September 2014

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

Warren County Staff:

Christie Sabo - Director
Cindy Ross - Fiscal Manager
Harrriet Bunker - Coordinator of Services
Cindy Cabana - Specialist Services for the Aging
Hanna Hall - Aging Services Assistant
Rose-Ann O’Rourke - Coordinator of Nutrition Services
Kayla Jarrell - Coordinator of Volunteers / "Newsletter"
Catherine Keating - Stauch-Registered Dietitian / Menu
Susan Dornan - Point of Entry Coordinator for NY Connects
Cecily Burlingame - Typist / Receptionist
Dinah Kawaguchi - Part Time Typist

Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php
Please contact Kayla Jarrell to be added to our email list.
(518) 824-8824 or jarrellk@warrencountyny.gov
ATTENTION SENIORS!
Mark Your Calendar for a Senior Health and Awareness Day
Sponsored by Senator Betty Little and the Queensbury Senior Citizens, Inc.
Date: Saturday, September 13, 2014
Time: 10 a.m. to 2 p.m.
Location: Queensbury Activity Center
742 Bay Road, Queensbury 12804
(Queensbury Town Hall Bldg.)

List of Participants:
- Miracle Ear
- Southern Adirondack Independent Living Center
- Queensbury Senior Citizens, Inc.
- House of Grace of the Adirondacks
- Home Helpers
- United Health Care/Kinney Drugs
- CDPHP
- High Peaks Hospice and Palliative Care
- Visiting Nurses Home Care

Free tests and screening
- Hearing
- Blood Pressure
- Visual Acuity
- Flu Shots
- Hearing Aid Servicing

NO APPOINTMENTS NECESSARY
For questions, please call (518) 455-2811

Volunteers Needed
Meals on Wheels & Transportation Programs
Contact Kayla Jarrell
761-6347

September 30th
6—7 pm
Do you have Medicare questions?
We have a Medicare expert that can simplify the options for Medicare Eligible Individuals.
Program presented by Stephen Porto, Cool Insuring Agency.
The Glens Falls Home, 79 Warren Street, Glens Falls.
Registration is required by calling The Glens Falls Home at 518.793.1494.

Caring for Ourselves
CARING FOR OURSELVES IS A NEW SUPPORT GROUP FOR ANYONE CARING FOR A FAMILY MEMBER, FRIEND, OR LOVED ONE. THIS GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES AND REWARDS OF PROVIDING CARE. WE MEET DURING THE DAY AND EVENING AND THERE IS NO COST FOR YOU TO JOIN US! FOR INFORMATION, CONTACT SUSAN @ WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING @ 1-866-805-3931.

11—NOON
WEDNESDAY GROUP
MEETS @ THE GLENS FALLS HOME
79 WARREN ST, GLENS FALLS, NY 12801
OCTOBER 8, NOVEMBER 12, DECEMBER 10
5:30—6:30PM
EARLY EVENING GROUP
MEETS @ HIGH PEAKS HOSPICE
79 GLENWOOD AVE, (ELEVATOR TO 2ND FLOOR)
QUEENSURY, NY 12804

FREE Four Part Series
9:30—11:30 am
- Sept. 4th Alzheimer’s Disease: The Basics
- Sept. 11th Behaviors and Communication
- Sept. 18th Safety and Wandering
- Sept. 25th Activities

Training for Caregivers
Alzheimer’s Disease and Memory Related Disorders
Presented by:
SOUTHERN ADIRONDACK INDEPENDENT LIVING
Joanie Fiore Flanagan's 2014 Bike MS Begging Letter

Help me reach my goal again this year
The only thing I love more than riding in Bike MS is when people I know and care about say “Yes, I will sponsor you,” then hand me a check or cash. It makes me know that people out there do want to help create a world free of the baffling disease. It also makes me realize how lucky I am to be able to count on you year after year. Every dollar you sponsor is appreciated, as I strive to be a substantial fundraiser. Last year, through I was the top fundraiser for North Country Bike MS. My total for 2013 was over $11,000. the support of my friends, family and business contacts,

Thank you in advance for your continued support. Help me meet my goal of $14,000 in 2014!
The bike ride is Sept 20, 2014 at Burch Hill, Schodack, NY. Please make checks payable to NMSS, (National Multiple Sclerosis Society) and send to me Joan Fiore Flanagan 22 Nottingham Dr. Queensbury NY, 12804

To donate on line
please go to the MS web site at www.msfundacy.org
clck on ‘Make a donation’, then ‘Find a Participant’ Type in ‘Joan’ and ‘Flanagan’ and ‘NY’ state. Scroll down to ‘Donate Now’ and follow the instructions.

