January 2013

Winter

WARREN / HAMILTON COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347  PHONE
DIRECTOR– CHRISTIE SABO
Toll Free Number 1(888)553-4994
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 #045 (Hard)

Sudoku #046 (Hard)

Free Printable Sudoku Puzzles

Volunteer Birthdays!

James O’Hara – Jan 3rd
Ann Blanchard – Jan 8th  Frank O’ Keefe – Jan 14th
Robert Moore – Jan 21st
Mary Smith – Jan 21st  Don Bernhoft – Jan 26th
Robert Dalaba – Jan 27th
“Age to Perfection” - Wellness Workshops
At the Queensbury Center

A series of workshops to promote wellness through education and prevention strategies

Tues. Jan 22nd at 10am - Experience a Guided Visualization & learn about daily Meditation practices to promote balance & harmony with Joan Reid. Anyone interested in learning how to quiet their “monkey mind” chatter which allows us to be calm, present and relaxed will find this invaluable!

Tues. Jan 29th at 10am - Learn about Acupuncture from licenced acupuncturist Kevin Campopiano, owner and operator of The Acupuncture Studio in Glens Falls. Kevin’s acupuncture style reflects his belief that everyone has within them the unique ability to heal and is passionate about removing obstacles from people’s access to such healing. You will be given the opportunity to actually experience acupuncture itself. Kevin draws from a number of styles including Dr. Tan’s Balance Method, Japanese acupuncture and Jingei. He is a graduate of Cornell as well as the New England School of Acupuncture.

Tues. Feb 5th at 10am - MVP Health Care presents “Portion Distortion & Understanding Food Labels with Cori Rowe, Community Health Educator. Gain deeper knowledge of the importance of proper nutrition as we age, including appropriate proportions & deciphering food labels to avoid hidden perils! The age old saying goes “We Are What We Eat”! MVP provides useful tools for staying on the right track for wellness.

Tues. Feb. 12th at 10am - “Should I take that?” How seniors can safely choose over-the-counter medications and supplements with Dr. Rebecca Jones Pharm. D. Learn about potential side effects and drug interactions with OTC meds. and how to take them for maximum absorption and efficiancy. There will be a discussion of common disease states and how these conditions play into the choices we make.

Sign up at the Queensbury Center 745-4439 at least one week in advance.
Cost $3 per class or $10 for all four
Do yourself a favor this New Year!
Pick-Up Lines & Comebacks

Did they just take you out of the oven? Because you’re hot!

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If you were a new hamburger at McDonald’s, you would be McGorgeous.

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Can I borrow a quarter? I want to call my mom and tell her I just met the girl of my dreams.

"Don’t sweet-talk me! I saw you holding the pickle and the lettuce!"
- Trudy McConnell • Averagetown, USA
The top New Year's resolution every year is to lose weight and get into shape.

Ask anyone who has achieved long-term weight loss how they did it and they're sure to mention portion control. In fact, it can make or break your weight loss efforts.

**Top 10 Ways to Control Portions.**

1. **Break Leftovers Down:** Instead of using one large container to store leftovers such as casseroles, side dishes, or pasta, why not separate them into individually-sized containers?

2. **Say Yes to Salads:** Eating a salad before lunch or dinner is a sure-fire way to keep from overeating. It will help curb your appetite and give you a sense of satiety sooner.

3. **Single out Trigger Foods:** Buy snack foods in single serving sizes or divvy up full size packages into smaller, individual bags.

4. **Master Mini Meals:** Mini meals are by far the best way to prevent overeating because you'll get never too hungry and lose control of your portion intake.

5. **Keep Seconds Out of Sight:** Don't serve family meals family-style. Keep pots and dishes away from the table where it's all too easy to go for seconds. Remember, it takes about 20 minutes to feel satiated.

6. **Make Meat a Side Dish:** Treat meat entrees as a side dish rather than the main part of your meal. By loading up on veggies and healthy grains as the bulk of your meal instead of using them as sides, you'll feel full sooner and get extra vitamins and fiber.

7. **Meet Yourself Halfway:** Make lunch a two-fer. Your mid-day meal can work double duty by being shared or serving as dinner. At a restaurant, pack up half of your meal before you even start eating: Voila! You have an instant dinner!

8. **Be a Kid at Heart (or Tummy?):** Order a kid's size meal when you go to fast food places to automatically control portions (and save money!).

