July 2017
Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RDN CDN

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. Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only – loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). 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><strong>July 3</strong></td>
<td><strong>July 4 Independence Day</strong></td>
<td><strong>July 5</strong></td>
<td><strong>July 6</strong></td>
<td><strong>July 7 Cold Plate</strong></td>
</tr>
<tr>
<td>4th of July Chicken BBQ Chicken</td>
<td>Creamy Parmesan Fish</td>
<td>Spaghetti &amp; Meatballs</td>
<td>Ham Salad, Cottage Cheese &amp; Fruit Pie</td>
<td></td>
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<tr>
<td>Hot German Potato Salad</td>
<td>Roasted Red Potatoes</td>
<td>Toasted Salad</td>
<td>Marinated Veggies Birthday Cake</td>
<td></td>
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<tr>
<td>Baked Beans</td>
<td>Spinach</td>
<td>Green Beans</td>
<td>Happy Birthday!!</td>
<td></td>
</tr>
<tr>
<td>Independence Day Dessert</td>
<td>Chilled Pineapple</td>
<td>Chilled Pears</td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 10</td>
<td><strong>July 11</strong></td>
<td><strong>July 12</strong></td>
<td><strong>July 13 Cold Plate</strong></td>
<td><strong>July 14</strong></td>
</tr>
<tr>
<td>Turkey Tetrazzini</td>
<td>Meatloaf</td>
<td>Chicken &amp; Shuffling Casserole</td>
<td>Sliced Roast Beef Plate</td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>Mashed Potatoes</td>
<td>Sweet Potatoes</td>
<td>Potato Salad &amp; Coleslaw</td>
<td>Toasted Salad</td>
</tr>
<tr>
<td>Mandarins Oranges</td>
<td>Carrots</td>
<td>Peas</td>
<td>Sandwich Roll</td>
<td>Scandinavian Veggies</td>
</tr>
<tr>
<td>Sliced Pears</td>
<td>Peach Cobbler</td>
<td>Tropical Fruit Cup</td>
<td>Strawberry Shortcake</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>July 17</td>
<td><strong>July 18</strong></td>
<td><strong>July 19</strong></td>
<td><strong>July 20 Cold Plate</strong></td>
<td><strong>July 21</strong></td>
</tr>
<tr>
<td>Salisbury Steak</td>
<td>Lemon Baked Fish</td>
<td>BBQ Pork Rib on a Bun</td>
<td>Chef Salad – (Turkey/Ham/Pasta/Spinach)</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>Pot of the Day</td>
<td>Wild Rice</td>
<td>Roasted Potato Bites</td>
<td>Fresh Tomato Salad</td>
<td>Stewed Tomatoes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Italian Veggies</td>
<td>Corn</td>
<td>Chocolate Cake</td>
<td>Marinated Carrots</td>
</tr>
<tr>
<td>Sliced Pears</td>
<td>Pineapple Upside Down Cake</td>
<td>Mandarin Orange</td>
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<td>Fresh Fruit</td>
</tr>
<tr>
<td>July 24</td>
<td><strong>July 25</strong></td>
<td><strong>July 26</strong></td>
<td><strong>July 27</strong></td>
<td><strong>July 28 Cold Plate</strong></td>
</tr>
<tr>
<td>Chicken Alfredo over Pasta</td>
<td>Spanish Rice</td>
<td>Eggplant Parmesan</td>
<td>Tuna Salad on a Bun</td>
<td>Tuna Salad on a Bun</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Carrots</td>
<td>Spaghetti/Marinara Sauce</td>
<td>Pasta Salad</td>
<td>Pasta Salad</td>
</tr>
<tr>
<td>Pudding/Topping</td>
<td>Corn Bread</td>
<td>Pears &amp; Onions</td>
<td>Broccoli Salad</td>
<td>Broccoli Salad</td>
</tr>
<tr>
<td>July 31</td>
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<td><strong>July 31</strong></td>
<td><strong>July 31</strong></td>
<td><strong>July 31</strong></td>
</tr>
<tr>
<td>Juice of the Day</td>
<td>Chicken &amp; Biscuit</td>
<td>Suggested Contribution</td>
<td></td>
<td>Per Meal: $3</td>
</tr>
<tr>
<td>Italian Veggies</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Chilled Peaches</td>
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</tbody>
</table>

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

**New York State 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

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**New York State Office for the Aging**
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**Available Until 8/20/17, for use through 11/30/17**

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** Gujarati Victoria**

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**CHIEF’S CHOICE**

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**Farmer’s Market**

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**Newsletter for Seniors**

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**Office Staff**

- **Deanna "Dee" Park - Director**
- **Catherine Bearor - Services Specialist**
- **Susan Dornan - NY Connects, Point of Entry Coordinator**
- **Hanna Hall - Services Specialist**
- **Dinah Kagawuchi - 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 Planner**

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**ELIGIBILITY REQUIREMENTS:**
- 60(+) years of age; and
- **Monthly Income Levels**
  - Per Household  $1,860/1 person
  - $2,504/2 person
  - $3,149/3 person; OR
  - Currently Receiving or Eligible to receive SSI, Public Assistance , Section 8 housing subsidy.

