Mission Statement

The Warren-Hamilton Counties Office for the Aging (OFA) is a bi-county governmental agency dedicated to maintaining seniors' independence and dignity. The OFA advocates for seniors and their families, providing support services, education and assistance in accessing available services.

Happy Father's Day

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 Glen at Hiland Meadows:
New location for daytime Caring for Ourselves Group

Join us 11am-noon on June 4 and 18
Caregivers join together to support each other, share ideas and concerns in this group facilitated by Susan from Warren-Hamilton Counties Office for the Aging or Dianne from High Peaks Hospice.

***Evening group meets 5:30-6:30pm June 9 and 25 at High Peaks Hospice.

For information on planning ahead for your long-term care needs, contact Susan at NY Connects at 1-866-805-3931.

🌟 Washington, Warren, and Hamilton Counties Long Term Care Council (LTCC)
Quarterly Meeting
June 17, 2015 from 10am-noon
at Hamilton County Public Health,
Indian Lake, NY

Join us to hear about our newest workgroups!
Hear how you can make a difference in addressing gaps in long term care in our communities.
Thinking about:

Quitting tobacco? Medicare can help!

Having a mammogram? Medicare can help!

Depression? Medicare can help!

Too much alcohol? Medicare can help!

Contact OFA about 100% covered Medicare Preventive Services

$$$$$$$$$$$$$$$$$$

New York State’s Lifeline Discounted Telephone Service helps income eligible consumers stay connected & save on their monthly phone bills. Call 1-888-275-7721 for more information
Catherine Keating, RD Certified Dietician Nutritionist

Bite into a Healthy Lifestyle: Strategies for Change One Bite at a Time

We need to be realistic and realize that we can make changes because they will benefit our health.

• Replace the sugar-sweetened beverages drink water when you are thirsty.

• Cook using fresh ingredients to reduce sodium & fat you get from pre-made convenience items.

• Fire up the grill and cook up some lean protein and roasted vegetables. Grilling some shish kabobs using vegetables, fruits and lean proteins in new ways can jazz up your dinner time.

• Pump up your plate by increasing the vegetables you serve to fill half the plate. Adding side salads using the great variety of ready-made salad mixes is pretty easy.

• Manage your portions. Even good healthy foods can be overeaten and lead to excessive calorie intake.

• Calories out includes getting enough physical activity daily to achieve a balance for health.

• Choose low fat dairy products to meet your needs for calcium. Select skim or 1% milk, low fat yogurt, and skim milk cheeses.

• Try a Meatless Monday plan. Use protein sources from plants such as beans, nuts, grains and soy. Plant based protein sources are lower in fat and calories.

• Buy fresh fruits and vegetables in-season to take advantage of their freshness and affordability.

• Don’t skimp on fiber. We need to include 6-8 ounces of grains daily with half coming from whole grain sources.

Adopted By: Nutrition for the Health of it: Kathy Birkett

Summer Squash Mushroom Casserole Recipe

This rich, creamy side with its crunchy topping would make a wonderful dish to take to summer potlucks and picnics, or to pair up with a wide variety of entrees.

TOTAL TIME: Prep: 20 min. Bake: 25 min. YIELD: 10 servings

Ingredients:

2 medium yellow summer squash, diced, 1 large zucchini, diced, 1/2 pound sliced fresh mushrooms, 1 cup chopped onion, 2 tablespoons olive oil, 2 cups (8 ounces) shredded cheddar cheese, 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted, 1/2 cup sour cream, 1/2 teaspoon salt, 1 cup crushed butter-flavored crackers (about 25 crackers), 1 tablespoon butter, melted
Summer Garden Chicken Stir-Fry

**Prep Time:** 30 min  **Total Time:** 30 min  **Servings:** 4

**Ingredients**
- 1 lb boneless skinless chicken breasts, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 teaspoons finely chopped ginger root
- 1 medium onion, cut into thin wedges
- 1 cup ready-to-eat baby-cut carrots; cut lengthwise in half
- 1 cup fat-free chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 to 3 teaspoons sugar
- 2 cups fresh broccoli florets
- 1 cup sliced fresh mushrooms (3 oz.)
- 1/2 cup chopped bell pepper (any color)
- 2 teaspoons cornstarch
- Hot cooked brown rice, if desired

**Directions**
1. Heat 12-inch nonstick skillet over medium-high heat. Add chicken, garlic and ginger root; cook and stir 2 to 3 minutes or until chicken is brown.
2. Stir in onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring occasionally.
3. Stir in broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
4. In small bowl, mix cornstarch and remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over rice.