9. **Serving Standards:** Keep these tips in mind: 3 oz. of meat is the size of a deck of cards; 1 oz. of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta looks like a tennis ball.

10. **Treat Yourself:** And last, but not least ... indulge! Treating yourself once in a while to a "forbidden" food will keep you from feeling deprived. Stop a binge before it starts by indulging every now and then.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Adopted By: Jennifer R. Scott, About.com
Warm up with healthy winter soup recipes

These healthy creamy soup recipes offer all the creaminess of traditional versions with a fraction of the fat and calories so that you can indulge without any guilt.

Cream of Turkey & Wild Rice Soup

This is a healthier twist on a classic creamy turkey and wild rice soup. Serve with a crisp romaine salad and whole-grain bread.

4 servings, about 1 3/4 cups each | Active Time: 35 minutes | Total Time: 35 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (about 4 ounces)
- 3/4 cup chopped celery
- 3/4 cup chopped carrots
- 1/4 cup chopped shallots
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
- 3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
- 1/2 cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Preparation

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

Nutrition: Per serving : 354 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 87 mg Cholesterol; 27 g Carbohydrates; 36 g Protein; 3 g Fiber; 378 mg Sodium; 577 mg Potassium Exchanges: 1 1/2 starch, 1 vegetable, 3 lean meat, 1 fat

Tips & Notes

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

Chopped clams, aromatic vegetables and creamy potatoes blended with low-fat milk and just a half cup of cream gives this chunky New England-style clam chowder plenty of rich body. Serve with oyster crackers and a tossed salad to make it a meal.

6 servings, generous 1 cup each | Active Time: 45 minutes | Total Time: 45 minutes

Ingredients

- 2 teaspoons canola oil
- 4 slices bacon, chopped
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 2 teaspoons chopped fresh thyme, or 1 teaspoon dried
- 1 medium red potato, diced
- 1 8-ounce bottle clam juice, (see Makeover Tip)
- 1 bay leaf
- 3 cups low-fat milk
- 1/2 cup heavy cream
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 12 ounces fresh clam strips, (see Shopping Tip), chopped or 3 6-ounce cans chopped baby clams, rinsed
- 2 scallions, thinly sliced

Preparation

1. Heat oil in a large saucepan over medium heat. Add bacon and cook until crispy, 4 to 6 minutes. Transfer half of the cooked bacon to a paper towel-lined plate with a slotted spoon. Add onion, celery and thyme to the pan; cook, stirring, until beginning to soften, about 2 minutes. Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
2. Whisk milk, cream, flour and salt in a medium bowl. Add to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 2 minutes. Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3 minutes more.  
3. To serve, discard bay leaf. Ladle into bowls and top each serving with some of the reserved bacon and scallions.

Nutrition: Per serving : 253 Calories; 13 g Fat; 6 g Sat; 4 g Mono; 59 mg Cholesterol; 20 g Carbohydrates; 16 g Protein; 1 g Fiber; 585 mg Sodium; 392 mg Potassium  Exchanges: 1/2 starch, 1/2 low-fat milk, 1 lean meat, 2 fat

Tips & Notes

- Makeover tip: Check sodium carefully when using clam juice because the amount of sodium can vary dramatically between brands. We use Bar Harbor clam juice with only 120 mg sodium per 2-ounce serving.
- Shopping tip: Look for fresh clam strips at the seafood counter.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Adopted by: EatingWell
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

SOME OF THIS MONTH’S HIGHLIGHTS

| Wed-1/2     | Reviewing 2012-Welcome 2013-Refreshments, group participation | 1:00 p.m. |
| Mon-1/7     | Discussing “The Immortal Life Of Henrietta Lacks” by Rebecca Skloot | 1:00 p.m. |
| Tues-1/8    | Game Day-Bring your own, play ours, learn a new one | 1:00 p.m. |
| Wed-1/9     | Michigan Rummy-all welcome | 1:00 p.m. |
| Mon-1/14    | One Stroke Painting-$15 all material provided | 12:30-2 p.m. |
| Tues-1/15   | Vocal Concert-Anne Granger/Miriam Enman, accomp.-free | 1:00 p.m. |
| Wed-1/16    | Special Bingo-refreshments | 1:15 p.m. |
| Thurs-1/17  | Lunch Bunch-Peppermill-dutch treat, call to sign up | 12:00 p.m. |
| Tues-1/22   | Shirt Factory Art Tour-van leaves Center | 1:00 p.m. |
| Wed-1/23    | Special Lunch-call to register-chicken/biscuits-Cost: $7 | 12:00 p.m. |
| Mon-1/28    | Movie/popcorn-“Water For Elephants”-free | 1:00 p.m. |
| Tues-1/29   | Newsletter mailing-Come and lend a hand! | 1:00 p.m. |
| Wed-1/30    | Racino-Saratoga-$6 gas donation | 1:00 p.m. |