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**OUTREACH SCHEDULE**

**July 5th**
- White Water Manor 11:30-12PM
- Johnsburg MS 12:30-1PM
- Cronin 10:30-11:30AM
- Stitchman 10:30-11:30AM
- Lake Luzerne MS 12:30-2PM
- July 6th
- Montclair Apts 10:10-10:30AM
- Solomon Heights 11-12PM
- Countryside Adult Home 1-2PM
- July 7th
- Lake Pleasant MS 11-12PM
- Wells MS 12:30-1PM
- Village Green Apts 1-2PM
- July 8th
- Hudson Comm Ctr 12:30-1PM
- July 9th
- Farmers Market 8AM-1PM

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**Newsletters are available online at:**

www.warrencountyny.gov/ofa/newsletters.php

Or contact the office at 761-6347 to be added to our email list.
Plan now for your long term care needs. Call NY Connects @ 1-866-805-3931.

For information about other counties, call State NY Connects # at 1-800-342-9871.

Ahhhh... a full month of SUMMER: Some Things to Think about!

**Water, Water, Water:**
Most people look forward to fun in the sun and relaxing this time of year. Swimming won't keep you hydrated— you need to drink more water! As we age, it is more challenging to adjust to temperature changes and we forget to drink water as often as we need to. Some beverages contain salt & potassium that help replace the water we lose.

**Keep Your Cool:**
If you have an illness like COPD or asthma, breathing can become more difficult during the summer months. If you can't afford an air conditioner, give us a call and we will check to see if you qualify to get one provided for you. You could develop Hyperthermia if your body temperature became too elevated. Heat Stroke can be life threatening so stay well hydrated and keep cool. Headache, nausea and vomiting, acting confused, agitated, or grouchy can all be signs as well as body temperature over 104 degrees and heavy breathing or rapid pulse. If this is happening, ask for medical help, get out of the heat, lie down, use ice packs to cool your body until help arrives.

**Talk to a Pharmacist:**
Find out where to store your medications. If they are not stored properly, they may not be effective, and spending summer at the Emergency Room is not FUN!

**Communicate, Communicate:**
Calling someone such as your neighbor, a friend or a family member to let them know you'll be spending summer at the Emergency Room is not FUN! Splitting your time between in and out of the house can help, as well as finding ways to enjoy the outdoors when it suits you. Keeping track of your medications and their storage instructions can help you keep your cool during the summer months.

**Hyperthermia**
if your body temperature became too elevated. Heat Stroke can be life threatening so stay well hydrated and keep cool. Headache, nausea and vomiting, acting confused, agitated, or grouchy can all be signs as well as body temperature over 104 degrees and heavy breathing or rapid pulse. If this is happening, ask for medical help, get out of the heat, lie down, use ice packs to cool your body until help arrives.

**Weather... To See or Not To See?**
If it's hot out, wear something that will keep you cool. Light-colored and loose-fitting cotton/polyester blends can help. Wear sunglasses to protect your eyes from those harmful UV rays.

**Don't Get Bugged!**
Mosquitoes are out at night looking for a late night snack!
Thank you
to the members of the
Wings Falls Quilt Guild.
The membership consisting of 80 giving quilters poured their heart and soul, and thread, into 300 homemade placemats distributed to all of the Cedars’ meal site clients.
They wanted to brighten a day or spark a smile and it worked. Our clients enjoyed receiving their placemats a few weeks ago.
Reversible so they could enjoy two different colorful themes.
Wings Falls Quilt Guild meets out of South Glens Falls.

THE KITCHEN WILL BE CLOSED
Tuesday, JULY 4th

Office Board Bulletin

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Warren-Hamilton Counties Advisory Council
July 26th – Long Lake Meal Site
1204 Main Street, Long Lake
October 25th – Chestertown Meal Site
6307 State Route 9, Chestertown
We would love to have you join us for the Warren/Hamilton Counties Advisory Council meetings.

NY Connects & Alzheimer’s Disease Caregiver Support Initiative Outreach
Meet with NY Connects Specialist from Warren/Hamilton Counties Office for the Aging
Medicare Prevention & Wellness & Medicare Savings Program
Lake Luzerne meal site
Thursday, July 6th, 12:30-2
First Presbyterian Church, Glens Falls
Tuesday, July 11th, 12:15-2

Looking for a fun, flexible, “fill-in” kind of job?
SUBSTITUTES NEEDED
The following meal sites are currently looking to hire substitutes to fill-in when needed. Help us out during someone’s vacation or a sick day.