**Expert Tips** Choose your favorite sugar substitute instead of using the regular table sugar called for in this recipe to lower the carb count. One packet of NutraSweet® sweetener is equal to 1 teaspoon of sugar whereas one packet of Splenda® sweetener is equal to 2 teaspoons of sugar.

**Nutrition Information Per Serving:**
- Serving Size: 1 Serving
- Calories: 200 (Calories from Fat: 35)
- Total Fat: 4g (Saturated Fat: 1g)
- Cholesterol: 70mg
- Sodium: 610mg
- Total Carbohydrate: 15g (Dietary Fiber: 4g)
- Protein: 28g
- % Daily Value: Vitamin A 150%; Vitamin C 70%; Calcium 6%; Iron 10%

**Directions for Summer Squash Mushroom Casserole:**

1. In a large skillet, sauté the summer squash, zucchini, mushrooms and onion in oil until tender; drain.
2. In a large bowl, combine the vegetable mixture, cheese, soup, sour cream and salt. Transfer to a greased 11-in. x 7-in. baking dish. Combine cracker crumbs and butter. Sprinkle over vegetable mixture.
3. Bake, uncovered, at 350° for 25-30 minutes or until bubbly.

**Nutritional Facts:** 2/3 cup equals 234 calories, 16 g fat (8 g saturated fat), 36 mg cholesterol, 564 mg sodium,

14 g carbohydrate, 2 g fiber, 8 g protein.

Adopted By: RDA Enthusiast Brands, LLC
OUR VOLUNTEER  

JUNE BIRTHDAYS  
11th  James Nyemchek  
15th  Joanna Carlton  
23rd  Lisa DeNoyer  
24th  Kevin McCullough  
26th  Stephen Youker  
27th  Tom Judkins  
28th  Francis Angelo  

REASONS TO VOLUNTEER  
~TO SHARE A SKILL  
~TO FEEL NEEDED  
~TO KEEP BUSY  
~FOR RECOGNITION  
~YOU HAVE TIME TO  
~TO MEET NEW PEOPLE  

THANKS VOLUNTEERS!

Greater Glens Falls Senior Citizens Center, Inc.

Presents The Annual

GREAT AMERICAN LAWN SALE

Saturday  June 13, 2015  9:00 a.m. – 2:00 p.m.
BARGAINS GALORE!

Bake Sale~Duck Tickets~Books & Thrift Shop Boutique
Plants & Cuttings~Household Items, Jewelry
Much, Much More! Check It Out!

380 Glens Street, Glens Falls, NY  12801
518-793-2189
Father’s Day Wordsearch

Can you find the word for Father in all these different languages?

Abba (Hebrew)  Athair (Irish)  Babba (Arabic)
Bapa (Malay)  Father (English)  Haakoro (Maori)
Otosan (Japanese)  Pabbi (Icelandic)  Pai (Portuguese)
Papa (Russian)  Pater (Latin)  Pere (French)
Tata (Polish)  Tatay (Filipino)  Vader (Dutch)

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Summer Sudoku

Every row, column and mini-grid must contain the letters B U C K E T. Don’t guess - use logic.
NEW MEMBERS WELCOME

NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH’S HIGHLIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-6/1</td>
<td>Good Books Club-“Those Who Save Us” by Jenna Bloom</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-6/3</td>
<td>Special Bingo-lots of games and refreshments, prizes</td>
<td>1:00 p.m.</td>
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<tr>
<td>Mon-6/8</td>
<td>One Stroke Art Class-Cost: $15, call to reserve</td>
<td>12:30 p.m.</td>
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<tr>
<td>Tues-6/9</td>
<td>Game Day, bring your favorite game, Michigan Rummy etc.</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-6/10</td>
<td>Film/Popcorn-“Saving Mr. Banks”</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-6/11</td>
<td>Racino-$6 gas donation</td>
<td>9:30 a.m.</td>
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<tr>
<td>Sat-6/13</td>
<td>Annual Lawn Sale-lots of different wares</td>
<td>1:00 p.m.</td>
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<tr>
<td>Mon-6/15</td>
<td>Musical program-John Denver music-$3 donation for homeless</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-6/16</td>
<td>Sunny Summer fundraising lunch-call for reservations-Cost: $7</td>
<td>12:00 p.m.</td>
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<tr>
<td>Wed-6/17</td>
<td>Defensive Driving Class-call to register</td>
<td>9 a.m.-5 p.m.</td>
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<td>Mon-6/22</td>
<td>Coffee &amp; Cop-ask questions of local law enforcement</td>
<td>1:00 p.m.</td>
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<tr>
<td>Wed-6/24</td>
<td>Volunteer Recognition reception</td>
<td>1:30 p.m.</td>
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<tr>
<td>Fri-6/26</td>
<td>Newsletter mailing</td>
<td>1:00 p.m.</td>
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<tr>
<td>Mon-6/29</td>
<td>Tour Family Court-Lake George municipal building</td>
<td>9:00 a.m.</td>
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<tr>
<td>Tues-6/30</td>
<td>Craft session-earrings/bracelets-Cost: $3</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- 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 with Sam Ling-Cost: $6 | 9:00 a.m.-10:00 a.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/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. 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 ___________________________
Travel with Queensbury Senior Citizens!
Melissa Pagnotta Travel & Activity Director
Call 745-4439 or 761-8224

