Volunteer Birthdays!

Cathy Thompson – 6th
Lillian Beswick – 8th    Don Strycker – 8th
Pat Sennett – 13th
Casey Jarrell – 16th    Shirley Harney 19th
Mary Strycker – 26th

Joke of the Month

IF A BIRD IN THE HAND IS WORTH TWO IN THE BUSH, I HAVE NO IDEA WHAT THIS QUALIFIES FOR

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LIVING WITH AGING-WHAT YOU NEED TO KNOW

Aging in Place-Glens Falls, Inc. and Crandall Public Library offer a series of programs presenting information for seniors to help manage their lives, and resources to meet the unexpected obstacles that may develop along the way.

Programs will be held in the Christine McDonald Community Room at the Crandall Public Library. For more information contact Harvey Noordsy, President of Aging in Place-Glens Falls at 798-0330.

January 22, 2 PM: Home Modifications for Safety and Health

Featured Presenters: Stephen Chagnon: "Living with safely aging and painless arthritis."

Patti Gray Whann and Bob Gammon will describe their services "Redesign 4 Seniors." They are Certified Aging in Place Specialists through the National Association of Homebuilders.

February 12, 1:30 PM: An alternative to Assisted Living

Featured Presenter: Dr. Alan (Chip) Teel, author of the book, Alone and Invisible No More, will present his vision of an alternate to Assisted Living in one's own home with the help of a Caring Circle of family, friends and neighbors, and several cameras and motions sensors in the home to monitor for falls or other problems. Dr. Teel first developed this program in his home town of Damariscotta, Maine and has been assisting additional programs around the country. He will help us explore developing a project in Glens Falls.

March 12, 1:30 PM: Should I consider moving to a Retirement Facility? When? Where? What Kind? At what cost?

Featured Presenters: Robert and Patty Foulke What are the issues to consider regarding a possible move to a retirement community? What services are offered? What does it cost? Where would I want to settle?
Find the Heart related words listed at the bottom of the page in the Heart Word Search grid. The words can be forwards, backwards, vertical, horizontal, or diagonal. Circle each letter separately and keep in mind that letters in each Heart related word may be used in more than one word. When the Heart Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Heart fact.

Heart Word Search Puzzle

AORTA             OXYGEN
ARTERY             PULMONARY ARTERY
ATRIUM             PULSE
BLOOD             PUMPS
CHEST             RED
CYCLES             SEPTUM
HEARTBEAT             VALVES
LOVE             VEIN
MUSCLE             VENA CAVA
ORGAN             VENTRICLE

Printables for Kids from www.PrintActivities.com

http://www.printactivities.com/Word_Search_Puzzles/Heart-Word-Search.html
Vintage Pride

Working with lesbian, gay, bisexual, and transgender seniors age 55 and older.

The Vintage Pride program provides programming for lesbian, gay, bisexual, and transgender (LGBT) seniors in two distinct ways: First, the Vintage Pride program hosts regular social events for LGBT seniors to reduce social isolation and connect the community. Second, The Vintage Pride program provides cultural competency trainings for senior service providers to help to integrate a set of cultural behaviors and attitudes into the practice methods of agencies and their professionals that enable them to work more inclusively and effectively with their LGBT seniors.

P: 518.462.6138 PROGRAMS@CAPITALPRIDECENTER.ORG capitalpridecenter.org
The Greater Glens Falls Senior Citizens Center
Located at: 380 Glen Street, Glens Falls, NY 12801
Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com
Celebrating over 50 years of Service to our Senior Community
Something for everyone No Residency Requirements…..
Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
Lauren Tompkins, Outreach Specialist/ Joan  Counter, Admin. Assistant