Meal Sites Available:
Bolton Landing
Cedars, Queensbury
Chestertown
Johnsburg
Wells
Warrensburg
Wells

Contact: The Office for the Aging at 761-6347

THE KITCHEN WILL BE CLOSED
Tuesday, JULY 4th

Let’s get Cooking!

For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931.
A care partner must accompany guests who require personal care assistance. This program is supported by The Queensbury Senior Center and grants from the Goldberg Foundation, New York State Department of Health and The Alzheimer’s Disease Caregiver Support Initiative.

For more information contact Kym at (518) 867-4999 ext. 215 or at khance@alz.org

Join Us
Relax, Socialize & Have Fun
Refreshments & Conversation
The 3rd Wednesday of every month
July 19th, August 16th
The Queensbury Senior Center
742 Bay Road • Queensbury, NY

Come join us for coffee & conversation in a welcoming place for individuals and families.

Glens Falls
MEMORY CAFE

QUEENSBURY SENIOR CITIZENS INC.
SENIORS ON THE GO!

518 761-8224 • 742 Bay Road • Queensbury, NY 12845
The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.

Mississippi River Cruise
May 27th-June 5th, 2018
(7) Night River Cruise, (1) Pre-Night (in New Orleans) & (1) Post-Night (in Memphis), Airfare, Transfers & Excursions Included

“The American Queen”
This beautiful lady of the river epitomizes the grace and grandeur that has made river cruising a cherished American tradition for more than two centuries. Experience Southern culture as you journey through living history and the romantic spirit of the ante-bellum era. Fertile cotton fields, vast sugar cane plantations and imposing pillared mansions will transport you back in time, as will the civil war battlefields.

Information Meeting
Monday, July 17th, 4pm
Sign up if you plan to attend.

$500 pp deposit now being accepted to guarantee a cabin! Insurance available at time of deposit only.

Estimated Pricing
Categories:
$2900 (E) Inside
$4800 (D) Outside Bay Window
$5100 (C) Outside Open Veranda
$5600 (A) Private Balcony
Subject to availability.

$70 on board credit included!

Estimated pricing includes airfare to and from Albany Airport, except Memphis. Price of airfare to be released in mid July.

Airfare & Transportation

Ports of Call
Memphis, TN Vicksburg, MS
Francisville, LA Helena, AR
Nanchez, MS Memphis, TN

Gratuities on board $16.50 per day, not included.

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Francisville, LA Helena, AR
Nanchez, MS Memphis, TN

Gratuities on board $16.50 per day, not included.

Melissa Pagnotta at QSC (518) 745-4439 Julie Humphries at AAA (518) 824-3802
**New Members are Welcome, Come Join Our Family**

| Mon-7/3 | No Book Club for July/Aug. - will resume in Sept. with “Gentleman in Mosco” by Toweles | 10 am |
| Mon-7/3 | Game Day | 1 pm |
| Tues-7/4 | Center Closed - 4th of July Celebration | 9 am-4 pm |
| Wed-7/5 | "Know The 10 Signs of Dementia" with Kym Hance | 1:30 pm |
| Thurs-7/6 | Nature Walk with Juanita | 9 am |
| Thurs-7/6 | Pool League begins | 10 am |
| Thurs-7/6 | Movie & Popcorn - “Patriots Day” starring Mark Wahlberg and Kevin Bacon | 1 pm |
| Fri-7/7 | Hyde Museum | 10 am |
| Fri-7/7 | Disaster Preparedness with Blue Shield | 1 pm |
| Sat-7/8 | Opera Saratoga - “Beauty and The Beast” | 12:45 pm |
| Mon-7/10 | Walmart Shopping Trip | 10 am |
| Mon-7/10 | Karen’s Art Class - Cost: $15 all materials provided | 12:30 pm |
| Mon-7/10 | EPIC Representative | 1 pm |
| Tues-7/11 | Creative Chameleon - Adirondack Chairs | 1-3 pm |
| Wed-7/12 | Defensive Driving Class - $20 AARP members/$25 non members - Lunch provided | 9 am-4 pm |
| Thurs-7/13 | Saratoga Racino - Cost: $6 gas donation- also Pool League | 10 am |
| Fri-7/14 | Lunch Bunch - Lucke Star - Warrensburg | 12 pm |
| Sat-7/15 | Ballet - “All Richard Rogers” - SPAC - Van leaves Center at 12:45 pm | 2 pm |
| Mon-7/17 | Chapman Museum | 10 am |
| Mon-7/17 | Shoebox Workshop | 1 pm |
| Tues-7/18 | Center Closes at 11 am - Crandall Park Picnic | 12 pm |
| Wed-7/19 | Heart Health program - Blue Shield | 1 pm |
| Thurs-7/20 | Nature Walk with Juanita | 9 am |
| Thurs-7/20 | Pool League | 10 am |
| Thurs-7/20 | New Skele Monastery - Cost: $6/with Van transportation $10 - Van leaves Center 8:30 am | 10 am |
| Fri-7/21 | Lake George Youtheatre - “Mary Poppins” - Cost: $10 ticket/with Van $14 | 9:30 am |
| Mon-7/24 | Lunch In park - bring own lunch in Warrensburg for noon, Warrensburg Museum at 1000 | 12 pm |
| Tues-7/25 | Wii Tournament - Hudson Falls Senior Center | 10 am |
| Wed-7/26 | Coffee & A Cop - Officer Jerry Willette, will answer any questions you may have. | 1 pm |
| Thurs-7/27 | Nature Walk with Juanita | 9 am |
| Thurs-7/27 | Pool League | 10 am |
| Thurs-7/27 | Basics of Memory Loss, Dementia and Alzheimer’s Disease with Kym Hance | 1:30 pm |
| Fri-7/28 | Lake George Youtheatre - “Rock Of Ages” - Cost: $10 ticket/ Van transportation $14 | 9:30 am |
| Fri-7/28 | Writers Group | 1 pm |
| Sat-7/29 | Duck Race - Haviland’s Cove | 11 am-2 pm |
| Mon-7/31 | Chat with Juanita & Ed session | 1 pm |

