December 2018
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>Creamy Parmesan Fish</td>
<td>Pepper Steak</td>
<td>Eggplant Parmesan</td>
<td>Cheeseburger Pie</td>
<td>Juice of the Day</td>
</tr>
<tr>
<td>Potato of the Day</td>
<td>Mashed Potatoes</td>
<td>Spaghetti/Marinara Slices</td>
<td>Roaster Potatoes Bites</td>
<td>Chicken &amp; Biscuit</td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>Brussels Sprout</td>
<td>Peas &amp; Onions</td>
<td>Carrots</td>
<td>Italian Veggies</td>
</tr>
<tr>
<td>Pudding of the Day</td>
<td>Mandarin Oranges</td>
<td>Apple Crisp</td>
<td>Coleslaw</td>
<td>Chilled Peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chilled Pineapple</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Chicken Parmesan</td>
<td>Pork Chop</td>
<td>Meatloaf/Gravy</td>
<td>Beef Stroganoff over Noodles</td>
<td>Cookie of the Day</td>
</tr>
<tr>
<td>Penne Pasta/ Marinara Sauce</td>
<td>Roasted Red Potatoes</td>
<td>Long Grain &amp; Wild Rice California Medley</td>
<td>Tropical Fruit Cup</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Japanese Veggies</td>
<td>Zucchini &amp; Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>Chilled Applesauce</td>
<td>Peach Cobbler</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Fish Scandia</td>
<td>Baked Ham with Sauce</td>
<td>Baked Ham with Sauce</td>
<td>Sloppy Joe on a Bun</td>
<td></td>
</tr>
<tr>
<td>Hash Brown Potato</td>
<td>Sweet Potatoes</td>
<td>Sweet Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham</td>
<td>French Green Beans</td>
<td>French Green Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt Parfait with Strawberry &amp; Granola</td>
<td>Tropical Fruit Salad</td>
<td>Christmas Dessert</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Reuben</td>
<td>Macaroni &amp; Cheese</td>
<td>Beef Stew</td>
<td>Stuffed Shells with</td>
<td></td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>Stewed Tomatoes</td>
<td>Boiled Potatoes/Carrots</td>
<td>Marigara Meat Sauce</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Marinated Carrots</td>
<td>Biscuit</td>
<td>Italian Veggies</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>Mandarin Oranges</td>
<td>Dump Cake</td>
<td>Tossed Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

December 31
Breaded Haddock
Scalloped Potatoes
Green Beans
Tropical Fruit Cup

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**Meal site numbers:**

- Johnsburg: (518)251-2711
- Long Lake: (518)624-5221
- Warrensburg: (518)623-2653
- Lake Pleasant: Call Wells
- Indian Lake: (518)648-5412
- Lake Luzerne: (518)696-2200
- First Fresh: Church Glens Falls & Solomon Heights, Queensbury: (518)32-1705
- Wells: (518)924-4066

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**Office Staff**

- Deanna "Dee" Park - Director
- Catherine Bearor - Services Specialist
- Susan Dorman - NY Connects Coordinator
- Hanna Hall - Services Specialist
- Dinah Kawaguchi - Keyboard Specialist
- Tammy Morehouse - Aging Services Assistant
- Rose Ann O'Rourke - Coordinator of Services
- Jami Rivers - Receptionist
- Cindy Ross - Fiscal Manager
- Mary Ann McCarthy - Volunteer Coordinator
- Catherine Keating - Staugh - Registered Dietician / Menu Coordinator
- Susan Dornan - Fiscal Manager
- Deanna Park, Director
- Catherine Bearor - Services Specialist

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**Newsletters are available online at:**


Or contact Mary Ann at 761-6347 to be added to our email list.
YOU Make the DIFFERENCE: Volunteer Open House

Tuesday, October 23, 2018 10 A.M. - 2 P.M.
Meet with representatives from area community service providers to find out about opportunities to serve YOUR community:

Nearcare, Haynes House of Hope, Literacy Volunteers,
Warren-Hamilton Counties Office for the Aging, Long Term Care Ombudsman,
High Peaks Hospice, American Red Cross, Catholic Charities, Open Door,
Alzheimer’s Association, Queensbury Senior Citizens, Inc.,
Fort Hudson Health System, RSVP, Aging in Place,
Warren Washington Association for Mental Health, New York State Mentoring Program, Warren County Health Services,
Caring Together, Inc., Senior Center Kingsbury Fort Edward Area, Inc.