**NEW MEMBERS WELCOME**
**NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-2/4</td>
<td>One Stroke Painting-$15-all material provided- Call to sign up</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Mon-2/4</td>
<td>Good Books Club-“<em>Immortal Life Of Henrietta Locks</em>”-all welcome</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Tues-2/5</td>
<td>Comedy Day-refreshments, come and laugh</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Wed-2/6</td>
<td>Special Bingo-refreshments-lots of games and fun</td>
<td>1:15 p.m.</td>
</tr>
<tr>
<td>Wed-2/6</td>
<td>Tax help from AARP begins by appointment only</td>
<td>9:30 a.m.-3 p.m.</td>
</tr>
<tr>
<td>Mon-2/11</td>
<td>Defensive Driving-AARP sponsored, call to reserve-fee</td>
<td></td>
</tr>
<tr>
<td>Tues-2/12</td>
<td>Heart Day Lunch and Health program-call to reserve-Cost: $7</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Wed-2/13</td>
<td>Michigan Rummy-all welcome</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Tues-2/19</td>
<td>Brain games, refreshements-free</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Wed-2/20</td>
<td>Singing group meets-everyone welcome</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Tues-2/21</td>
<td>Lunch Bunch-O’Toole’s-Quaker Road-dutch treat-call to reserve</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>Mon-2/25</td>
<td>Movie/Popcorn-free-all welcome</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Wed-2/27</td>
<td>Heidelberg for dessert-dutch treat-Call by February 25 to reserve</td>
<td>1:30 p.m.</td>
</tr>
</tbody>
</table>

Monday- Friday Thrift Shop/new items all the time 10 a.m.-12 p.m.
Every Tues Bingo in AM/Program in PM-Transportation provided 10:30 a.m.
Every Thursday Chair Yoga- with Toby-Free- Sponsored by MVP 10:30- 11:30 a.m.
Mon-Thurs. Osteo exercise program- Monday-Thursday-Sponsored by RSVP 9-10:30 a.m.
Every Friday Tai Chi Class-Cost: $6 9:00 a.m.-10:00 a.m.-Cost: $6

**Ongoing activities at a glance:**

AARP-Free Tax Assistance-call for an appointment.
Basket Raffle-need volunteers to donate baskets-deadline for delivery to Center February 15, call for details
Call Center for pricing and information on the upcoming trips and events!
Don’t be lonely- come and participate in “YOUR SENIOR CENTER”.

**TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

Interested in Joining and receiving more information:

Name: 

Address: 

Phone: 


Valentine Trivia Questions

01. Where was the first Valentine's Day card sent from?
   a. the battlefield
   b. a monestary
   c. a prison
   d. a hospital

02. Who was Cupid's father?
   a. Eros
   b. Ares
   c. Vesta
   d. Anteros

03. According to statistics, in what profession do people receive the most Valentine's Day cards?
   a. Nurses
   b. Secretaries
   c. Teachers
   d. Librarians

04. What Italian city receives thousands of cards addressed to Juliet every Valentine's Day?
   a. Rome
   b. Verona
   c. Venice
   d. Florence

05. In Shakespearean times what bodily organ was associated with love?
   a. liver
   b. kidneys
   c. brain
   d. stomach

ANSWERS! 1:C; 2:B; 3:C; 4:B; 5:A.
February is American Heart Month

Heart disease, including stroke, is the leading cause of death for men and women in the United States. The good news is that many of the major risk factors for these conditions can be prevented and controlled.

You are at higher risk of heart disease if you are:

• A woman age 55 or older
• A man age 45 or older
• Or a person with a family history of early heart disease

Heart disease can be prevented. To keep your heart healthy:

• Watch your weight.
• Quit smoking and stay away from secondhand smoke.
• Control your cholesterol and blood pressure.
• If you drink alcohol, drink only in moderation.
• Get active and eat healthy.
• Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
• Manage stress.

Know your ABCS:

A — Appropriate Aspirin Therapy – Ask your doctor if you should take an Aspirin every day.

B — Blood Pressure Control - Find out if you have high Blood Pressure or Cholesterol

C — Cholesterol Management and if you do, get effective treatment

S — Smoking Cessation - If you Smoke, get help to quit.

Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Cube Steak with Mushroom-Sherry Sauce for Two

Cube steak is a tougher cut of meat pounded to make it tender. We like it because it cooks quickly and is inexpensive—perfect for a weeknight dinner. Look for presliced mushrooms to save even more time on prep. Serve with: Mashed potatoes and grilled broccoli rabe.

2 servings | Active Time: 20 minutes | Total Time: 20 minutes

Ingredients

- 2 4-ounce cube steaks
- 3/8 teaspoon freshly ground pepper, divided
- 1/4 teaspoon salt
- 1 tablespoon plus 2 teaspoons extra virgin olive oil, divided
- 4 ounces sliced mushrooms (about 1 1/4 cups)
- 1/2 large shallot, thinly sliced
- 1 1/2 teaspoons all-purpose flour
- 1/2 teaspoon chopped fresh thyme or 1/8 teaspoon dried
- 1/4 cup dry sherry (see Note)
- 1/4 cup reduced-sodium beef broth
- 1 tablespoon reduced-fat sour cream

Preparation

1. Sprinkle steaks with 1/4 teaspoon pepper and salt. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add steaks and cook, turning once, until browned and cooked through, 1 to 2 minutes per side for medium. Transfer the steaks to a plate and cover to keep warm.
2. Add the remaining 2 teaspoons oil to the pan. Add mushrooms, shallot and the remaining 1/8 teaspoon pepper; cook, stirring, until the mushrooms are golden brown and release their liquid, 4 to 5 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Add thyme, sherry and broth; bring to a boil and cook, stirring, until thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat; stir in sour cream. Return the steaks (and any accumulated juice) to the pan and turn to coat with the sauce. Serve the steaks with the sauce.

Nutrition Per serving: 310 Calories; 17 g Fat; 4 g Sat; 11 g Mono; 56 mg Cholesterol; 6 g Carbohydrates; 29 g Protein; 1 g Fiber; 428 mg Sodium; 684 mg Potassium Exchanges: 1/2 vegetable, 4 lean meat, 2 fat

Tips & Notes - Ingredient Note: Sherry is a type of fortified wine originally from southern Spain. Don’t use the “cooking sherry” sold in many supermarkets—it can be surprisingly high in sodium. Instead, get dry sherry that’s sold with other fortified wines at your wine or liquor store.
Chicken Sausage with Potatoes & Sauerkraut

Serves: 4 servings, about 1 1/2 cups each  Prep Time: 30 minutes

Description
The flavor of the dish will vary depending on what type of chicken sausage you choose. We like the taste of roasted garlic sausage or sweet apple sausage in this recipe. And although any type of sauerkraut can be used, we prefer the crisp texture of refrigerated kraut over canned. Serve with roasted carrots and some mustard to spread on the sausage.

Ingredients
1 tablespoon extra-virgin olive oil
12 ounces (4 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3-inch pieces
1 medium onion, thinly sliced
3 medium Yukon Gold potatoes, halved and cut into 1/4-inch slices
1 1/2 cups sauerkraut, rinsed
1 1/2 cups dry white wine
1/2 teaspoon freshly ground pepper
1/4 teaspoon caraway seeds
1 bay leaf

Cooking Instructions
Heat oil in a large skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes. Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

Nutritional Analysis Per serving: Calories Per Serving 295, Total Fat 9 g, Saturated Fat 1 g, Monounsaturated Fat 3 g, Cholesterol 60 mg, Sodium 554 mg, Carbohydrates 24 g, Fiber 4 g, Protein 14 g, Potassium 545 mg
Dietary Exchanges 1 starch, 1 vegetable, 1 1/2 lean meat, 1 fat

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted by: American Heart Assoc.
4th Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat

11th Leslie Nielsen – Comic actor in “Naked Gun” and “Airplane” movies

15th Chris Farley – “Saturday Night Live” and movie comedian, Died at 33

18th John Travolta – Icon from “Saturday Night Fever” to “Pulp Fiction”

22nd George Washington – 1st President (1789-1797)
HOUSING HELP FOR YOU

Do you have a disability and need improvements to your house or apartment to make it easier and safer for you to remain in your home?

