Warren-Hamilton Counties Office for the Aging
(518) 761-6347
1340 State Route 9, Lake George, NY 12845
Toll Free Number 1-888-553-4994
NY Connects 1-866-805-3931

WARREN COUNTY STAFF:
CHRISTIE SABO ~ DIRECTOR
CINDY ROSS ~ FISCAL MANAGER
HARRIET BUNKER ~ COORDINATOR OF SERVICES
CINDY CABANA ~ SPECIALIST SERVICES FOR THE AGING
HANNA HALL ~ AGING SERVICES ASSISTANT
ROSE-ANN O’ROURKE ~ COORDINATOR OF NUTRITION SERVICES
CATHERINE KETING ~ STAUCH-REGISTERED DIETITIAN / MENU
SUSAN DORNAN ~ NY Connects, POINT OF ENTRY COORDINATOR
JAMI RIVERS ~ RECEPTIONIST
DINAH KAWAGUCHI ~ PART-TIME TYPIST

OFA Staff Bio: Jami Rivers
Jami began her new roles as Receptionist for the Warren-Hamilton Counties Office for the Aging in April 2015.
She formerly held positions with OFA as Cook and Supervisor of Volunteers.
She enjoys assisting people who contact our office and especially enjoys helping our seniors.

Newsletters are now available online at www.warrencountyny.gov/ofa/newsletters.php
Please contact Susan Dornan to be added to our email list.
(518) 761-6347 or dornans@warrencountyny.gov
The Health Insurance Information, Counseling and Assistance Program (HIICAP) is a service of the New York State Office for the Aging that provides free, accurate and objective information, counseling and advocacy on Medicare, private health insurance and related health coverage plans. HIICAP serves people currently covered by Medicare, their representatives, and persons who will soon become Medicare eligible. This is the third interview I have conducted with Harriet Bunker who is responsible for coordinating the HIICAP program for both Warren and Hamilton Counties.

How did you come to start working for the Warren/Hamilton Counties Offices for the Aging (OFA)? I am from Warrensburg and Candace Kelly (the previous Director of the OFA) was one of my best friends in school. As part of my course work at SUNY Plattsburgh I did an internship at the OFA. Candace had started working here and I told her to let me know if there were any openings. When a position became open I applied and was hired. That was almost 20 years ago.

How many staff do you have in the HIICAP program? In addition to myself we have two full-time counselors, one part-time counselor who is located at the Greater Glens Falls Senior Center who does outreach in Glens Falls and a consultant who does counseling during the open enrollment period. In addition to serving all of Warren County we also cover Hamilton County. We do presentations at all the meal sites and make home visits anywhere in either county upon request. Since Hamilton County has their own Department of Social Services, they handle requests for Extra Help.

In the past year we served 1518 different clients in the two counties. Some of these contacts were brief phone calls while others were conducted in person and
required multiple visits to solve complex problems.

Since you began working a number of years ago with the HIICAP program, what have been some of the major changes you have seen? Part D! We are seeing more people who are turning 65 and are currently in managed care plans. They have done their homework and are up-to-date on their choices. We see people every day about their Part D plans. We are now a busy year-round program.

In the past we worked with more couples where one spouse was retiring and the other did not work. Now we see many couples where one spouse is retiring and the other is continuing to work. These couples have special problems and more options and choices to make than many we have seen in the past.

What are some of the most common questions you receive about Medicare?

“I’m new to Medicare; where do I start?” “What about the six/seven month period to sign up?” “Is “Obamacare” part of Medicare?” “Why do I need a Part D drug plan when I don’t take any medications?”

People who are just becoming eligible for Medicare should first contact their closest Social Security office. You can also go on-line and start the process. If you live in Warren County and go to the Glens Falls office they always tell people to come to us for help in choosing coverage. We have a very good working relationship with Social Security. There is not a Social Security office in Hamilton County so residents need to go the office closest to them in another county. If they give us call we can help direct them to the most convenient office.

