Office Staff

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
Suzanne Scott - Volunteer Coordinator
Catherine Keating - Stauch - Registered Dietician / Menu

Newsletters are available online at:
www.warrencountyny.gov/ofa/newsletters.php
Or contact Suzanne Scott at 761-6347 to be added to our email list.

When is the Summer Solstice 2017?
In 2017, the summer solstice falls on Wednesday, June 21, 12:24 A.M. EDT. Due to time zones, this means the solstice falls on Tuesday, June 20 in the rest of North America!

Fun Facts
The summer solstice is the day with the most hours of sunlight during the whole year.

In Sweden, people celebrate the Summer Solstice by eating the first strawberries of the season.

In ancient Egypt, summer was the start of the new year. The rising of the star Sirius roughly coincided with the summer solstice and the annual flooding of the Nile River.

Defensive Driving Class by AARP
$20 AARP Members | $25 Non-members

Thursday, June 15th
9am-4pm with Break for Lunch

Indian Lake Meal Site

Bring your own bag lunch or join us for lunch for only $3

Serving: Cold Plate
Tuna salad on a Bun
Pasta Salad, Broccoli Salad & Fresh Fruit

Reservations for class required.
Call Meal Site at 648-5412.
Hamilton County Community Services Vision

We envision a Hamilton County in which every individual has the opportunity to live a healthy and fulfilled life.

Mission: The mission of Community Services is to contribute to the social, emotional, and psychological well-being of the individuals and families of Hamilton County through coordination, integration, and provision of flexible services responsive to their diverse needs.

Call us at 648-5355 about services we offer that include:

Clinical Services: Counseling, Psychiatric Services, Psychological Services, Alcohol, Substance Abuse, Chemical Dependency Services

Case Management and Family Support & Prevention Services

Hamilton County Public Health has staff members trained as tobacco cessation counselors. We want to provide education and support to those interested in quitting. If you are interested in quitting or have questions about our new program please call Public Health:

518-648-6497

National Suicide Prevention Lifeline

1-800-273-8255

Talk with someone who will listen.
Join us for the June NY Connects Long Term Care Council Meeting

Wednesday, June 14, 10am-noon

Hamilton County Public Health, White Birch Lane, Indian Lake, NY

Scheduled Presenters:

Hamilton County Mental Health/Community Services: Robert Kleppang

Adirondack Asthma Coalition: Meagan Frantz/Daryl Parslow

Connect with others and find out about Mental Health & Community Services in Hamilton County & hear about what is happening in all 3 of our counties.

No charge to attend.

Contact Stephanie Ball at 518-746-2420 to reserve your spot.
Persons who are deaf or hard of hearing call the NY Relay System 7-1-1

For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931.

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
Warrensburg
Wells

Contact:
The Office for the Aging at 761-6347

Help us serve the community around you.
Happy Birthday to our Volunteers celebrating in June!

Kevin McCullough ..... 24
Tom Judkins .............. 27
Francis Angelo........... 28

As the idea of Father’s Day was conceived by Sonora Dodd of Spokane, Washington, to honor her father, she chose his birthday which was proclaimed on June 19, 1910, by Spokane’s mayor as the first Father’s Day.

Father’s Day was first celebrated on the third Sunday of June.

Sonora Louise Smart Dodd, of Spokane, Washington, started the tradition of Father’s Day in the honor of her dad, William Smart, a widowed Civil War veteran.

In 1916, US President Woodrow Wilson approved the idea of observing an annual Father’s Day.

In 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. Father’s Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent.

Father's Day is the fifth most popular card-sending holiday, with an estimated $100 million in card sales. Husbands, grandfathers, uncles, sons and sons-in-law are honored as well as father. Each year, 7 million Father's Day cards are sent in the UK, compared to 13 million Mother's Day cards.

Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.