Flu Clinic / monthly B/P clinic
Glens Falls Presbyterian Church Meal Site
Monday, October 20th from 12:30pm- 1:30pm.
We are giving all seniors 65years and older the High-Dose Flu vaccine, as suggested by the CDC.
Cost of Flu is $30.00. Pneumonia vaccine is also available at a cost of $117.00. We will accept all insurance cards.
We accept cash or checks. No one is refused because of inability to pay.

Your Long Term Care Council meets Tuesday, September 23
Please join us for a conversation about Long Term Care. We need seniors, persons with disabilities, faith communities to join us. We will begin at 10am at Washington County Municipal Center, Basement Training Room, 338 Broadway, Fort Edward, NY 12828. Our presenters will be from “Leading Age”. The meeting will last no longer than two hours.
Long Term Care Council members are from Washington, Warren, and Hamilton Counties. We meet four times a year to discuss ideas and solutions to improve long term care choices. No dues are involved to join this meeting and it is open to anyone interested. For more information, contact Susan Dornan, NY Connects Coordinator at 1-866-805-3931. We are interested in your thoughts and concerns.
If your loved one is dealing with mobility issues, the simple act of going outdoors can be a daunting one. But breathing a little fresh air can do more than help diminish boredom and complacency. The summer’s extreme heat has broken and as fall sets in, it’s a perfect time to get an elder outdoors. Stepping outside on a daily basis goes hand-in-hand with good health. According to one study, people who went outside on a daily basis are less likely to have a wide variety of health problems like chronic pain or sleep disorders and remained more active than those who remain indoors.

For those who require assistance getting around, there might not be any interest in going outside. First, it's difficult and the elder may not feel all of the preparation needed is worth the hassle.

It’s also common for embarrassment and frustration to surface when going out requires a walker or a wheelchair.

How can you begin the process of getting your loved one interested in the outdoors? If he or she is resistant to the idea of going outside, you might need to look for ways to develop a desire for fresh air.

- Suggest your loved one sit by an open window for a few minutes every morning. The feeling of fresh air on their face may inspire a brief venture outdoors.
- Set up a window box or bird feeder outside a window and serve meals at the window.
- If you have the space, consider planting a small garden. Not only will it bring some nature close to home, but new seedlings are exciting to watch as they grow and change each day. With a garden in the yard, the elder doesn’t have to go far, and a reward awaits them – seeing the blooms.
- If your loved one is bedridden and getting outdoors is not an option, bring the outside in. A plant or vase of flowers on a nightstand can help. Even better, if there’s a window in the room, open it and let the breeze in.
- If you’re afraid that you or your loved one would forget to water the plants, ask your local nursery about self-watering pots.
- If your loved one’s home has a private patio or porch, he or she may feel more comfortable and less embarrassed by being alone outside, without the watchful eye of neighbors or strangers.
- Even going to the mailbox daily (either walking or in a wheelchair, if needed) can let the elder get a few minutes of fresh air. Routine is often comforting and this small daily task can do your loved one a world of good.

Once the elder has become accustomed to getting outside, take it step further. Suggest a short walk around the neighborhood or to a nearby park.

Ensuring your loved one's safety while outdoors is key. If they are unstable when they walk, consider a cane or a walker. If they are wheelchair-bound, use all safety features on the wheelchair. Dress your loved one appropriately for the weather. Being too hot or too cold will make the experience uncomfortable and may discourage an elder from going out.

If you work with a home care company, such as Partners in Care, the home health aides and private-duty nurses will work with you and your loved one to ensure that the desire for enjoying the outdoors is matched with their mobility.
In October of last year I wrote a column on the subject of scams and fraudulent schemes. The Attorney General’s Office continues to issue warnings about such scams and fraudulent schemes perpetrated against older New Yorkers. Last year we highlighted the “Medical Alert Device” scam as well as the “National Do Not Call Registry” scam. While these two scams are still operating, the National Council on Aging (NCOA) has recently published a list of some new scams and fraudulent schemes that we should all be on the lookout for. According to the NCOA, “Financial scams targeting seniors have become so prevalent that they’re now considered the crime of the 21st century. Why? Because seniors are thought to have a significant amount of money sitting in their accounts... Financial scams also often go unreported or can be difficult to prosecute, so they’re considered a “low-risk” crime.” Their list includes the following schemes:

**Health Care/Medicare/Health Insurance Fraud.** Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information and then use the personal information they provide to bill Medicare and pocket the money.

