit our website at <https://seniorsonthego.org>

APRIL

- **Pole Walking.** Tuesdays and Thursdays at 10am, come and join us on the local trails. Poles available for borrowing. Begins Tues., April 16th.
- **Chair Yoga** - Tuesdays at 10 am Part of MVP's Living Well Series. Tobey Gifford will guide you through poses to help improve muscle tone and reduce stress. Begins April 9th.
- Mon., April 29th at 1:30 - **Meet Your Representatives Day** - Join us for a chat with Assemblyman Matthew Simpson and Town Supervisor John Strough will talk about their priorities for this session and answer your questions.
- Fri., April 12th 12:30-1:30pm - **Pop Up Mobile Food Pantry** - Receive fresh & local produce through Comfort Food Community's (CFC) Free Food Run! A variety of fruits, vegetables, dairy, grains, along with healthy recipes - All are eligible.

MAY

- **Annual Book Sale** - come and browse thousands of gently-used books May 9th & 10th
- **Art Exhibit** - May 20th - 24th. The Wednesday Watercolors class will display their beautiful works of art for all to enjoy. Some pieces available for purchase.
- Kickoff to the summer season's **Games in the Grove** - Weds., May 22nd. Cookout and Cornhole! Come and help us break in our new cornhole boards and enjoy a great barbeque lunch.

JUNE

- Audrey from **CDPHP** will be on site June 10th at 2pm to talk about CDPHP Medicare Advantage Plans - come and get your questions answered.
- **Chicken BBQ!** Friday, June 28th - come and enjoy a delicious BBQ dinner and support the QSC!

NEW ONGOING PROGRAMS

- Ballroom Dancing
- Creative Writing Group
- Monthly Cooking Demos
- Healthy Living Classes
- Local History Presentations
- Bi-Monthly Drawing Workshops

SUDOKU

To Play Sudoku you must complete the grid so each row, column, and 3 x 3 box (in bold borders) contains every digit 1-9. No row, column, or 3 x 3 box can feature the same number twice. That means each row, column and 3 x 3 square in a Sudoku puzzle must contain ONLY one 1, one 2, one 3, one 4, one 5, one 6, one 7, one 8 and one 9.

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



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





GLENS FALLS SENIOR CENTER

Come Join Our Family!

Take Part In All Of The Fun Things We Offer:

- Health Fair
- Hospitality Committee
- Reading/Book Club
- Crafts
- Full Woodshop
- Day Trips
- Grocery Shopping
- Ukulele Band
- Chair Yoga
- Osteobusters
- Bingo
- Movies
- Monthly Lunches
- Senior EXPO
- Thrift Shop
- Line Dancing
- Wii Bowling
- Adventure Awaits
- Transportation

And more!

**380 Glen St. Glens Falls, NY 12801
(518)793-2189**

CORNER

CATHERINE'S



How Seniors Can Stay Safe in Summer

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Summer is a great time to be active while enjoying the outdoors. While the sunny skies and warm temperatures provide many opportunities for recreation, this is also the time when risks of becoming dehydrated and sick from the heat are the greatest, especially for the elderly.

Dehydration simply means that the body does not have enough water, and this affects its ability to function normally. Elderly persons are at higher risk of dehydration because as we grow older our bodies have less ability to hold on to wa-

The signs of dehydration

An older adult who becomes dehydrated may develop:

headaches
dizziness
muscle cramps
lack of energy

tiredness with minimal activity
dry mouth
low blood pressure

rapid heart rate
confusion
dark-colored urine
less urination

How to prevent dehydration

As an older adult, you can avoid dehydration by taking the following precautions:

- Drink plenty of fluids frequently regardless of level of activity. If you have health conditions such as heart failure, consult your physician regarding the amount of fluid you should consume in hot weather.
 - Don't wait to drink until you feel thirsty.
 - Carry a water bottle with you when going outdoors.
 - Cut back on caffeinated drinks, as these are also dehydrating.
 - Check your body weight daily. Losing two pounds or more within 24 hours in the absence of medication changes such as an increase in diuretic dose may indicate dehydration.
- Eat fruits and vegetables that are high in water content, including watermelon, cantaloupe, citrus fruits, tomatoes, cucumbers, and celery.