Please Note: Checks are made out to GF KIWANIS

**Ongoing activities at a glance:**


**Transportation to center available - 24 hours notice**

**Greater Glens Falls Senior Citizen Center is once again participating!**

**Kiwani's Club of Glens Falls presents**

**The 26th Annual**

**2017 Million Dollar Duck Race & Family Fun Day**

**Saturday, July 29th • 11-2**

Haviland’s Cove Park
Race Begins 12:31 pm
Tickets $5.00

Stop in the center to get tickets or, to receive in the mail, simply fill out the form below and mail with payment to:

Glens Falls Senior Center • 380 Glen Street • Glens Falls, NY 12801

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**PLEASE NOTE:** Checks are made out to GF KIWANIS

Name ___________________________ Phone ___________________________

Address ___________________________

Email ___________________________

Name your Duck (optional) ___________________________ Number of Tickets ___________________________

Thank You for helping us continue to provide the programs & services our growing Senior Community request and deserves!
What to do with all this MILK?

Senior meal programs are required to send milk with meals as it greatly helps in reaching nutritional guidelines. Milk is a great source of many nutrients, especially:

- **Calcium**
- **Vitamin D**
- **Protein**
- **Vitamin B12**
- **Vitamin B6**
- **Magnesium**

If you find it difficult to drink or use all the milk sent to you through senior meal programs, try out some of these quick & easy, and microwave-friendly recipes below.

### Chocolate Pudding
**Ingredients:**
- 2 tbsp. sugar
- 1-2 tbsp. baking cocoa
- 1 tbsp. + 1 tsp. cornstarch
- ¼ tsp vanilla
- 8 oz. (1 carton) milk

**Instructions:**
Stir together sugar, cocoa, and cornstarch, then add milk and continue to stir. Microwave for 2-3 minutes, stirring every 30-45 seconds. When thick, add vanilla extract. Let cool and enjoy. 

*Tip: you can use chocolate chips or candy instead of baking cocoa.*

### Vanilla Custard
**Ingredients:**
- 8 oz. (1 carton) milk
- 1 egg
- 1 tbsp. corn starch
- 2 tbsp. sugar
- ¼ tsp. vanilla extract

**Instructions:**
Whisk together all ingredients except vanilla extract. Microwave for approximately 2-3 minutes, stirring every 30-45 seconds. When thick, add vanilla extract. Let cool and enjoy.

### White Sauce
**Ingredients:**
- 8 oz. (1 carton) milk
- 2 tbsp. flour
- Pinch of salt (optional)

**Instructions:**
Microwave for approximately 2 minutes, stirring every 30-45 seconds. The sauce will be thick when it is done.

*How to use white sauce:*
- Add shredded cheese to make a cheesy sauce that can be used over cooked macaroni, baked potato or vegetables, anything you like!
- Add parmesan cheese and a dash of garlic powder for Alfredo sauce.
- Use as a soup base by adding only 1 tbsp. flour—this way you can use more milk by preparing a creamy soup. Add cheese and broccoli for a broccoli cheddar soup; or potatoes, corn, other veggies and bits of meat for a chowder-type soup.

*Don’t forget – milk can also be used with cereals, in hot chocolate, etc. Be creative!*