“Oklahoma”
At Bard College
Wed. July 15th
The original Broadway production opened in March of 1943 and ran for an unprecedented 2,212 performances. It tells the story of Curly McLain and his romance with headstrong farm girl Laurie Williams who doesn’t want to fall willingly into the arms of this handsome cowboy. In her attempts to avoid him, she ends up turning to the dark-hearted farmhand, Jud Fry, who wants to do more than take her to the dance. This musical, building on the innovations of the earlier “Showboat”, epitomized the development of the “book musical”, a musical play where the songs and dances are fully integrated into a well-made story with serious dramatic goals that are able to evoke genuine emotions other than laughter!
Rogers & Hammerstein won a special Pulitzer Prize for Oklahoma in 1944 and it has continued to win numerous awards with it’s revival!

& Montgomery Place
Annandale-On-Hudson
A serene reflection of nearly 200 years of continuous family stewardship. The totality of the estate - house, gardens, arboretum, woodlands, orchards, hamlet and natural features - makes it a unique American treasure. The 380 acre property is an amazingly intact example of Hudson Valley estate life. Enjoy the property once belonging to the Livingston family with a tour of this Federal style mansion and it’s inspiring vistas of the Hudson River & Catskill Mountains. Includes deli lunch.

Cost $89 Deadline: Fri. June 5th

Living History Cruise
Wed. August 12th
To General Herkimer’s Home
On the Erie Canal
Cruise from Little Falls NY to the home of Revolutionary War Hero General Nicholas Herkimer, where you can explore the grounds and take a tour of this 1764 Georgian-style mansion. Learn about the history of the canal and the role General Herkimer played during the war. Enjoy a mouth watering buffet style BBQ lunch from Promise Land BBQ and experience an 18th Century chocolate making demonstration with costumed re-enactors. Includes a visit to “Gems along the Mohawk” before heading home.

Cost $76 Deadline: July 10th
WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING MEAL SITE NUMBERS
Bolton: 644-2368  Cedars: 832-1705  cedars@warrencountyny.gov  Chestertown: 494-3119
Indian Lake: 648-5412  Johnsburg: 251-2711  Lake Luzerne: 696-2200
Lake Pleasant: 548-4941 Long Lake: 624-5221 GF First Presbyterian Church: 832-1705
Solomon Heights: 832-1705  Warrensburg: 623-2653  Wells: 924-4066