Since Part D is such an important issue, do you have any tips for people who are selecting a Part D prescription drug plan? When choosing a health plan, Part D is really the most important thing. At least in Warren County most of the physicians accept all the major plans. Most don’t see their doctor or go to the hospital every month but many do have prescriptions filled every month. People have numerous questions: Do I qualify for Extra Help? Do I need a stand-alone drug plan or one that is part of an Advantage Plan? We work with people every day to find answers to these and many other questions.

If someone wants to contact the HIICAP program who should they call? They
should call OFA at (518) 761-6347 and ask for the HIICAP program. The receptionist will connect them with a counselor. If the counselor can’t answer their question over the phone, the counselor can arrange an appointment for them to meet in our office or in their home to get answers to all of their questions.

Dr. William Lane is the owner of William Lane Associates, LLC 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.
Warren County
Senior Picnic

The Warren County Council of Seniors
&
Warren/Hamilton Counties Office for the Aging

Annual Senior Picnic

Reservations can be made through your local Senior Club or Meal Site before August 28, 2015

Tickets $5.00

Highlights
- Coffee and Donuts @ 10:00
- Blood pressure screening
- Information for Seniors

MENU
- Chicken,
- Corn on the Cob,
- Baked Potato,
- Rolls,
- Cold beverages

Date: 09/09/2015
Coffee/Donuts 10am
Picnic Time: 12:00

Elks BPOE # 81 Lodge
32 Cronin Road
Queensbury, NY

For more information, contact:
RoseAnn @ 761-6347
or Maureen Mihalics
@ 668-5506

before August 28, 2015
Joanie Fiore Flanagan’s 2015 Bike MS Begging Letter: Why I fight MS

I believe I can do something about Multiple Sclerosis. Life itself is unpredictable, but having MS makes that uncertainty even worse. Imagine dealing with the thought that maybe one day, you will wake up with partial blindness. Or your memory will fail you for no apparent reason, or you may not always be able to walk. When I ride or fundraise, I am helping make at least one thing certain—that people with MS will continue to have hope for a cure and finding its cause.

Why I ride: My husband Bob and I love riding in Bike MS. We focus on fundraising, look forward to meeting our goals, and the challenge of riding in this event each year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

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 support you”, then hand me a check or cash. People out there want to help create a world free of this baffling disease. 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 this support my total was over $8,000. Thank you in advance for continuing to support meeting my goal of $15,000 in 2015.

The bike ride is Sept 19, 2015 at Burch Hill, Schodack, NY. Please make checks payable to NMSS, (National Multiple Sclerosis Society) and send them to me: Joan Fiore Flanagan, 22 Nottingham Dr, Queensbury, NY 12804

To donate online go to the MS web site at: www.msupstateny.org click on “Donate”, then “Find a Participant”, type in “Joan” and “Flanagan” and “NY” state. Scroll down to “Donate Now” and follow the instructions.

The savvy caregiver: a program for family & friends of a loved one with Alzheimer’s

Free 5 session training for family caregivers meets: Sept 15, 22, 29 & Oct 6, 13

Meets 5:30pm @ the Queensbury Senior Center

To register: contact Linda Manzo at 955-8323

or The Queensbury Senior Center at 761-8224
HAPPY BIRTHDAY
TO OUR VOLUNTEERS
PAT KRUCZLNICKI-12
JOE SULLIVAN-12
SUZANNE CARTER-23
FRANK IMBIMBO-24
JACQUES
MAZOUREX-25

OUR VOLUNTEERS
ARE AWESOME!

The American Bald Eagle is a national symbol with its distinctive "bald" white head, tail, and dark brown body. These are adult bald eagles.

Eagles get their distinctive "bald" head and white tail when they are 4 or 5 years old.

Bald eagles can actually swim! They use an overhand movement of the wings that is very much like the butterfly stroke.