Tips on how to stay cool in summer

- Wear appropriate clothing: light weight, light colored and loosely fitted.
 - Apply sunscreen: SPF 30 or higher, a half hour before going out in the sun.
 - While indoors, stay in air-conditioned areas.
 - Take cool showers or baths to remain cool.
 - When it is hot and humid, schedule outdoor physical activities or exercise during early morning hours or late evening hours when temperatures are relatively cooler.
- Limit duration of physical exertion when humidity is high in the summer time. In this weather, your body cannot cool off appropriately and the sweat does not evaporate quickly enough to have the cooling effect it should.

Adopted by: Lifespan





May is National Osteoporosis Month

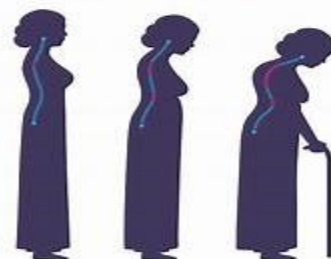
Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist



Osteoporosis is common, serious, and costly—and it can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine.

Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture.

OSTEOPOROSIS



Did You Know?

- About 10 million Americans have osteoporosis, and about 34 million more are at risk.
- One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis related fracture in their lifetime.
- Twenty-four percent of hip fracture patients age 50 and older die in the year following their fracture.

Reducing Osteoporosis Risk

There are several things you can do to reduce your personal osteoporosis risk:

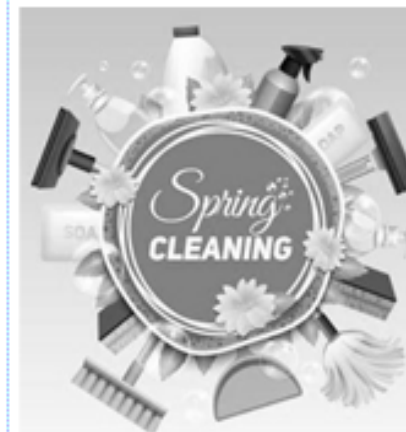
- **Enjoy daily exercise and physical activity.** Women who do weight-bearing exercise decrease osteoporosis risk by continually strengthening their bones. Some examples include dancing, walking, swimming, bicycling, running, hiking, stair climbing, tai chi, gardening plus weight and strength training (either free weights or weight machines), all of which are good ways to build and strengthen your bones.
- **Eat a nutritious diet rich in calcium and vitamin D to help maintain good bone health.** Calcium-rich food sources include low-fat dairy (milk, cheeses, yogurt and ice cream), almonds, canned sardines and salmon with bones, leafy green vegetables (kale, spinach, bok choy, broccoli, collards and mustard greens), corn tortillas, fortified breakfast cereals, orange juice, tofu, soy milk, and breads and pastas. While it's difficult to get enough vitamin D through diet alone, the following foods are excellent sources: salmon, tuna fish, egg yolks, plus fortified breakfast cereals, orange juice and milk. Avoid excessive intake of both salt and protein as increased quantities of these nutrients causes the body to increase amount of calcium excreted from the body during urination.
- **Avoid smoking, illicit drug use/abuse and excessive alcohol consumption.** Make healthy lifestyle choices: if you smoke, quit; avoid illicit and prescription drug misuse/abuse; and limit alcohol intake.

Incorporate bone health optimization goals within your personal health plan. Share any changes in your personal and family health history with your practitioner, follow tips to boost bone health through healthy diet and exercise and have your bone density screening as recommended based on your provider's evaluation of your personal health.

Osteoporosis is a preventable and treatable disease.

Early diagnosis and treatment can reduce or prevent fractures. Medicare provides coverage of bone mass measurement for certain eligible beneficiaries. This important benefit can aid in the early detection of osteoporosis before fractures happen, provide a precursor to future fractures, and determine the rate of bone loss.

Adopted by: CMS.gov



Simple Spring Cleaning Tips For Seniors!

Spring Cleaning can Improve Mental Health

Declutter to Reduce Fall Risk

- Keep your floors clutter free and walkways clear
- Remove tripping hazards such as throw rugs or electrical cords
- Donate or throw away items you don't need or use

Refresh Your Refrigerator and Pantry

- Throw out expired items
- Disinfect refrigerator using equal parts vinegar and water
- Use baking soda air freshener

Check your Batteries

- Change batteries in smoke/carbon monoxide detectors
- Change batteries in flashlights in case of electrical outage

Clear out your Medicine Cabinet

- Throw away expired or half-completed medications
- Keep only medications that are labeled correctly

Improve Air Quality

- Use duster with long handle or broom to clean light fixtures, shelves, baseboards, and ceiling fans
- Change your furnace filters

Colorectal Cancer Screening Can Prevent Cancer and Save Lives

March is National Colorectal Cancer Awareness month and good time to talk with your doctor about getting screened for colorectal cancer if you are between the ages of 45 and 75. Besides age, there are other factors that increase a person's risk for colorectal cancer. Risk factors include...

