Office Staff
Deanna “Dee” Park - Director
Catherine Bearor - Services Specialist
Susan Dornan - NY Connects, Point of Entry Coordinator
Hanna Hall - Services Specialist
Dinah Kawaguchi - Typist
Kathleen McLaughlin - NY Connects, Services Specialist
Tammy Morehouse - Aging Services Assistant
Rose Ann O’Rourke - Coordinator of Services
Jami Rivers - Receptionist
Cindy Ross - Fiscal Manager
Catherine Keating - Stauch - Registered Dietician / Menu
Mary Ann McCarthy – Supervisor of Volunteers

Newsletters are available online at-
www.warrencountyny.gov/ofa/newsletters.php
Or contact the office at (518)761-6347 to be added to our mailing

**Winter Holiday Fundraiser**

The Warren/Hamilton Counties Office for the Aging, in partnership with the Hamilton County Department of Social Services and Hamilton County Public Health will be having a quilt raffle to raise monies to buy presents for our seniors this holiday season.

Tickets are 1 for $2.00 or 6 for $10.00 [Please make sure to put your name and phone # on your ticket.] Drawing will be Friday, December 15th, 2017 at 2PM.

Tickets may be purchased at:
Warren/Hamilton Counties Office for the Aging
Hamilton County Public Health
Hamilton County DSS
Any Meal Site

We would like to thank Sherry Matthews for donating the lovely quilt!!
What are Long-Term Services and Supports?

Services and supports for those who have a lifelong or enduring condition that impairs a person’s ability to care for themselves.

Assistance excludes temporary treatment for injury or illness from which a person is expected to recover.

How can NY Connects assist?

When you contact us we will ask what is important to you and for you and then offer options so you can decide what is best for your situation. You make the decision and we support you in taking the actions necessary to live your life the way you would like to. Some people wish to remain at home and other people are interested in housing options that include assisted living options like meals, medication reminders, and socialization.

Call us at 1-866-805-3931 to speak confidentially or anonymously on the phone.

Call us at 1-866-805-3931 to set an appointment to meet with us in person. We will reserve a space to meet & talk privately here at Office for the Aging.

These are some of the topics we can assist with:

- Mental Health
- Caregiver Support
- Respite
- Day Care
- Transportation
- Home Care
- Substance Use
- Developmental Disabilities
- Medicaid
- Nursing Home
- Friendly Visiting
- Dementia
NY Connects: We are here to assist

Options Counseling: Making Long Term Care Decisions

- Do you want to remain in your home and “age in place”? What help is available?
- Would you like to live near others and have increased social interaction?
- Are your financial resources running low and you’re not sure how to cover costs of care?

Contact
NY Connects
1-866-805-3931

NY Connects will support you in choosing long term care resources that are best
NY Connects will help you weigh the pros and cons of services available
NY Connects will assist you in prioritizing your needs and wants

Call NY Connects at Warren/Hamilton Counties Office for the Aging to make an appointment to discuss your long term questions.

Toll-free 1-866-805-3931
Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Tips for Healthy Holiday Eating

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity and fun.

Practice Healthy Holiday Cooking
Preparation of favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- **Gravy** — Refrigerate the gravy to harden the fat and skim the fat from the top. This will save a whopping 56 gm of fat per cup.
- **Dressing** — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- **Turkey** — Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- **Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** — Use skim milk, chicken broth, garlic or garlic powder and Parmesan cheese instead of whole milk and butter.
- **Quick Holiday Nog** — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth and top with nutmeg.
- **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

*Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals and don't restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.*

Adopted By: California Pacific Medical Center/CPMC
**Fresh Cranberry-Orange Relish**

**INGREDIENTS**
- 1 large orange
- 1/4 cup plus 2 tablespoons sugar
- 2 (10-ounce) packages fresh cranberries

**How to Make It:** Grate orange rind and place in a food processor. Peel and section orange over the bowl of food processor. Add orange sections, sugar and cranberries to processor; process until coarsely chopped. Cover and refrigerate at least 1 day.

**Chef's Notes** - Allow at least 1 day in the refrigerator to marry the bright, fresh flavors. Make up to 3 days ahead.

**Nutritional Information**
- Calories 40
- Fat 0.1g
- Protein 0.3g
- Carbohydrate 10.4g
- Fiber 1.9g
- Cholesterol 0.0mg
- Iron 0.1mg
- Sodium 1mg
- Calcium 7mg

Recipe courtesy of *Cooking Light*

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**Onion-Garlic Mashed Potatoes**

**INGREDIENTS**
- Cooking spray
- 1/4 cup finely chopped red onion
- 1/4 cup thinly sliced green onions
- 2 garlic cloves, minced
- 2/3 cup 1% low-fat milk
- 1 1/3 cups frozen mashed potatoes
- 1 teaspoon light butter
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

**How to Make It:** Coat a small saucepan with cooking spray; place over medium heat until hot. Add onions and garlic; sauté 3 minutes. Add milk to pan; cook until thoroughly heated. Stir in potatoes, and cook, stirring constantly, 3 minutes or until creamy. Stir in butter, salt, and pepper.