**Counterfeit Prescription Drugs.** Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 major cases per year, up from five a year in the 1990s. The real danger of this scam is that medications purchased are worthless and cause harm by doing nothing to treat the conditions that the person needs to treat in order to remain healthy.

**Telemarketing.** These are probably the most common types of scams that older people are likely to encounter in Warren and Hamilton Counties. Many of these fall into the category of “Charity Scams.” Jennifer Abel, writing for consumeraffairs.com (7/1/14), states that the situation has gotten “so bad that the New York State attorney general’s office has a “Charities Bureau” dedicated to investigating such things, and on July 1 the Charities Bureau reached a $24.6 million settlement with two for-profit direct mail vendors, Quadriga Art and Convergence Direct Marketing, over collections they made on behalf of the Disabled Veterans National Foundation.

**What can you do?** First, if you have not done so and would like to put your name on the National Do Not Call Registry the number is 1-888-382-1222 from the phone you wish to register or go to [https://www.donotcall.gov/default.aspx](https://www.donotcall.gov/default.aspx) on the Internet and click “Register a Phone Number” in the left hand column of their home page. There is also a New York State Do Not Call List. Go to [http://www.dos.ny.gov/consumerprotection/do_not_call/](http://www.dos.ny.gov/consumerprotection/do_not_call/) to register your home phone. You can also register your cell phone.

**What to do if you think you are receiving fraudulent phone calls.**

- If you receive a call from someone you don’t know asking for personal information, hang up your phone.
- If you decide to take the call ask for the name of the person you are talking to, the name of the business and their phone number. If you think you might be interested in their offer you can hang up and call them back at the number they gave you.
- Report what you think are scams and fraudulent calls to the Warren and Hamilton Counties Offices for the Aging (OFA) so they can alert other older people in the counties. They can also assist you in reporting the calls to the NYS Division of Consumer Protection.
- If you have a question about a specific charity you can call the Charities Bureau directly at (212) 416-8401. For questions about a fundraising call you have received (police, sheriff, fire companies) call the Bureau at (518) 486-9797.

**When should you give out information over the phone?** Give out information only to people you know and trust. County offices, such as the OFA, will clearly identify themselves. Your physician’s office and pharmacy are other types of calls you may responds to safely.

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Dr. William Lane is the owner of William Lane Associates, a gerontological consulting firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.
Volunteer Birthdays

Dave Thompson—5th
Susan Herlihy—12th
Pat Oddey—13th
Frank Shields—14th
Lynn Potenza—16th
Mary LaMere—19th

Famous Birthdays

September 8th—Patsy Cline—Legendary country singer recorded “I Fall to Pieces”
September 21st—Alfonso Ribeiro—Played preppie Carlton Banks on “Fresh Prince of Bel-Air”
September 23rd—Jason Alexander—Jerry’s neurotic friend George Costanza on “Seinfeld”

Remember, Remember The Eleventh of September (9-11 poem)

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
People died
That should have lived
Some as heroes, most were victims
Robbed of what could have been

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
The week, the world
Joined us in mourning;
Showing we were not alone.
Unity of effort and unity of purpose
is how we will prevail

Remember, Remember
The Eleventh of September,
The year: Two thousand and one
Never forget the day,
Remember
Not only the loss
But what is yet to be won

September 7th—National Grandparents Day
First Sunday after Labor Day.
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
Visit our website at
http://www.greaterglensfallsseniorcenter.com for more information.