If your home isn’t easily accessible for your current needs, contact Susan at NY Connects for information about the “Access to Home Program”.

NY Connects is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Department of Social Services, Warren County Health Services & Department of Social Services providing free information and assistance on long term care. Contact Susan Dornan, NY Connects Program Coordinator toll free at 1-866-805-3931 for more information or questions you may have.

1-866-805-3931
The Irish Rovers
Six Piece World Renowned Celtic band

Friday March 15th 3pm Performance
At Turning Stone Casino

Come Celebrate The Irish
It Could Be Your Lucky Day!

Day Package Includes:
Admission Ticket to Irish Rovers
Irish Buffet Luncheon
$15 Gaming Free Play
Transportation & Driver Tip
Plus Entertainment, Giveaways & Promotions
All Day Throughout the Resort!

Deadline: Friday Feb. 1st
Cost $84pp
Call 745-4439 or 761-8224
"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."
- Edith Sitwell

"Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late."
- Don Halley

"If apples were pears
And peaches were plums
And the rose had a different name.
If tigers were bears
And fingers were thumbs
I'd love you just the same."
- Valentine's Day Songs and Poems
Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #023 (Medium)

```
3 1 6 | 4 2 | 7
2 1   | 9   |
8 4 9 | 6   | 1

| 9 | 5   |
5 2 4 | 4   | 1 9

7 1 | 2  |
6 7 | 8  |
6 9 8 | 5 |
```

Access Blocked - Content Alert

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http://googleads.g.doubleclick.net/pagead/ads?
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7627440077319084
3A%2F%
2Fwww.puzzles.ca%
2Fsudoku_puzzles%
2Fsudoku_medium_-
300&u_his=0&u_ja
20new%
20roman&dfs=16&a
-2&ady=-
2&biw=355&bih=41
3A%2F%
2Fwww.puzzles.ca%
2Fsudoku.html&fu=
was blocked

- The link you are accessing has been blocked by the Barracuda Web Filter because it matches a blocked

Sudoku #024 (Medium)

```
3 5 7 | 9 2 |
1 9   | 4 5 8 |

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

1 | 6 |
4 7 1 | 9 |
9 3 4 |
```

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: http://www.puzzles.ca/sudoku.html