Nearcare, Haynes House of Hope, Literacy Volunteers,
Warren-Hamilton Counties Office for the Aging, Long Term Care Ombudsman,
High Peaks Hospice, American Red Cross, Catholic Charities, Open Door,
Alzheimer’s Association, Queensbury Senior Citizens, Inc.,
Fort Hudson Health System, RSVP, Aging in Place,
Warren Washington Association for Mental Health, New York State Mentoring Program, Warren County Health Services,
Caring Together, Inc., Senior Center Kingsbury Fort Edward Area, Inc.

November 2018
Warren/Hamilton Counties Office for the Aging

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.
OCTOBER 2018
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.

Plastic containers only

Meal Site numbers:

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
<th>Meal 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 1</td>
<td>Salisbury Steak/Gravy</td>
<td>Eggplant Parmesan</td>
<td>Turkey Divan</td>
<td>Beef Stew</td>
<td>American Goulash</td>
</tr>
<tr>
<td>October 2</td>
<td>Mashed Potatoes</td>
<td>Spaghetti/Marinara Sauce</td>
<td>Broccoli</td>
<td>Boiled Potatoes/Carrots</td>
<td>Winter Squash</td>
</tr>
<tr>
<td>October 3</td>
<td>California Medley</td>
<td>Rice Veggie Casserole</td>
<td>Cranberry Crunch</td>
<td>Biscuit</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td>October 4</td>
<td>Chilled Pineapple</td>
<td>Mandarin Orange</td>
<td>Cookie of the Day</td>
<td>Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td>October 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 8</td>
<td>Breaded Haddock</td>
<td>Apple n' Onion Chicken</td>
<td>Swedish Meatballs</td>
<td>Roast Pork Loin/Gravy</td>
<td></td>
</tr>
<tr>
<td>October 9</td>
<td>Scalloped Potatoes</td>
<td>Sweet Potatoes</td>
<td>Over Noodles</td>
<td>Mashed Potatoes</td>
<td></td>
</tr>
<tr>
<td>October 10</td>
<td>Green Beans</td>
<td>Spinach</td>
<td>Scandinavian Veggies</td>
<td>California Medley</td>
<td></td>
</tr>
<tr>
<td>October 11</td>
<td>Tropical Fruit Cup</td>
<td>Fruited Gelatin</td>
<td>Mandarin Orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 15</td>
<td>Sour Cream Chicken</td>
<td>Spaghetti &amp; Meatballs</td>
<td>Pot Roast/Gravy</td>
<td>Beef Pot Pie with Potatoes</td>
<td></td>
</tr>
<tr>
<td>October 16</td>
<td>Sweet Potatoes</td>
<td>Marinara Sauce</td>
<td>Quiche of the Day</td>
<td>Scandinavian Veggies</td>
<td></td>
</tr>
<tr>
<td>October 17</td>
<td>Peas &amp; Onions</td>
<td>Carrots</td>
<td>Muffin of the Day</td>
<td>Winter Squash</td>
<td></td>
</tr>
<tr>
<td>October 18</td>
<td>Tropical Fruit Salad</td>
<td>Strawberry Shortcake</td>
<td>Pears</td>
<td>Chilled Peaches</td>
<td></td>
</tr>
<tr>
<td>October 19</td>
<td>Yellow Cake/Frosting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 22</td>
<td>Creamy Parmesan Fish</td>
<td>Macaroni &amp; Cheese</td>
<td>Meatloaf/Gravy</td>
<td>Juice of the Day</td>
<td></td>
</tr>
<tr>
<td>October 23</td>
<td>Roaster Potatoes Rites</td>
<td>Stewed Tomatoes</td>
<td>Chef's</td>
<td>Mashed Potato</td>
<td>Chicken &amp; Biscuit</td>
</tr>
<tr>
<td>October 24</td>
<td>Mixed Veggies</td>
<td>Marinated Carrots</td>
<td>Choice</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Italian Veggies</td>
</tr>
<tr>
<td>October 25</td>
<td>Pudding of the Day</td>
<td>Mandarin Orange</td>
<td>Fresh Fruit</td>
<td>Apple Crisp</td>
<td></td>
</tr>
<tr>
<td>October 26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 29</td>
<td>Chicken Parmesan</td>
<td>Pork Chop</td>
<td>Happy Halloween</td>
<td>60(+) SUGGESTED CONTRIBUTION \ IS $3</td>
<td></td>
</tr>
<tr>
<td>October 30</td>
<td>Penne Pasta/</td>
<td>Roasted Red Potatoes</td>
<td>Caudron of Chili</td>
<td>UNDER 60, $5 REQUIRED CONTRIBUTION</td>
<td></td>
</tr>
<tr>
<td>October 31</td>
<td>Marinara Sauce</td>
<td>Carrots</td>
<td>Frightening Fiesta</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
<td></td>
<td>Rice, Greepy corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chilled Pineapple</td>
<td></td>
<td>Petrifying Pumpkin Bar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meals site numbers:
Bolton: (518)644-2368
Cedar: (518)832-1705
cedars@warrencountyny.gov
Chestertown:(518)494-3119