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 | 9:00-10:30 a.m.  
Every Friday Tai Chi Class-Cost: $6 | 9:00 a.m.-10:00 a.m.-Cost: $6

Ongoing activities at a glance:


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:  ________________________

145x248
FAMOUS BIRTHDAYS!

3rd Mel Gibson
(Popular star of “Braveheart” and “Lethal Weapon”)

7th Nicolas Cage
(Best Actor Academy Award (1995))

8th Elvis Presley
(The King of Rock n’ Roll)

15th Dr. Martin Luther King Jr.
(Civil Right leader “I Have a Dream”)

29th Oprah Winfrey
(Talk show host, actress)
Armchair Travelers
Beginning Last Wed. of the Month
Jan. 30th at 1:30pm with Jerry Lemmo
“California Here I Come”
Travel the world Sample Regional Cuisine.
Please Preregister $3 collected at the Door

Les Miserables
Sun. May 5th at 2pm
At Proctors Theater

New York Times calls it
“An Unquestionably Spectacular
Production From Start To Finish.”

The London Times hails the new show
“A Five Star Hit, Astonishingly Powerful”

Cost $79
Show & Transportation
Reserve now with $40 deposit

Cameron Mackintosh presents a brand new 25th anniversary
production of Boublil & Schonberg’s legendary musical, Les Miserables
with glorious new staging and dazzingly reimagined scenery inspired
by the paintings of Victor Hugo. This new production has been acclaimed
by critics, fans, and new audiences and is breaking box office records
wherever it goes.

Call Melissa for more info. 745-4439
IMPORTANT JANUARY EVENTS

- Paul Revere, Revolutionary War patriot, born January 1, 1735.
- Alaska was admitted to the Union as the 49th state, January 3, 1959.
- Utah became the 45th state, January 4, 1896.
- New Mexico became the 47th state, January 6, 1912.
- First American presidential election, January 7, 1789.
- American civil rights leader Martin Luther King, Jr., born January 15, 1929.
- Robert E. Lee, commander of the Confederate Army in the Civil War, born January 19, 1807.
- Edgar Allan Poe, American author, born January 19, 1809.
- Michigan became the 26th state, January 26, 1837.
- William McKinley, 25th President of the United States, born in Niles, Ohio, January 29, 1843.
- Kansas became the 34th state, 1861.
- Franklin D. Roosevelt, 32nd President of the United States, born at Hyde Park, N.Y., January 30, 1882.
Find the words from the bottom of the page in the winter word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the winter word search puzzle is complete, read the remaining letters of the word search puzzle left to right, top to bottom, to learn an interesting fact about winter.

**Winter Word Search**

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I W I N D C H I L L B N T H E
N E O R T H E C R N L H E M I
S P T H E R E E W I N T E R
S S T A O L S T I C Z E O F C
N H O C K E Y G N I Z E E R F
O C B U R S S D E C A B E O M
W B B E R C T W E N R D T S Y
M R O T S W O N S U D R K T F
A I G R S H T L A O R I T W E
N N A T Y C S R D E I F C O S
J A N U A R Y N D N H T I H T
I S T H E A D A G Y W S O I T
H T R E B M E C E D H V U E L
E A S T A M O U N T E O F L D
A Y L I G I C I C L E S H T S
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BLIZZARD  JANUARY
COLD      MARCH
DECEMBER  SHOVEL
DRIFTS    SKATE
FEBRUARY  SKIING
FREEZING  SLUSH
FROST     SNOWMAN
HOCKEY    SNOWSTORM
ICE       TOBOGGAN
ICICLES   WIND CHILL