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.**

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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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<td>June 1</td>
<td>June 2</td>
<td>June 3</td>
<td>June 4</td>
<td>June 5</td>
</tr>
<tr>
<td>Chicken Pot Pie with Potatoes &amp; Veggies</td>
<td>Meatloaf</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>Cold Plate</td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
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<tr>
<td>Spinach</td>
<td>Mashed Potatoes</td>
<td>Sweet Potatoes</td>
<td>Chef Salad –(Turkey/Ham/ Swiss Cheese/ Lettuce)</td>
<td>Tossed Salad</td>
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<tr>
<td>Chilled Pears</td>
<td>Peas &amp; Onions</td>
<td>Carrots</td>
<td>Marinated Veggies</td>
<td>Scandinavian Veggies</td>
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<tr>
<td>Chilled Pears</td>
<td>Peach Cobbler</td>
<td>Tropical Fruit Cup</td>
<td>Pineapple Upside Down Cake</td>
<td>Fresh Fruit</td>
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<td>June 8</td>
<td>June 9</td>
<td>June 10</td>
<td>June 11</td>
<td>June 12</td>
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<tr>
<td>Chicken Stir-Fry</td>
<td>Baked Fish Scandia</td>
<td>Sloppy Joes on a Bun</td>
<td>Cold Plate</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Brown Rice</td>
<td>Scalloped Potatoes</td>
<td>Summer Squash &amp; Zucchini Corn</td>
<td>Chopped Salad with Grilled Chicken</td>
<td>Stewed Tomatoes</td>
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<tr>
<td>Oriental Veggies</td>
<td>Italian Veggies</td>
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<td>Fresh Tomato Salad</td>
<td>Carrot Raisin Salad</td>
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<tr>
<td>Tropical Fruit Cup</td>
<td>Strawberry Shortcake</td>
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<td>Dinner Roll</td>
<td>Fresh Fruit</td>
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<td></td>
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<td></td>
<td>Birthday Cake</td>
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<td>June 15</td>
<td>June 16 Brunch</td>
<td>June 17</td>
<td>June 18</td>
<td>June 19 Cold Plate</td>
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<td>CHEF’S CHOICE</td>
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<td></td>
<td>Happy Father’s Day</td>
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<tr>
<td></td>
<td>Cheese Omelet</td>
<td>Spanish Rice</td>
<td>Veal Parmesan</td>
<td>Sliced Roast Beef Plate</td>
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<tr>
<td></td>
<td>Hash Brown Potato</td>
<td>Broccoli</td>
<td>Penne/Marinara Sauce</td>
<td>with Potato Salad &amp;</td>
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<td></td>
<td>Slice of Ham</td>
<td>Corn Bread</td>
<td>Cauliflower</td>
<td>Coleslaw</td>
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<td></td>
<td>Yogurt Parfait with</td>
<td>Pudding of the Day</td>
<td>Tossed Salad</td>
<td>Sandwich Roll</td>
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<tr>
<td></td>
<td>Fruit &amp; Granola</td>
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<td>Fresh Fruit</td>
<td>Berry Crisp</td>
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<thead>
<tr>
<th>June 22</th>
<th>June 23 Beef Tomato Florentine with Noodles &amp; Cheese</th>
<th>June 24</th>
<th>June 25 Cold Plate</th>
<th>June 26 Cheeseburger Deluxe</th>
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</thead>
<tbody>
<tr>
<td>Baked Chicken Tenders with Sauce</td>
<td>Sour Cream</td>
<td>Roast Pork/ Gravy</td>
<td>Tuna Salad on a Bun</td>
<td>Lettuce/Tomatoes</td>
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<tr>
<td>Potato of the Day</td>
<td>Italian Veggies</td>
<td>Mashed Potato</td>
<td>Macaroni Salad</td>
<td>Roasted Potato Bites</td>
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<tr>
<td>Tomato &amp; Zucchini</td>
<td>Garlic Bread</td>
<td>Broccoli</td>
<td>Broccoli Salad</td>
<td>Spinach</td>
</tr>
<tr>
<td>Chilled Pears</td>
<td>Mandarin Oranges</td>
<td>Cinnamon Coffee Cake</td>
<td>Cookie of the Day</td>
<td>Chilled Peaches</td>
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<thead>
<tr>
<th>June 29</th>
<th>June 30 Apple N’ Onion Chicken Sweet Potatoes</th>
<th>Summer is HERE!!!</th>
<th>The suggested donation is 3.00 for each meal.</th>
<th>Special thanks to all our Volunteers!!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss Steak</td>
<td>Mashed Potatoes</td>
<td>Remember sunscreen and stay hydrated!!!</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Brussels Sprouts</td>
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<tr>
<td>Chilled Pineapple</td>
<td>Apple N’ Onion Chicken</td>
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<td></td>
<td>Sweet Potatoes</td>
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<td>California Medley</td>
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<td></td>
<td>Jell-O Poke Cake</td>
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Summer is HERE!!!
Remember sunscreen and stay hydrated!!!

The suggested donation is 3.00 for each meal.

Special thanks to all our Volunteers!!!
2015 LEATHERSTOCKING HONOR FLIGHTS

Sept 12th - we are looking for 22 more Veterans

Oct 17th - we are looking for 45 more Veterans.

(May 30th - we have 46 Veterans - "Sold Out"!!!!)

If you are a WWII or Korean Veteran and have NOT gone on an Honor Flight now is a good time to submit your application. YOU fly free!! We also need Guardians to assist on each flight. Have you gone as a Guardian yet? Why not think about going on an Honor Flight in 2015. It will be a very rewarding experience for you.

You can download required application(s) on our website or pick one up at the Warren County Veterans’ Services Office 1340 State Route 9, Lake George NY 12845 ~ Phone: 518/761-6342.

THANKS!!! Liz Reinhart, Veterans Coordinator

Leatherstocking Honor Flights, P.O. Box 621 Cobleskill, NY 12043

Phone: (518) 673-3965 Cell: (518) 339-2464 Email: liz13317@gmail.com

August 3rd, 1949, President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.