Johnsburg: (518)251-2771
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:

Plan now for your long term care needs. Warren/Hamilton Counties NY Connects @ PH#1-866-805-3931.
For all other counties, call NY Connects PH#1-800-342-9871.

Dear OFA,

I have heard people talking about consumer directed home care and I would like to hire someone to take care of my mother while I’m working all day and maybe get some respite for when I have an evening event to attend because I worry if she is left alone for too long. How does this work?

Tired Out in Thurman!

Dear Tired Out,

Thank you for emailing us about options available. Consumer Directed Personal Assistance Program (CDPAP) is a Medicaid program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services.

- Services can include any of the services provided by a personal care aide (home attendant), home health aide, or nurse.
- Recipients have flexibility and freedom in choosing their caregivers.

The consumer or the person acting on the consumer’s behalf (such as the parent of a disabled or chronically ill child) assumes full responsibility for hiring, training, supervising, and – if need be – terminating the employment of persons providing the services.

Before a person can receive services, his or her doctor must send a completed Physician’s Order for Services to the local social services district, which then completes a social and nursing assessment. A nurse assessor then determines whether the recipient can appropriately participate in CDPAP, and recommends the amount, frequency and duration of services.

Recipients must be able and willing to make informed choices regarding the management of the services they receive, or have a legal guardian or designated relative or other adult able and willing to help make informed choices. The consumer or designee must also be responsible for recruiting, hiring, training, supervising and terminating caregivers, and must arrange for back-up coverage when necessary, arrange and coordinate other services; and keep payroll records.

Contact NY Connects at 1-866-805-3931 if you think you have an immediate need for Consumer Directed Personal Assistance Services and would like more information on how to get your eligibility processed more quickly for these services.

Sincerely,
OFA  (Send your questions to McCarthy@warrencountyny.gov)
Join us for our December NY Connects Long Term Care Council Meeting

When: December 6, 2018 9:30-12 noon, Networking, Light Refreshments by “Above & Beyond Compassionate Care”
Where: Washington County Municipal Center, Building B, Basement, 383 Broadway, Ft. Edward, NY
Why: Our focus will be upcoming Advocacy Days in Albany/How you can meet with our State Legislators
RSVP required to Susan Dornan, LTCC Secretary at 1-866-805-3931

Do you have a PLAN for when you may need assistance?

- We can connect you to agencies you can hire for in-home care.
- We can explain financial resources available to you if the cost of care is more than you can afford to pay.
- We can screen to see if you may be eligible for financial reimbursement from the VA for in-home care.

You may be eligible for Medicaid even if you think you are not.

There is help...call NY Connects at 1-866-805-3931 to speak with us...your calls are confidential and we have options to assist you and those you care.