Printables for Kids from www.PrintActivities.com

## January 2013

**Warren/Hamilton Counties Office for the Aging**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 1</strong> <strong>Meal Site Closed</strong></td>
<td><strong>January 2</strong></td>
<td><strong>January 3</strong></td>
<td><strong>January 4</strong></td>
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<tr>
<td></td>
<td>Chicken Pot Pie with Potatoes &amp; Veggies</td>
<td>Hungarian Goulash</td>
<td>Chicken Cacciatore</td>
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<td></td>
<td>Spinach</td>
<td>California Medley</td>
<td>With Penne Pasta</td>
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<td></td>
<td>Chilled Pears</td>
<td>Tossed Salad</td>
<td>Italian Mixed Veggies</td>
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<td></td>
<td></td>
<td>Gingerbread/Topping</td>
<td>Rice Pudding</td>
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<tr>
<td><strong>January 7</strong></td>
<td><strong>January 8</strong></td>
<td><strong>January 9</strong></td>
<td><strong>January 10</strong></td>
<td><strong>January 11</strong></td>
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<tr>
<td>Quiche of the Day</td>
<td>Cheeseburger Pie</td>
<td>Roast Pork Loin/Gravy</td>
<td>Sweet &amp; Sour Chicken</td>
<td>Spaghetti &amp; Meatballs</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>Lima Beans</td>
<td>Roasted Red Potatoes</td>
<td>Brown Rice</td>
<td>Marinara Sauce</td>
</tr>
<tr>
<td>Muffin of the Day</td>
<td>Coleslaw</td>
<td>California Medley</td>
<td>Oriental Veggies</td>
<td>Garlic Bread</td>
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<tr>
<td>Chilled Peas</td>
<td></td>
<td>Apple Crisp</td>
<td>Tropical Fruit Cup</td>
<td>Green Beans</td>
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<td><strong>January 14</strong></td>
<td><strong>January 15</strong></td>
<td><strong>January 16</strong></td>
<td><strong>January 17</strong></td>
<td><strong>January 18</strong></td>
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<tr>
<td>Juice of the Day</td>
<td>Spanish Rice</td>
<td>CHEF’S CHOICE</td>
<td>Macaroni &amp; Cheese</td>
<td>Chicken &amp; Stuffing</td>
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<tr>
<td>Chicken &amp; Biscuit</td>
<td>Broccoli</td>
<td></td>
<td>Stewed Tomatoes</td>
<td>Casserole</td>
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<tr>
<td>Scandinavian blend Veggies</td>
<td>Corn Bread</td>
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<td>Sunshine Salad</td>
<td>Rice Pilaf</td>
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<tr>
<td>Chilled Pineapple</td>
<td>Mandarins Oranges</td>
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<td>Fresh Fruit</td>
<td>Winter Squash</td>
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<tr>
<td><strong>January 21</strong></td>
<td><strong>January 22</strong></td>
<td><strong>January 23</strong></td>
<td><strong>January 24</strong></td>
<td><strong>January 25</strong></td>
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<tr>
<td><strong>Meal Site Closed</strong></td>
<td>Pork Chop/Applesauce</td>
<td>Meatloaf/Gravy</td>
<td>Baked Lemon Chicken</td>
<td>Beef Pot Pie with</td>
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<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Potato of the Day</td>
<td>with Mushroom Sauce</td>
<td>Potatoes &amp; Veggies</td>
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<tr>
<td></td>
<td>Carrots</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Sweet Potatoes</td>
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<td></td>
<td>Chilled Pears</td>
<td>Peach Cobbler</td>
<td>Peas &amp; Onions</td>
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<tr>
<td><strong>January 28</strong></td>
<td><strong>January 29</strong></td>
<td><strong>January 30</strong></td>
<td><strong>January 31</strong></td>
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<tr>
<td>Baked Fish Scandia</td>
<td>Beef Stroganoff over Noodles</td>
<td>Chicken Reuben</td>
<td>Shepherd Pie with</td>
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<tr>
<td>Scalloped Potatoes</td>
<td>Brussels Sprouts</td>
<td>Rice Veggie Casserole</td>
<td>Mashed Potatoes &amp; Veggies</td>
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<tr>
<td>Spinach</td>
<td>Pineapple Up-side Down Cake</td>
<td>Broccoli</td>
<td>Green Beans</td>
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<tr>
<td>Mandarin Oranges</td>
<td></td>
<td>Fruited Gelatin</td>
<td>Strawberry Shortcake</td>
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</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.co.warren.ny.us/

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