Family history of colorectal cancer or genetics

Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.

Poor diet/high fat diet

Lack of regular physical activity

Excessive alcohol use

Tobacco use



Screening for colorectal cancer can be done several different ways including...

Stool Tests - Tests done at home and you send stool samples to a doctor's office or lab. How often each test is done depends on the test.

The guaiac-based fecal occult blood test (gFOBT) – once a year

Fecal Immunochemical Test (FIT) – once a year

FIT-DNA test or Fecal Occult Blood Test (FOBT) – every 3 years

Flexible Sigmoidoscopy

The doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

How often: Every 5 years, or every 10 years with a FIT every year.

Colonoscopy

Is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

How often: Every 10 years (for people who do not have an increased risk of colorectal cancer).

CT Colonography (Virtual Colonoscopy)

Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon, which are displayed on a computer screen for the doctor to analyze.

How often: Every 5 years.

What if I can't afford to get screened?

If you are worried about the costs for colorectal cancer screening the Cancer Services Program of Warren, Washington & Hamilton Counties at Glens Falls Hospital can help. Women and men who live in New York State who meet program requirements for age and income and do not have health insurance or have health insurance with a cost share that makes the cost of screening too high can use the program to get screened and receive follow-up care. For more information, contact the Cancer Services Program at 1-800-882-0121 or 518-926-6570.

Finally, people often say I don't have time to get screened. Think of it this way, the few hours it takes to get screened for colorectal cancer could give thousands of cancer-free hours to do those things you don't have time for.

CORNER

CATHERINE'S



Tips for Older Adults to Stay Healthy and Active This Spring

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Spring is here! The change of season often brings moments of reflection, and in this case, warmer weather and renewal. It's the perfect time of year to start anew and refocus your wellness priorities, whether that means eating better, exercising more, or both. **Here's how older adults can stay healthy and active this spring:**



1. Eat Seasonal Foods

It's always important to eat well—with lots of nutrient-rich foods including **lean proteins, fruits and vegetables, whole grains, and low-fat dairy**, taking into account your health needs and goals. This spring add seasonal foods into your diet as well. When foods are growing in their peak season, they're fresh, taste best and are the most nutritionally dense.

Apples, avocados, bananas, kale, spinach, mushrooms, and other fruits and vegetables are all perfect foods to add to your meals in the coming weeks of spring. These foods are packed with nutrients, which are vital for our health as we age

There are benefits to eating all of these foods year-round, get the most out of them this season!

2. Enjoy Exercise and the Outdoors

In addition to eating well year-round, it's important to exercise and spend time outdoors all year long. Springtime might come along with rainy weather, but it also comes with plenty of sunshine.

On inclement days, opt for indoor movement. Doing a walking workout inside your home provides beneficial exercise, and there are many great seated exercises, too. Low-intensity exercises are best for older adults to avoid injuries. If you're a beginner, remember to start slowly and build up your fitness level over time.

When the weather is nicer, opt for outdoor movement. Or simply enjoy the sunshine, which our body absorbs and makes into **vitamin D**—it's good for our health, especially our bones. But,

always remember to wear sunscreen that blocks both UVA and UVB rays, to reduce the risk of sunburn and skin cancer.

3. Be Mindful of Allergies

If you are sensitive to pollen, grass, mold or other allergens, you can still have an excellent spring by following a few precautions.

Plan to be outdoors when allergens are lower. For instance, **pollen counts** are usually highest in the early morning. The optimal time to go out is after it rains, which washes pollen away. Make sure you have your allergy medication on hand to lessen your symptoms, and once you get home, take a bath or shower and wash the clothing you had on to eliminate the allergens in your home.

4. Get the Right Amount of Rest

Lastly, with spring comes more hours of daylight, in part due to daylight saving time. This change when we "spring ahead" an hour can affect our sleep. It is best, however, to stick with a routine of waking up and going to bed at consistent times. For older adults, **seven to nine hours of rest** per night is ideal. Ensure that you have a good night of rest by not napping too late in the afternoon, keeping your bedroom a comfortable temperature, and avoiding large meals before you go to bed. That way, you'll wake up most refreshed and ready for another beautiful spring day!