Plan now for your long term care needs. Call NY Connects @ 1-866-805-3931 or New York Relay Service at 711
(For other counties, call State NY Connects # at 1-800-342-9871)
**FALL FUN WORD SEARCH**

Q D T N R Z L E V G T S F K P C B
T H O N E Y C R I S P A F X I A C
E I S L O P T I M I S T T P D N R
E A Z O L Q J F K R P V L M B N J
W A Q T N A D N U B A A Z Y E I T
R U N I C I R O T S I H M L A N U
C H I K I N G B H N S U P W N G N
Q F E L D P Y D N T C P M N T S O
W I T G B U L E K C A C F Y I R D
P R S N D S R Z L G D R T F Q I R
S E N I L E W K P C Q R T G U W E
D W E M P U M P K I N S L I E Z D
G O V O F O L I A G E I N B S O I
T O A C U R Z V K V A M N B R A C
L D R L I B T N R F U A M P Q A N
X C G E N E R A T I O N A L R E B
V K L W I S H A R L A N M U T U A

WELCOMING PERENNIAL GENERATIONAL HONEYCRISP FIREWOOD
HARVEST APPLE HIKING GRAVENSTEIN ABUNDANT
ARTISAN HISTORIC ANTIQUES OPTIMIST AUTUMNAL
PUMPKINS CANNING BONFIRE CIDER DONUT FOLIAGE

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**WARREN COUNTY PUBLIC HEALTH**

2018 SEASONAL FLU & PNEUMONIA VACCINE CLINICS

Tel #: 518-761-6580

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-Oct</td>
<td>Monday</td>
<td>Chestertown Municipal Center</td>
<td>11:00am – Noon</td>
</tr>
<tr>
<td>1-Oct</td>
<td>Monday</td>
<td>Hague Town Hall</td>
<td>1:00pm – 2:00pm</td>
</tr>
<tr>
<td>2-Oct</td>
<td>Tuesday</td>
<td>Cronin High Rise</td>
<td>9:30am – 10:30am</td>
</tr>
<tr>
<td>2-Oct</td>
<td>Tuesday</td>
<td>Stichman Towers</td>
<td>11:00 – Noon</td>
</tr>
<tr>
<td>3-Oct</td>
<td>Wednesday</td>
<td>Bolton Town Hall, Lake Shore Drive</td>
<td>1:00pm – 2:00pm</td>
</tr>
<tr>
<td>4-Oct</td>
<td>Thursday</td>
<td>Warren County Municipal Center, Public Health Office</td>
<td>4:30pm – 5:30pm</td>
</tr>
<tr>
<td>5-Oct</td>
<td>Friday</td>
<td>Queensbury Community Center</td>
<td>11:00am - 2:00pm</td>
</tr>
<tr>
<td>10-Oct</td>
<td>Wednesday</td>
<td>North Creek/Johnsburg, Senior Center</td>
<td>12:30pm – 1:30pm</td>
</tr>
<tr>
<td>11-Oct</td>
<td>Thursday</td>
<td>Lake Luzerne Senior Meal Site</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td>15-Oct</td>
<td>Monday</td>
<td>Lake George Town Hall</td>
<td>11:00am – Noon</td>
</tr>
<tr>
<td>16-Oct</td>
<td>Tuesday</td>
<td>Glens Falls Senior Center</td>
<td>Noon – 2:00pm</td>
</tr>
<tr>
<td>18-Oct</td>
<td>Thursday</td>
<td>Warren County Municipal Center, Public Health Office</td>
<td>4:30pm – 5:30pm</td>
</tr>
<tr>
<td>22-Oct</td>
<td>Monday</td>
<td>Warrensburg Town Hall</td>
<td>10:00am – 11:00am</td>
</tr>
<tr>
<td>25-Oct</td>
<td>Thursday</td>
<td>Warren County Municipal Center, Public Health Office</td>
<td>4:30pm – 5:30pm</td>
</tr>
<tr>
<td>1-Nov</td>
<td>Thursday</td>
<td>Warren County Municipal Center, Public Health Office</td>
<td>4:30pm – 5:30pm</td>
</tr>
</tbody>
</table>

It is strongly recommended that ALL persons of any age receive Flu Vaccine each year!