NEW MEMBERS WELCOME
NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES or TRIPS
SOME OF THIS MONTH'S HIGHLIGHTS

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tues-9/2</td>
<td>Popcorn/Film-“Twelve Years A Slave”</td>
<td>1:00 p.m.</td>
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<td>Wed-9/3</td>
<td>Special Bingo-refreshments</td>
<td>1:00 p.m.</td>
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<td>Thurs-9/4</td>
<td>Hot Air Balloon program by Marcia Clark</td>
<td>1:00 p.m.</td>
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<td>Fri-9/5</td>
<td>Lunch Bunch/Luck-E-Star Café, Warrensburg-call to reserve</td>
<td>12:00 p.m.</td>
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<td>Mon-9/8</td>
<td>Good Books Club-“When I Found You”-C. R. Hyde</td>
<td>1:00 p.m.</td>
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<td>Tues-9/9</td>
<td>Northland Nursery Tour-call to reserve</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-9/10</td>
<td>Defensive Driving Class-call to reserve</td>
<td>9 a.m.-5 p.m.</td>
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<tr>
<td>Wed-9/10</td>
<td>Little Theatre On The Farm-50/s-60’s Music-Cost: $10, call to reserve</td>
<td>2:00 p.m.</td>
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<tr>
<td>Thurs-9/11</td>
<td>Lake George Dinner Theatre-“Lake Effects”-Cost: $52-call to reserve</td>
<td>11 p.m.</td>
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<tr>
<td>Fri-9/12</td>
<td>Tour of Camp Santanoni-transportation $25-call to reserve</td>
<td>8:30 a.m.</td>
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<td>Mon-9/15</td>
<td>One Stroke Art class-Cost: $15-call to reserve</td>
<td>12:30-2 p.m.</td>
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<td>Tues-9/16</td>
<td>British Landscapes Information</td>
<td>1:00 p.m.</td>
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<td>Wed-9/17</td>
<td>Coffee and Cop Chat-come for information and questions-Call to reserve</td>
<td>10:30 a.m.</td>
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<td>Thurs-9/18</td>
<td>Turkey Dinner- Call to reserve</td>
<td>12:00 p.m.</td>
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<td>Mon-9/22</td>
<td>Food preparation in 1800’s admission-call to reserve</td>
<td>1:00 p.m.</td>
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<td>Tues-9/23</td>
<td>Warren County OFA enrollment event-Call to reserve</td>
<td>1:00 p.m.</td>
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<td>Wed-9/24</td>
<td>Saratoga Racino-Gas donation for van $6</td>
<td>9:00 a.m.</td>
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<td>Thurs-9/25</td>
<td>All Center Lake George Boat ride-call to reserve</td>
<td>11:00 a.m.</td>
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<tr>
<td>Tues-9/30</td>
<td>Glens Falls National Bank program Seams/Fraud-Call to reserve</td>
<td>1:00 p.m.</td>
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</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 10:15-11:00 a.m.
Mon-Thurs.: Osteo exercise program- Monday-Thursday-Sponsored by RSVP 9:00-10:15 a.m.
Every Friday: Tai Chi Class-Cost: $6 9:00 a.m.-10:00 a.m.

Ongoing activities at a glance:
Trips include: Alaska Cruise, California Coastal, and British Isles, New Orleans

Call Center for pricing and information on the upcoming trips and events or see on line.
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: ____________________________ Phone: ____________________________
Address: __________________________

GREATER GLENS FALLS SENIOR CENTER
Saturday, October 4, 2014
9 a.m. – 2 p.m.

FALL FAIR
HOUSE & PORCH SALE

Offering Jewelry, Crafts, Collectibles, Baked Goods
Thrift Shop, Boutique, Housewares, Books, Appliances
And much more

Bring Your Family

Lunch at the Sherman House Café

Have a Great Time!

Greater Glens Falls Senior Center
380 Glen Street, Glens Falls, NY 12801
793-2189
Come Travel with Queensbury Senior Citizens
761-8225 or 745-4439
Credit cards accepted

**Old Forge Lake Cruises & ADK Scenic Railroad**
Wed. Oct. 1st

Step back in time to the late 1800’s and take a cruise aboard the “Clearwater” following the old steamboat route through the Fulton Chain of Lakes as your captain brings the areas colorful history and folklore to life. Enjoy lunch at the Knotty Pine Restaurant, then ride the Adirondack Scenic railroad along the Moose River to Otter Lake while taking in the beauty of our autumn mountains. Enjoy a last stop at the Old Forge Hardware Store famous for its wide variety of goods or grab a slice of pizza two doors down before heading home.

Cost $81++

**Queensbury Senior Citizens Present**

**Laura Roth**

**Friday Sept. 12th**

A One Woman Entertainment Genius! Performing in costume & character with amazing versatility, Laura Roth brings alive some of the greatest female entertainers of the twentieth & twenty-first centuries!

Cost $30

“Show Stopper”
- New York Post

“One of the World’s Leading Cabaret Singers”
- Show Business Newspaper

Tickets on Sale through the Wood Theater - Call 874-0800

**Fenimore Art Museum**

Houses the finest North American Indian Art collection
Special exhibits include Dorothea Lange’s America
A photo essay of life in America well worth seeing.
Also on exhibit are the paintings of New York’s history by LF Tantillo along with many other gorgeous works of art.