**Nutritional Information**
- Calories 151
- Calories from fat 23%
- Fat 3.9g
- Protein 4.8g
- Carbohydrate 24.1g
- Fiber 1.8g
- Cholesterol 8mg
- Iron 0.4mg
- Sodium 498mg
- Calcium 109mg

Recipe courtesy of *Cooking Light*
Apple-Cinnamon Bread Pudding

Makes: 8 servings  Prep: 10 mins  Cook: 30 mins  Stand: 15 mins

Ingredients

- Nonstick cooking spray
- 3 tablespoons unsalted butter, melted
- 3 tablespoons packed dark brown sugar
- 3/4 teaspoon ground cinnamon
- 6 slices whole-wheat bread, lightly toasted
- 3 large eggs, lightly beaten
- 1 1/2 cups low-fat milk
- 1 tablespoon maple syrup
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 McIntosh apple, peeled, cored and diced
- 1 tablespoon granulated sugar

Directions

1. Preheat the oven to 325 degrees. Mist a 7-by-11-inch baking dish with cooking spray. In a small bowl, combine the melted butter, brown sugar and 1/2 teaspoon of the cinnamon.
2. Drizzle 2 teaspoons of the butter mixture over each slice of bread; spread mixture to the edges. Make three sandwiches; trim away crusts and cut bread into 1/2-inch cubes. Transfer to the baking dish.
3. In a medium bowl, whisk together the eggs, milk, maple syrup, vanilla extract and salt. Pour the mixture over bread and let rest 15 minutes or until most of it has been absorbed. Stir in the diced apple.
4. Combine the granulated sugar with remaining cinnamon; sprinkle over the pudding. Place baking dish in a larger roasting pan and fill pan halfway with very hot water. Bake 30 minutes or until a knife inserted into the pudding comes out clean. Transfer to a wire rack and let cool. Serve.

Nutrition Information

Servings Per Recipe: 8

PER SERVING: 176 cal., 7 g total fat (4 g sat. fat), 22 g carb. (2 g fiber), 6 g pro.
New Members Are Welcome Come Join our Family

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri-12/1</td>
<td>North Country Festival Of Trees-Queensbury Hotel-Call Center to register</td>
<td>12-2 pm</td>
</tr>
<tr>
<td>Mon-12/4</td>
<td>Senior Stitchers-share your ideas and techniques</td>
<td>10 am</td>
</tr>
<tr>
<td>Mon-12/4</td>
<td>Karen’s Painting On Glass Christmas Ornaments-Cost: $10</td>
<td>12:30 pm</td>
</tr>
<tr>
<td>Tues-12/5</td>
<td>Cornell Cooperative Extension-Fresh Christmas Swags</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-12/6</td>
<td>Christmas Banquet-Great Escape Lodge-Cost: $25 call Center for reservations</td>
<td>12 pm</td>
</tr>
<tr>
<td>Thurs-12/7</td>
<td>Alzheimer’s Assoc.-Recognize and coping with caregivers stress/Bill Hendricks</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-12/8</td>
<td>11 am-Park’s Bentley Place and 12 pm-Lunch Bunch Peppermill, SGF-Cost: $5</td>
<td>11 am</td>
</tr>
<tr>
<td>Fri-12/8</td>
<td>Writers Group</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-12/11</td>
<td>Walmart Shopping</td>
<td>10 am</td>
</tr>
<tr>
<td>Mon-12/11</td>
<td>Senior Stitchers</td>
<td>10 am</td>
</tr>
<tr>
<td>Mon-12/11</td>
<td>Karen’s Art Class-all materials provided-Cost: $15</td>
<td>12:30 pm</td>
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<tr>
<td>Mon-12/11</td>
<td>Book Club meets-“The Whip” by Karen Kondzian</td>
<td>1 pm</td>
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<tr>
<td>Tues-12/12</td>
<td>Making Christmas Cards for Seniors in Nursing Homes at Big Cross School</td>
<td>1 pm</td>
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<tr>
<td>Wed-12/13</td>
<td>Reading with Bea</td>
<td>1 pm</td>
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<tr>
<td>Wed-12/13</td>
<td>Game Day-Bring your favorite game or use ours, fun, refreshment</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-12/14</td>
<td>Gift For Golden radio cast live here at the Center!</td>
<td>10-4</td>
</tr>
<tr>
<td>Thurs-12/14</td>
<td>Christmas Card signing for area Nursing homes</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-12/15</td>
<td>Christmas Victorian Tea &amp; Treats-Cost: $5</td>
<td>1:30 pm</td>
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<tr>
<td>Mon-12/18</td>
<td>Senior Stitchers</td>
<td>10 am</td>
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<tr>
<td>Mon-12/18</td>
<td>Decorating Gingerbread Men</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-12/18</td>
<td>Gift For Golden wrapping day</td>
<td>1 pm</td>
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<tr>
<td>Tues-12/19</td>
<td>Movie &amp; Popcorn-“It's A Wonderful Life”</td>
<td>1 pm</td>
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<tr>
<td>Wed-12/20</td>
<td>Special Christmas Bingo-Large cards available, prizes, refreshments</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-12/21</td>
<td>Christmas Sing Along-Wear your ugliest sweater/ contest, prizes, refreshments</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-12/22</td>
<td>Center Closing for Staff Christmas Luncheon</td>
<td>11:30</td>
</tr>
<tr>
<td>Mon-12/25</td>
<td>Center Closed-Merry Christmas!</td>
<td>9 am-4 pm</td>
</tr>
<tr>
<td>Tues-12/26</td>
<td>Center Closed</td>
<td>9 am-4 pm</td>
</tr>
<tr>
<td>Wed-12/27</td>
<td>Newsletter Mailing-volunteers needed!</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-12/27</td>
<td>Reading with Bea</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-12/28</td>
<td>End of Year Party-entertainment with Bobby Dick-refreshments</td>
<td>1-3 pm</td>
</tr>
<tr>
<td>Fri-12/29</td>
<td>Senior Chat with Juanita-Planning the new year and summer activities</td>
<td>1 pm</td>
</tr>
</tbody>
</table>