We are offering Flu Shots. We are giving all seniors 65 years and older the High-Dose flu vaccine, as suggested by the CDC. Cost of High-Dose flu is $60.00. We are giving Quadrivalent Flu vaccine and Flumist for all others. Cost of Flu is $40.00. Pneumonia vaccines will also be available. Prevnar 13 will cost of $254.00 and Pneumovax will cost $145.00. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.
**Office Board Bulletin**

**HAPPY BIRTHDAY!**

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**OCTOBER**
- Val Bucci ......................1
- Andy Houtman ...............8
- Priscilla Sanderspree ......8
- Ellen O’Hara ...............10
- Maureen Shaughnessy .....12
- Clara Fiore ..................21
- John Hayes .................22
- Bonnie Nadig ...............29
- Kimberly McGuire ..........30

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- Courtney Holmes ..........1
- Pat Minucci ...............4
- Morland Keyes .............8
- Scott Rager ...............14
- Marie Godsil ...............25
- Cathy Hodgkins .............25
- Bob Diamond ...............13
- Joe Maglione ..............12
- Louisette Bureau ..........17
- Pete Cartier ...............19
- Robin Dutcher ..............19

**DECEMBER**
- Ted Scannell ..............1
- Gene Casella ...............6
- Gail Connor ...............12
- Joe Maglione ..............12
- Bob Diamond ...............13
- Louisette Bureau ..........17
- Pete Cartier ...............19
- Robin Dutcher ..............19

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The Meal Sites will be closed on the following Dates
- Columbus Day, MONDAY, OCTOBER 8
- Staff Training, THURSDAY, NOVEMBER 1
- Veterans Day, MONDAY, NOVEMBER 12 (observed)
- Thanksgiving Day, THURSDAY, NOVEMBER 22
- Christmas Day, TUESDAY, DECEMBER 25

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**Medicare Preventive Services Checklist**

<table>
<thead>
<tr>
<th>Services</th>
<th>How Often?</th>
<th>Cost to Beneficiary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Wellness Exam</td>
<td>Once every 12 months after your first full year of Medicare Part B enrollment</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Welcome to Medicare Preventive Visit</td>
<td>Once within the first 12 months that you have Medicare Part B</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Alcohol Misuse Screening and Counseling</td>
<td>One screening per year. If provider recommends, up to 4 face-to-face visits per year with qualified doctor.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Abdominal Aortic Aneurysm Screening</td>
<td>One-time screening ultrasound.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Bone Mass Measurement</td>
<td>Once every 24 months for those with certain medical conditions.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Cardiovascular Disease Behavioral Therapy</td>
<td>One visit per year.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Cardiovascular Disease Screening</td>
<td>Once every 5 years.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Cervical Cancer Screening (Pap Smear &amp; Pap Smear Exam)</td>
<td>Once every 24 months or every 12 months for those at risk.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Colorectal Cancer Screening (Fecal occult blood test)</td>
<td>Frequency based on what you know and what your doctor recommends.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Depression Screening</td>
<td>One screening per year done in a primary care setting that can provide follow-up treatment and referrals.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Diabetes Screening</td>
<td>One to two per year based on risk factors. Ask your doctor.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Diabetes Self-Management Training</td>
<td>Education for those with diabetes—doctor must provide written order.</td>
<td>20% of Medicare approved amount (subject to deductible)</td>
</tr>
<tr>
<td>Flu Shot</td>
<td>Once per flu season.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Osteoporosis Screening</td>
<td>Once every 12 months for those at risk.</td>
<td>20% of Medicare approved amount (subject to deductible)</td>
</tr>
<tr>
<td>Hepatitis B Screening</td>
<td>Based on risk factors. Ask your doctor.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Hepatitis C Screening</td>
<td>One-time for adults who do not meet the high-risk definition, but were born from 1945 through 1966.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>HIV Screening</td>
<td>Once every 12 months or up to 3 times per year during pregnancy.</td>
<td>Medicare Pays 100%</td>
</tr>
<tr>
<td>Lung Cancer Screening</td>
<td>Once every 2 years or every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.</td>
<td>Medicare Pays 100%</td>
</tr>
<tr>
<td>Mammogram Screening</td>
<td>Three hours per year for the first year for people with diabetes, renal disease or kidney transplant.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Medical Nutrition Therapy</td>
<td>Every 12 months for women age 40 and older.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Obesity Screening and Counseling</td>
<td>Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Pneumococcal Shot</td>
<td>Usually once in lifetime. A second shot is now covered at least 11 months after the first shot.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Prostate Cancer Screening</td>
<td>Once every 12 months. Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.</td>
<td></td>
</tr>
<tr>
<td>Smoking &amp; Tobacco Cessation</td>
<td>Up to 9 face-to-face visits per year.</td>
<td>Medicare pays 100%</td>
</tr>
<tr>
<td>Sexually Transmitted Infection (STI) Screening/Counseling</td>
<td>Once every 12 months for those at risk.</td>
<td>Medicare pays 100%</td>
</tr>
</tbody>
</table>