**Joseph L. Popp Jr. Butterfly Conservatory**

See & walk among tropical free-flying butterflies 7 birds from around the world in our 3,000 sq. ft. conservatory - home also to tropical plants, tortoises, lizards, frogs, and more. A great enchanting pick me up for a November day!

Cost $79
Deadline: Wed. Oct 8th

Lunch at the Otesaga Hotel

Outstanding buffet lunch at the grand Otesaga Hotel perched on the edge of lake Otesaga. One of the nicest and most elegantly presented lunches we have experienced in all our group travel

**Cooperstown NY - Art & The Otesaga** Nov 6th

**Arts & Crafts Fair**

Sat. Sept. 27th 9am - 3pm
At the Queensbury Center 742 Bay Rd.

Wide variety of paper crafts, jewelry, hand woven scarves, shawls, wine cork designs, paintings, photos, wreaths, purses, totes, maple products, wood plaques, cutting boards, gift baskets, afghans, quilted items and more
Fresh Vegetables: Buying, Storing, and Cooking

Grab a basket! We'll show you how to select and store a bumper crop of fresh vegetables. Plus, we'll point the way to one of our favorite vegetable recipes for cooking each one on the list.

**Tomatoes** - Get them while you can! Whether you like them fruity and sweet or tart and tangy, there's no substitute for ripe, juicy, in-season tomatoes.

**Peak Tomato Season:** June through September.

**Look For:** Fragrant tomatoes that are firm, richly colored, and heavy for their size.

**Store:** In a single layer at room temperature. Use within a few days.

**Beets** - A little bit earthy, a little bit sweet, beets rank among the most richly colored fresh vegetables.

**Peak Beet Season:** June through October.

**Look For:** Small to medium beets that are smooth and firm with crisp, bright greens.

**Store:** In an airtight container in the refrigerator up to three weeks.

**Corn** - White corn kernels are more mild and sweet than the full-flavor yellow kernels. Choose a hybrid -- with yellow and white kernels -- for best-of-both-worlds flavor.

**Peak Corn Season:** May through September.

**Look For:** Ears that are bright green with tight-fitting husks and golden-brown silks.

**Store:** Corn is best cooked the day it's purchased. Otherwise, keep in the refrigerator up to one day.

**Peas** - Few fresh vegetables are as tender and sweet as freshly picked and shelled peas.

**Peak Pea Season:** Midspring through early summer.

**Look For:** Crisp pods that are plump and bright green. Some blemishes are OK.

**Store:** In an airtight container in the refrigerator up to three days.

**Broccoli** - These deep-green stalks offer a nutty and cabbage like flavor that really comes out when roasted.

**Peak Broccoli Season:** April through October.

**Look For:** Richly colored broccoli with tightly closed buds and crisp leaves.

**Store:** Unwashed in an airtight container or bag in the refrigerator up to five days.

**Brussels Sprouts** - These cuties look like little heads of cabbage -- and they taste a bit like cabbage, too, though they're generally more mild and nutty.

**Peak Brussels Sprouts Season:** Late August through March.

**Look For:** Small, bright green sprouts with compact heads free from blemishes.

**Store:** Unwashed in an airtight container in the refrigerator for up to three days.

**Asparagus** – Few fresh vegetables say "spring" like asparagus. The seasonal favorite brings both earthy and bright flavors in every irresistible stalk.

**Peak Asparagus Season:** February to June.

**Look For:** Bright green stalks with fresh, tightly closed tips.

**Store:** Upright in a tall container filled with 1 inch of water in the refrigerator for three to four days.
Cauliflower - Mark Twain called it "cabbage with a college education." Indeed, cauliflower's flavor is sophisticated, bringing subtle nutty notes to the mix.

**Peak Cauliflower Season:** Available year-round, but best in autumn months.

**Look For:** Firm heads with compact florets and no signs of browning.

**Store:** In an airtight container or bag in the refrigerator for three to five days.

Green Beans - The mild veggie flavor of green beans comes through best when they're at their freshest.

**Peak Green Bean Season:** May to October.

**Look For:** Slender, crisp, brightly colored beans that are free from blemishes.

**Store:** In an airtight container in the refrigerator up to five days.

Summer Squash - Summer squash are relatively mild when compared to other fresh vegetables. Perk them up with plenty of herbs and spices.

**Peak Summer Squash Season:** Early to late summer.

**Look For:** Smaller squash that are lightly colored with no blemishes.

**Store:** Unwashed in the refrigerator up to five days.

Winter Squash - Most winter squash have inedible rinds -- it's the rich, sweet flesh inside that you use for cooking. The exception is the cucumber-shape delicata squash; its tender flesh is edible (though many diners prefer not to eat it).