**Ongoing Activities at a Glance:**

- Thrift Shop-new items all the time
  - 10-2 pm
- Bingo
  - 10 a.m.
- Scrabble Group/Bridge Game
  - 10 am
- Chair Yoga- with Tobey
  - 10:30 am
- OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP
  - 9-10 am
- Tai Chi Class with Sam Ling-Cost: $6
  - 9-10 a.m.
- Wii Bowling/Line Dancing
  - 10 a.m.
- Woodshop/Golf/Cards/Special Bingo & Much More.

*Call Center for pricing and information on the upcoming trips and events or see on line.
*Transportation for Center activities available/medical transports by appointment.
Memory Café
Please join us for a luncheon at the

Friday December 1st 12pm-2pm
Due to limited seats please RSVP required by 11/27/17

Kim 518-832-4991 or
Stacey 518-832-4990
For additional information please call (800) 388-0199

Services are provided by the SUNY Plattsburgh Center for Neurobehavioral Health AND are supported in part by a grant from the New York State Department of Health.
UPCOMING EVENTS

December 1st—13th, Christmas Card Box at the meal site for card exchange

♦ Christmas Party 12/14 at 1:00 pm Alpine Inn $18 for members, $28 for others, call Dolores 924-7311 for Reservations

♦ Christmas Luncheon 12/21, children carolers at 11:30, call 518-924-2216 to reserve. Holly will host a sing along afterwards

Wells Seniors is open to all over 55, annual dues $10, meetings the 2nd Wednesday of each month at the meal site Buttermilk Hill Rd. call 924-4066

- Indoor Pickle ball MON, WED, FRI 12:30 -2:30 pm

- Osteobusters Mon & Thurs 10-10:45 am

Call Holly @ 518-924-2216

HAPPY BIRTHDAY to our Volunteers celebrating in

DECEMBER

Gene Casella ................................ 6
Gail Connor ......................... 12
Joe Maglione ....................... 12
Bob Diamond ....................... 13
Louisette Bureau .................... 17
Pete Cartier ......................... 19
Robin Dutcher ....................... 19
Joan Bovee ......................... 25
Deborah Coburn ................. 26

2018 Holidays we do not deliver Meals:

New Year’s day .................... Monday, January 1
Dr. Martin Luther King Day .... Monday, January 15
President’s Day ............... Monday, February 19
Memorial Day ..................... Monday, May 28
Independence Day ............. Wednesday, July 4
Labor Day ......................... Monday, September 3
Columbus Day ................. Monday, October 8
Veteran’s Day ................. Monday, November 12
Thanksgiving Day ............ Thursday, November 22
Christmas Day ............ Tuesday, December 25
Join QSC now!
Endless Opportunities

* Social
* Community
* Recreation
* Education
* Group Travel
* Member Benefits

Become a Member of QSC.
Stop by the Queensbury Center
Located at north end of Queensbury Town Buildings
742 Bay Rd (Corner of Bay & Haviland)

Fill out form below and submit along with membership fee. Monthly newsletter keeps you informed! Call the Queensbury Center or stop by and we will introduce you to our programs & facility.