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 4</td>
<td>February 5</td>
<td>February 6</td>
<td>February 7</td>
<td>February 8</td>
</tr>
<tr>
<td>Salisbury Steak/Gravy</td>
<td>Macaroni &amp; Cheese</td>
<td>Beef Stew</td>
<td>Turkey Divan</td>
<td>Stuffed Shells with Marina</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
<td>Boiled Potatoes/Carrots</td>
<td>Broccoli</td>
<td>heat Sauce</td>
</tr>
<tr>
<td>California Medley</td>
<td>Sunshine Salad</td>
<td>Biscuit</td>
<td>Rice Veggie Casserole</td>
<td>Wax Beans</td>
</tr>
<tr>
<td>Chilled Pineapple</td>
<td>Mandarin Orange</td>
<td>Birthday Cake</td>
<td>Cranberry Crunch</td>
<td>Tossed Salad/</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Garlic Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td><strong>February 11</strong></td>
<td><strong>February 12</strong></td>
<td><strong>February 13</strong></td>
<td><strong>February 14</strong></td>
<td><strong>February 15</strong></td>
</tr>
<tr>
<td><strong>CHEF'S</strong></td>
<td><strong>Cheese Omelet</strong></td>
<td><strong>Ash Wednesday</strong></td>
<td><strong>Valentine's Day</strong></td>
<td><strong>Brunch</strong></td>
</tr>
<tr>
<td><strong>CHOICE</strong></td>
<td>Hungarian Goulash</td>
<td>Breaded Haddock</td>
<td><strong>Apple n' Onion</strong></td>
<td><strong>Hash Brown</strong></td>
</tr>
<tr>
<td></td>
<td>over Noodles</td>
<td>Scalloped Potatoes</td>
<td><strong>Chicken</strong></td>
<td><strong>Potato</strong></td>
</tr>
<tr>
<td></td>
<td>Scandinavian blend Veggies</td>
<td><strong>Sweet Potatoes</strong></td>
<td><strong>Spinach</strong></td>
<td><strong>Ham</strong></td>
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<td></td>
<td>Gingerbread/Topping</td>
<td><strong>Green Beans</strong></td>
<td></td>
<td><strong>Yogurt Parfait</strong></td>
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<td></td>
<td></td>
<td><strong>Tropical Fruit Cup</strong></td>
<td></td>
<td><strong>with Strawberry &amp; Granola</strong></td>
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<tr>
<td><strong>February 18</strong></td>
<td><strong>February 19</strong></td>
<td><strong>February 20</strong></td>
<td><strong>February 21</strong></td>
<td><strong>February 22</strong></td>
</tr>
<tr>
<td><strong>President's Day</strong></td>
<td>Ground Beef And Gravy</td>
<td>Turkey Pot Roast</td>
<td><strong>Soup of the Day</strong></td>
<td><strong>Eggplant</strong></td>
</tr>
<tr>
<td><strong>Meal site Closed</strong></td>
<td>Mashed Potatoes</td>
<td>Cranberry Sauce</td>
<td><strong>(at congregate sites only)</strong></td>
<td><strong>Parmesan</strong></td>
</tr>
<tr>
<td></td>
<td>Winter Squash</td>
<td>Mashed Potatoes</td>
<td><strong>Liver &amp; Onions</strong></td>
<td><strong>Spaghetti/</strong></td>
</tr>
<tr>
<td></td>
<td>Chilled Peaches</td>
<td>Carrots</td>
<td><strong>Boiled Potato</strong>*</td>
<td><strong>Marinara sauce</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Strawberry Shortcake</td>
<td><strong>Peas &amp; Onions</strong></td>
<td><strong>Cauliflower</strong></td>
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<tr>
<td><strong>February 25</strong></td>
<td><strong>February 26</strong></td>
<td><strong>February 27</strong></td>
<td><strong>February 28</strong></td>
<td></td>
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<tr>
<td>Juice of the Day</td>
<td>Spanish Rice</td>
<td>Roast Pork Loin/Gravy</td>
<td>Chicken &amp; Stuffing</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Biscuit</td>
<td>Broccoli</td>
<td>Roasted Red Potatoes</td>
<td>Casserole</td>
<td></td>
</tr>
<tr>
<td>Italian Blend Veggies</td>
<td>Corn Bread</td>
<td>Winter Squash</td>
<td>Long Grain &amp; Wild Rice</td>
<td></td>
</tr>
<tr>
<td>Chilled Pineapple</td>
<td>Mandarin Oranges</td>
<td>Apple Crisp</td>
<td>California Medley</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pumpkin Bar</td>
<td></td>
</tr>
</tbody>
</table>

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, and tea and juice). Diabetic desserts are available for those with diabetes. **Menus subject to change.** Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**
Newsletters now available online at
http://warrencountyny.gov/ofa/meals.php
Also can be emailed please call
Kayla @ 824-8824

“If your local school district is closed due to a snow
day, your meal site is also closed.”

Staff:

WARREN COUNTY
CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
CHRIS LITTLE – COORDINATOR OF SERVICES
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING
CINDY CABANA – AGING SERVICES ASSISTANT
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO- DIRECTOR
(518) 761-6347 PHONE
Web site- www.warrencountyny.gov/ofa
Meal site Numbers:
Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsburg-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066
Toll Free Number 1(888)553-4994