The bald eagle can fly 20-40 mph in normal flight and can dive at speeds over 100 mph.

The world’s 59 species of eagles are found on every continent except Antarctica.

Eagles are very cautious birds.

Sky-blue leg band they wear, signify them as "New Yorkers."

Purple-banded birds from Michigan, Black-banded birds from Connecticut.

Gold-banded birds from Massachusetts.
WHAT ARE SOME FUN THINGS TO DO IN AUGUST?
SORT THROUGH OLD PHOTO ALBUMS ON A RAINY DAY
MAKE ICED TEA & INVITE A FRIEND OVER
VISIT A FARMERS’ MARKET & TRY SOMETHING NEW
GO TO A COUNTY FAIR
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....

Kim Bren, Executive Director/ Shelia Satterlee, Assist.
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

Mon-8/3  Lunch Bunch-Broadway Café, Ft. Edward-call to reserve 12:00 p.m.
Tues-8/4  Game Day-bring your own/play ours  1:00 p.m.
Wed-8/5  Defensive Driving Class-call to register  9 a.m.-5 p.m.
Thurs-8/6 Ice cream Social  1:00 p.m.
Mon-8/10 One Stroke Art class-Cost: $15, all materials provided, call to sign up 12:30 p.m.
Tues-8/11 Film/Popcorn-free  1:00 p.m.
Wed-8/12 Crandall Park picnic-Cost: $7- call to sign up 12:00 p.m.
Thurs-8/13 Special Bingo-refreshments prizes  1:00 p.m.
Fri-8/14  “Les Miserable”-Schroon Lake-call to sign up 2:00 p.m.
Mon-8/17 Outdoor games-Center lawn  1:00 p.m.
Tues-8/18 Coffee & Cop-drop in and meet Officer Willette  1:00 p.m.
Wed-8/19 Racino Trek-$6 gas donation-call to sign up  9:30 a.m.
Thurs-8/20 Martha’s ice cream/Goody’s Candy Shop  1:00 p.m.
Fri-8/21 Dog agility training-call to sign up  9:00 a.m.
Tues-8/25 Comedy Day-bring your stories/jokes  1:00 p.m.
Mon-8/31 Funeral pre-planning program-Kilmer Funeral Home  1:00 p.m.

Monday- Fri day

Every Tues Bingo in AM/Program in PM-Transportation provided  10:15 a.m.

Every Thurs day

Mon-Thurs. Osteo exercise program- Monday-Thursday-Sponsored by RSVP  9:00-10:00 a.m.

Every Friday Tai Chi Class with Sam Ling-Cost: $6  9:00 a.m.-10:00 p.m.

Ongoing activities at a glance: Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/
Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/Performing Line Dancing/Woodshop/Golf/
Bowling/Crafts/Cards/Bingo & Much More. Trips include: Greek Isles, England, Scotland, Whales, Ireland, London,
New Orleans, Caribbean Cruise, and Albuquerque Balloon Festival. Call Center for pricing and information on the up-
coming trips and events or see on line. Don’t be lonely- come and participate in “YOUR SENIOR CENTER”.

Mon-Thurs. Osteo exercise program- Monday-Thursday-Sponsored by RSVP  9:00-10:00 a.m.

Every Friday Tai Chi Class with Sam Ling-Cost: $6  9:00 a.m.-10:00 p.m.
Queensbury “Seniors On The Go” Present...

Cape Cod with White Star Tours

Sept. 8th - 11th

3 Nights lodging Riviera Beach Resort
3 Breakfasts, 3 Dinners
Evening of entertainment
Fully escorted tours of Boston, Quincy Market, Plymouth & Plymouth Rock, Hyannis area including Kennedy Memorial & JFK Museum, Heritage Gardens, Provincetown, & Newport RI tour.
luggage handling, taxes & meal gratuities
Motorcoach transportation.
Optional Whale watch or Dune Ride (on your own)
Cancellation insurance available
Gratuities for guides & driver not included.