Name(s)..................................................................................................................Phone................................................
Address........................................................................................................................

Payments (by Household):

☐ Membership Dues through the end of 2018: ____________________________ $20
☐ Additional people in the household ($5 per person) ____________________________
☐ Donation- QSC appreciates anything that you can give! ____________________________

Total Included: ____________________________

Please make your check for membership fee and tax deductible contribution to “QSC” and return or mail to:

742 Bay Road, Queensbury, NY 12804

Please call Sharon at 518-761-8224 for more information.
December 2017
Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, 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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 1</td>
<td>Sour Cream Chicken</td>
<td>Sweet Potatoes</td>
<td>Japanese Veggies</td>
<td>Yellow Cake/Frosting</td>
</tr>
<tr>
<td>December 4</td>
<td>Pepper Steak</td>
<td>Mashed Potatoes</td>
<td>Brussels Sprout</td>
<td>Chilled Pineapple</td>
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<tr>
<td>December 5</td>
<td>Baked Fish Scandia</td>
<td>Potato of the Day</td>
<td>Mixed Veggies</td>
<td>Chilled Pears</td>
</tr>
<tr>
<td>December 6</td>
<td>Beef Pot Roast/Gravy</td>
<td>Mashed Potatoes</td>
<td>Broccoli</td>
<td>Apple Crisp</td>
</tr>
<tr>
<td>December 7</td>
<td>Chicken Parmesan</td>
<td>Penne Pasta/Marinara Sauce</td>
<td>Tossed Salad</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>December 8</td>
<td>Cheeseburger Pie</td>
<td>Roaster Potatoes Bites</td>
<td>Peas &amp; Onions</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>December 11</td>
<td>Beef Stroganoff over Noodles</td>
<td>Scandinavian Veggies</td>
<td>Pudding of the Day</td>
<td></td>
</tr>
<tr>
<td>December 12</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>Long Grain &amp; Wild Rice California Medley</td>
<td>Chilled Peaches</td>
<td></td>
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<tr>
<td>December 13</td>
<td>Meatloaf/Gravy</td>
<td>Mashed Potato</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Birthday Cake</td>
</tr>
<tr>
<td>December 14</td>
<td>Pork Chop</td>
<td>Sweet Potatoes</td>
<td>Green Beans</td>
<td>Chilled Applesauce</td>
</tr>
<tr>
<td>December 15</td>
<td>Juice of the Day</td>
<td>Chicken &amp; Biscuit</td>
<td>Carrots</td>
<td>Tropical Fruit Cup</td>
</tr>
<tr>
<td>December 18</td>
<td>Chicken Cacciatore</td>
<td>Whole wheat Penne Pasta</td>
<td>Italian Mixed Veggies</td>
<td>Mandarin Orange</td>
</tr>
<tr>
<td>December 19</td>
<td>Creamy Parmesan Fish</td>
<td>Scalloped Potatoes</td>
<td>Spinach</td>
<td>Tropical Fruit Salad</td>
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<tr>
<td>December 20</td>
<td>Chef’s Choice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 21</td>
<td>CHRISTMAS DINNER</td>
<td>Baked Ham with Sauce</td>
<td>Sweet Potatoes</td>
<td>French Green Beans</td>
</tr>
<tr>
<td>December 22</td>
<td>Sloppy Joes/Bun</td>
<td>Roasted Red Potatoes</td>
<td>Coleslaw</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>December 25</td>
<td>Meal Site Closed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 26</td>
<td>Macaroni &amp; Cheese</td>
<td>Stewed Tomatoes</td>
<td>Marinated Carrots</td>
<td>Chilled Peaches</td>
</tr>
<tr>
<td>December 27</td>
<td>Beef Stew</td>
<td>Boiled Potatoes/Carrots</td>
<td>Biscuit</td>
<td>Cookie of the Day</td>
</tr>
<tr>
<td>December 28</td>
<td>Turkey Divan</td>
<td>Broccoli</td>
<td>Rice Veggie Casserole</td>
<td>Strawberry Shortcake</td>
</tr>
<tr>
<td>December 29</td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
<td>California Medley</td>
<td>Tossed Salad</td>
<td>Chilled Pears</td>
</tr>
</tbody>
</table>

Meal site numbers:
Bolton: (518)644-2368
Cedars: (518)832-1705
cedars@warrencountyny.gov
Chestertown: (518)494-3119
Johnsburg: (518)251-2711
Long Lake: (518)624-5221
Warrensburg: (518)623-2653
Lake Pleasant: (518)548-4941
Indian Lake: (518)648-5412
Lake Luzerne: (518)696-2200
First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705
Wells: (518)924-4066