The necktie is the most popular and number one of all Father's Day gifts according to the U.S. Census Bureau. Hammers and golf clubs are also popular presents for the day.
Focus on Fiber

Getting enough fiber in our diet is something many Americans struggle to do. The recommended daily intake of fiber is 25-30 grams, however the average American only consumes about 15 grams per day. Fiber has many health benefits when included in your diet.

Facts on Fiber
Foods higher in fiber are less likely to make blood sugar spike
A diet rich in fiber can help lower cholesterol levels
Foods high in fiber can help us to feel fuller, longer
A high-fiber diet can reduce your risk of developing colorectal cancer
Fiber intake can prevent constipation

Sources of Fiber
Fiber comes from natural foods that have had little processing.
This includes:
Fruits Beans Nuts
Vegetables Seeds
Whole grains (whole wheat breads, pastas, brown rice, oats)

An important reminder about fiber: if you are not currently getting a high amount of fiber from your diet, it is recommended not to dramatically increase your intake all at once. Your body will need some time to adjust to the change to avoid feeling any discomfort. It’s best to increase your intake by just a few grams per day.

Staying Hydrated
It’s important for all seniors to stay hydrated. As we age, it’s easier to become dehydrated as our bodies don’t retain water as well and our perception of thirst can become muted. Hydration helps us stay healthy in many ways, including keeping us “regular” when consuming enough fiber. By aiming to drink 2 liters of fluid per day (preferably water) with the recommended daily intake of fiber, you can work to keep your
High Fiber Recipe: Texas Caviar
Makes about 14 servings

1 Green Pepper
1 Red Pepper
1/2 Red Onion
16 oz bag Frozen Corn, thawed (or can)
15 oz can Black Beans

15 oz can Pinto Beans
1/2 C Olive Oil
1/2 C Apple Cider Vinegar
1/4 C Sugar

Dice peppers and onion and place into a large bowl, adding corn once thawed. Drain and rinse both cans of beans in a colander before adding to the bowl. Separately, mix olive oil, vinegar, and sugar in a smaller bowl. Mix until sugar has dissolved, then add to the recipe contents. Stir until well mixed, store in a refrigerator for about an hour before eating. Serve with tortilla chips, as a side to another dish, or eat on its own!

With higher temperatures outside, it can be more difficult to stay hydrated. The heat makes us sweat more, meaning we need to make up for this by drinking more.

Nutritional Information per serving
(makes 14 servings)

Calories: 160
Protein: 5 g
Carbohydrate: 20 g
Fiber: 5 g
Fat: 8 g
Sodium: 100 mg

50% daily Vitamin A recommendation.
More than 100% daily Vitamin C recommendation

Sources: ucsfhealth.org/education/increasing/fiber/intake

Did you know?
Caffeinated beverages shouldn’t count toward your fluid intake. Caffeine is a diuretic, meaning it increases how often you must visit the bathroom. This essentially cancels out any hydration you may have received from the beverage.
Mediterranean Tuna Antipasto Salad

Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne.

1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see Note)
1 large red bell pepper, finely diced
½ cup finely chopped red onion
½ cup chopped fresh parsley, divided
4 teaspoons capers, rinsed
1½ teaspoons finely chopped fresh rosemary
½ cup lemon juice, divided
4 tablespoons extra-virgin olive oil, divided
Freshly ground pepper, to taste
¼ teaspoon salt
8 cups mixed salad greens

Directions:
Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl.
Season with pepper.
Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl.
Add salad greens; toss to coat.
Divide the greens among 4 plates. Top each with the tuna salad.

Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.
Lawn Sale
Saturday, June 17th
9-2
Rain or Shine
New & Used Items, Jewelry, Household Items & Much More!
New Members are Welcome, Come Join Our Family

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thurs-6/1</td>
<td>Nature’s Walking Club</td>
<td>9 am</td>
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<tr>
<td>Mon-6/5</td>
<td>Book Club</td>
<td>1 pm</td>
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<tr>
<td>Tues-6/6</td>
<td>Garden Club meets</td>
<td>1 pm</td>
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<tr>
<td>Tues-6/6</td>
<td>SNAP program - Ben Driscoll</td>
<td>2 pm</td>
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<tr>
<td>Wed-6/7</td>
<td>Lunch Bunch - Gourmet Café</td>
<td>12 pm</td>
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<td>Wed-6/7</td>
<td>Short Stories with Bea</td>
<td>1 pm</td>
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<tr>
<td>Thurs-6/8</td>
<td>Colonie Mall Shopping - Van transportation for first 11 people</td>
<td>9 am</td>
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<tr>
<td>Thurs-6/8</td>
<td>Senior Center Open House - Wine and hors d’oeuvres</td>
<td>5-8 pm</td>
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<td>Fri-6/9</td>
<td>Volunteer Recognition</td>
<td>1:30 pm</td>
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<td>Mon-6/12</td>
<td>Karen’s Art Class - all materials provided - Cost: $15</td>
<td>12:30 pm</td>
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<td>Tues-6/13</td>
<td>Defensive Driving Class - $20 AARP members/$25 non members - Lunch provided $6</td>
<td>8:45 am - 4 pm</td>
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<td>Wed-6/14</td>
<td>Glens Falls Hospital - Colorectal Program</td>
<td>1 pm</td>
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<tr>
<td>Thurs-6/15</td>
<td>Nature’s Walking Club</td>
<td>9 am</td>
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<tr>
<td>Thurs-6/15</td>
<td>Medicare 101 Program - M. J. from CDPHP</td>
<td>1 pm</td>
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<tr>
<td>Fri-6/16</td>
<td>Center Closed - Lawn sale set up</td>
<td>9 am - 4 pm</td>
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<tr>
<td>Sat-6/17</td>
<td>Lawn Sale - New/Used Items/Jewelry/household items and much more</td>
<td>9 am - 2 pm</td>
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<td>Mon-6/19</td>
<td>Grilling with Mary Beth</td>
<td>1 pm</td>
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<td>Tues-6/20</td>
<td>Tour Yaddo Gardens</td>
<td>10 am</td>
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<tr>
<td>Wed-6/21</td>
<td>Sunny Day Lunch - Speaker Donna Lynn from Sensibilities</td>
<td>12 pm</td>
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<tr>
<td>Thurs-6/22</td>
<td>Nature’s Walking Club</td>
<td>9 am</td>
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<tr>
<td>Thurs-6/22</td>
<td>Bingo - Large cards available/refreshments</td>
<td>1 pm</td>
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<tr>
<td>Fri-6/23</td>
<td>Writers Group meets - All are welcome</td>
<td>1 pm</td>
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<tr>
<td>Mon-6/26</td>
<td>Movie and Popcorn - &quot;Going In Style&quot; - starring Morgan Freeman and Alan Arkin</td>
<td>1 pm</td>
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<tr>
<td>Tues-6/27</td>
<td>Newsletter Mailing - Volunteers needed!</td>
<td>1 pm</td>
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<tr>
<td>Wed-6/28</td>
<td>Dorset Theater - &quot;Downstairs&quot; – Van transportation first 11 people to sign up</td>
<td>12 pm leave</td>
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<tr>
<td>Thurs-6/29</td>
<td>Special Bingo - lots of games and refreshments, prizes - large cards available</td>
<td>1 pm</td>
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<tr>
<td>Fri-6/30</td>
<td>Shoebox Workshop Project</td>
<td>1 pm</td>
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Ongoing Activities at a Glance:

- Monday - Friday: Thrift Shop - new items all the time 10 am - 2 pm
- Every Tues: Bingo 10 am
- Every Wed: Scrabble Group/Bridge Game 10 am
- Every Thursday: Chair Yoga - with Tobey 10:30 - 11:30
- Mon - Thurs: OSTEO Busters Exercise Program - Monday - Thursday - Sponsored by RSVP 9 - 10 am
- Every Friday: Tai Chi Class with Sam Ling - Cost: $6 9 - 10 am
- Every Friday: Wii Bowling 10 am
- Line Dancing/Woodshop/Golf/Bowling/Cards/Special Bingo & Much More.