Boston, Plymouth, & Newport
Act fast! Full payment is now due!
Travel Insurance Available.

Cost $529
Call 745-4439 Credit Cards Accepted

Delaware Ulster Railroad
Scenic Lunch Train Fri. Sept. 18th

Climb aboard the Rip Van Winkle and be transported on a journey back to the sophisticated atmosphere of the earlier days of railroading. The revitalization of this rail line for scenic purposes was recreated in appreciation of the historic Ulster & Delaware Railroad that rolled along the same tracks for more than a century. The picturesque path traced by the Ulster & Delaware led many to dub the train “The Most Scenic Rail Line in the East”. Partake in an old fashioned multi-course meal that is sure to please and learn about the historical significance of the original U & D Railroad. The two hour train ride takes us from Arkville to Roxbury NY and back. The grade traveled by the train is relatively flat, but the gorgeous Catskill Mountains during peak fall foliage frame the tracks for much of the trip.

Included is a visit to Larned Manor, an early American country estate, built in 1819 by John Larned, who represented NY as a delegate to the Constitutional Convention in 1787 and the state’s Ratification Convention in 1788. The manor house was restored in 1977 by the Power Authority and is now listed in the National Register of historic places. It is a history buffs dream come true, filled with authentic furnishings from the first half of the 19th Century. End the day with a stop at the Apple Barrel Country Store for great gifts and goods!

Cost $58 Deadline: Fri. Aug. 21st - Credit Cards Accepted by calling 745-4439
Join us! Wednesday, September 23

Please join us for the Washington, Warren, and Hamilton Counties Long Term Care Council’s Brunch Meeting at The Glen at Hiland Meadows. Our meeting is open to anyone interested in making a difference in our communities. For more information or to reserve your space, contact Stephanie Ball, LTCC Secretary at 746-2420 or Susan Dornan, NY Connects Coordinator at 1-866-805-3931.
The Warren-Hamilton Counties
Office for the Aging

DON'T MISS OUT!
SAVE $$ ON MEDICARE

...you have a limited income, you might qualify for Extra Help paying for Medicare and your drugs.

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The Office for the Aging is here to help. We can answer your Medicare questions & find programs to assist you in affording your health care and prescription drug costs. This is a confidential and free service.

Did you know? Medicare also pays for preventive care to help you stay well. Just ask us when you call!

To find out more: 518-761-6347

FREE SCREENINGS

Breast Cancer Screenings
Cervical Cancer Screening
Colorectal Screening

Call today for more information: 926-6570

Screenings are provided at several locations in Warren, Washington and Hamilton Counties!
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<thead>
<tr>
<th>August 2015</th>
<th>Warren/Hamilton Counties Office for the Aging</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>August 3</td>
<td>Baked Chicken with Grilled Vegetables</td>
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<td>August 4</td>
<td>Beef Tomato Florentine w/ Noodles &amp; Cheese</td>
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<td>August 5</td>
<td>Roast Pork/ Gravy</td>
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<td>Cold Plate</td>
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<td>August 7</td>
<td>Cheeseburger Deluxe</td>
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<td>August 10</td>
<td>Swiss Steak</td>
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<td>Pork Chop/ Applesauce</td>
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<td>August 12</td>
<td>Crockpot Roasted Turkey</td>
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<td>August 13</td>
<td>Roast Duck</td>
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<td>Cold Plate</td>
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<td>August 15</td>
<td>Chicken &amp; Stuffing</td>
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<td>August 16</td>
<td>America Goulash</td>
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<td>August 17</td>
<td>Cold Plate</td>
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<tr>
<td>August 18</td>
<td>Roast Turkey/Gravy, Cranberry Sauce</td>
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<td>August 19</td>
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<td>August 27</td>
<td>Cold Plate</td>
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<td>August 28</td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
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<td>August 31</td>
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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.**