**Peak Squash Season:** Early fall through the winter months.

**Look For:** Squash that is free of cracks and bruises.

**Store:** In a cool, dry place up to two months (delicata has a shorter shelf life -- store up to three weeks).

Mile High Turkey-Vegetable Burgers

Burgers are a great place to stash a cache of farmer's-market-fresh veggies. Our turkey burger features green sweet pepper, mushrooms, cucumber, red onion, and tomato.

**Ingredients**

1 cup finely chopped [fresh mushrooms](#)

½ cup finely chopped green sweet pepper (1 small)

1 tablespoon olive oil

2 cloves garlic, minced

1 egg, lightly beaten

½ teaspoon ground black pepper

½ teaspoon salt

1 pounds lean ground turkey or 90% lean or leaner ground beef

4 slices [red onion](#), cut 1/2 inch thick

2/3 cup chopped, seeded tomatoes

3 tablespoons chopped, pitted [Kalamata olives](#)

3 tablespoons crumbled reduced-fat feta cheese

2 tablespoons snipped [fresh mint](#)

1 tablespoon lemon juice

1 cup fresh spinach leaves

4 honey wheat or multigrain thin sandwich rolls, toasted if desired

3/4 cup very thinly sliced cucumber

**Directions**

In a medium skillet cook mushrooms and sweet pepper in hot oil over medium heat for 5 minutes or until tender, stirring occasionally. Add garlic; cook and stir for 30 seconds. Remove from heat.

1. In a large bowl combine egg, mushroom mixture, 1/4 teaspoon of the black pepper, and the salt. Add ground turkey; mix well. Shape into four 3/4-inch-thick patties.

2. For a charcoal or gas grill, grill patties and onion slices on greased rack of a covered grill directly over medium heat. Grill patties for 10 to 15 minutes or until done (165 degrees F), turning halfway through cooking. Grill onion slices for 8 to 10 minutes or until tender and lightly charred.

3. Meanwhile, in a food processor combine tomatoes, olives, cheese, mint, lemon juice, and the remaining 1/4 teaspoon black pepper. Cover and process until smooth.

To serve, place spinach on roll bottoms. Top with patties, tomato mixture, onion slices, cucumber slices, and roll tops.

**Nutrition Facts (Mile High Turkey-Vegetable Burgers)**

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Adopted By: BHG
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td><strong>Meal Site Closed</strong></td>
<td><strong>September 8</strong> Baked Chicken Tenders with Sauce Rice Pilaf Tomato &amp; Zucchini Chilled Pears</td>
<td><strong>September 9</strong> Beef Tomato Florentine with Noodles &amp; Cheese Japanese Veggies Garlic Bread Tropical Fruit Cup</td>
<td><strong>September 11 Cold Plate</strong> Tuna Salad on a Bun Pasta Salad Broccoli Salad Blueberry Crunch</td>
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<td><strong>September 15</strong> Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pineapple</td>
<td><strong>September 16</strong> Apple N’ Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake</td>
<td><strong>September 18</strong> Macaroni &amp; Cheese Stewed Tomatoes Carrot Raisin Salad Chilled Peaches</td>
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<td><strong>September 22</strong> Broasted Haddock Augratin Potatoes Italian Mix Veggies Chilled Apricots</td>
<td><strong>September 23</strong> Pork Chops Sweet Potatoes Green Beans Mandarin Orange</td>
<td><strong>September 25</strong> American Goulash Tossed Salad Cauliflower Fresh Fruit</td>
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<td><strong>September 29</strong> Chicken Reuben Rice Veggie Casserole Mixed Veggies Tropical Fruit Salad</td>
<td><strong>September 30</strong> Meatloaf Mashed Potatoes Scandinavian Veggies Peach Cobbler</td>
<td><strong>September 26 Cold Plate</strong> Chef Salad –(Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Gingerbread/Topping</td>
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**Meal Site Numbers:**
- Bolton-644-2368;
- Indian Lake; 648-5412;
- Lake Pleasant-548-4941;
- Soloman Hgts Qby —832-1705
- Cedars-832-1705;
- Johnsburg-251-2711;
- Long Lake-624-5221;
- Warrensburg-623-2653;
- Chestertown-494-3119
- Lake Luzerne; 696-2200
- 1st Presb. Church GF —832-1705
- Wells-924-4066

*Suggested contribution $3 per meal.*

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.**