Call Center for pricing and information on the upcoming trips and events or see on line.
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.

**Rokeby Museum & Ferry to Essex**  
**Thursday, June 29th**

- Lunch included at Fair Haven Inn  
- Rokeby House Tour and Stunning Museum Exhibits  
  Rokeby is among the best documented Underground Railroad sites in the country. “Free & Safe” exhibits chronicle the lives of two fugitives from slavery who found shelter at Rokeby. It is “unrivaled among known sites for its historical integrity and poignancy of the story it tells.”  
- Ferry from Charlotte VT to Essex NY  
- Time in Essex to grab a snack before heading home  
  Member Cost $68  Non-member $78  
  Deadline: June 1st

**Williamstown**  
**Williamstown Theater or the Clark Museum**  
**Thursday, August 17th**

*A Legendary Romance* • 2pm matinee  
*Musical that intersects loyalty, love and ambition.*  

Bus transportation and theater ticket:  
Member Cost $89  Non-member $99  
Deadline: June (Level 1 Trip)

**Sterling & Francine Clark Art Institute**  
In 1950 Sterling and Francine Clark chartered the Art Institute as a home for their extensive art collection.  

Bus transportation and admission to Clark Museum:  
Member Cost $57  Non-member $67  
(Level 2 Trip)

Both are lunch on your own with numerous restaurant options.

**Wings Castle & Innisfree Garden**  
**Wednesday, July 26th**

Stroll through Innisfree Garden recognized as one of the “World’s Ten Most Beautiful Gardens”.  
Catered boxed lunch and wine tasting at Hudson Valley’s flagship winery in Millbrook.  
Tour Wings Castle with the owners who lovingly designed & built this spectacular place with 80% recycled materials.

**Member Cost $83**  **Non-member $93**

Deadline: Friday, June 23rd

**Bike Block Island**  
**September 6-8th**

Atlantic Inn, 3 days/2 nights  
*Cycling Level Easy, flat terrain (w/ van assist if needed)*

Provide own transportation to:  
Point Judith Ferry Terminal *(fare included)*  
Two Dinners *(at fine local restaurants)*  
Two Hearty Breakfasts at the Inn *(included)*  
First 16 to sign up—Fully equipped bikes provided w/helmet.

**Cost $975 pp dbl** *($350 deposit to register)*  
Plus optional cancellation insurance due with registration.
June 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.**

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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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<tr>
<td><strong>Suggested Contribution Per Meal:</strong> $3</td>
<td><strong>June 1 Cold Plate</strong></td>
<td><strong>June 2</strong></td>
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<td><strong>June 5</strong></td>
<td><strong>June 6 Brunch</strong></td>
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<tr>
<td>Tortellini Alfredo w/ Chicken</td>
<td>Cheese Omelet Hash Brown Potato</td>
<td>Pot Roast w/ Gravy Mashed Potatoes</td>
<td>Veal Parmesan Penne/Marinara Sauce Cauliflower</td>
<td>Macaroni &amp; Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit</td>
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<td>Italian Veggies</td>
<td>Slice of Ham Yogurt Parfait w/ Fruit &amp; Granola</td>
<td>Carrots Dump Cake</td>
<td>Tossed Salad Strawberry Shortcake</td>
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<tr>
<td>Tropical Fruit Cup</td>
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<td><strong>June 9 Cold Plate</strong></td>
<td><strong>June 10 Cold Plate</strong></td>
<td><strong>June 11 Cold Plate</strong></td>
<td><strong>June 12 Cold Plate</strong></td>
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**Meal site numbers:**

- **Bolton:** 644-2368
- **Cedars:** 832-1705
- **Cedars@warrencountyny.gov**
- **Chestertown:** 494-3119
- **Johnsburg:** 251-2711
- **Long Lake:** 624-5221
- **Warrensburg:** 623-2653
- **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