For more information, contact your local Office for the Aging or call the Health Insurance Information Counseling and Assistance Program (HICAP) at 1-800-701-0501.
Roasted Green Beans, Mushrooms, and Onions with Parmesan Breadcrumbs

1 1/2 lb. green beans, trimmed
1 medium red onion, sliced into rings
8 oz. cremini mushrooms, sliced
8 tbsp. extra-virgin olive oil, divided
kosher salt
Freshly ground black pepper
1 c. fresh bread crumbs or panko bread crumbs

1. Preheat oven to 425°. On two rimmed baking sheets, arrange green beans, onions, and mushrooms. Toss each with 3 tablespoons olive oil and season with salt and pepper, then roast until tender and deeply browned, 30 to 35 minutes.

2. Meanwhile, in a medium skillet over medium heat, heat remaining 2 tablespoons oil. Add bread crumbs and oregano and cook, stirring constantly, until golden brown, 3 minutes. Remove from heat and stir in Parmesan and zest of lemon.

Squeeze lemon juice over roasted vegetables and top with Parmesan bread crumbs.

Cream of Turkey & Wild Rice Soup

1 tablespoon extra-virgin olive oil
2 cups sliced mushrooms, (about 4 ounces)
1/4 cup chopped celery
1/4 cup chopped carrots
1/4 cup chopped shallots
1/4 cup all-purpose flour
1/4 teaspoon freshly ground pepper
4 cups reduced-sodium chicken broth
1 cup quick-cooking or instant wild rice, (see Ingredient Note)
3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
1/2 tsp. dried oregano
3 cups reduced-fat sour cream
8 oz. cremini mushrooms, sliced
1 medium red onion, sliced into rings
1 1/2 lb. green beans, trimmed
8 tbsp. extra-virgin olive oil, divided
kosher salt
Freshly ground black pepper
1/2 tsp. dried oregano
1/2 c. freshly grated Parmesan
Juice and zest of 1 lemon
2 tablespoons chopped fresh parsley

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

Ingredients note: Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. Be sure to check the cooking directions when selecting your rice—some brands labeled “quick” take about 30 minutes to cook. If you can’t find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end of Step 2.

Tip: To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water and bring to a boil. Cover, reduce heat to a simmer. Cook until the chicken is cooked through and no longer pink in the middle, about 10 to 12 minutes.

Recipe By: EatingWell Test Kitchen

Medicare Annual Enrollment Period (AEP) (Open Enrollment)

October 15th—December 7th

This is the time of year Medicare recipients can review current plan coverage and make comparisons to the options available in 2019. You can make decisions on keeping current coverage or changing to any of the available plans in your service area.

**Suggested areas to review:**

- **Prescription Coverage**—Check your medications against the formulary of your current plan as well as available options for next year to see if there may be cost saving opportunities. Not all plans cover the same medications or cover them at the same copay levels.

- **Premiums and copays**—Checking your plan annually against other plans in your area can reveal changes in billing that may save you significant out of pocket monthly expenses without sacrificing coverage.

- **Coverage Level**—Your need for more or less insurance coverage due to changes in your medical needs since first enrolling in a plan.

**Ways to review your coverage:**

- **Medicare.gov**—This website offers you the ability to search Medicare Advantage and Prescription plans using the Plan Finder. You can enter your medications to see how the different plans cover your prescriptions as well as compare up to 3 plans side by side, research the benefit details of the available plans, and complete an enrollment online.

  1-800-MEDICARE (1-800-633-4227) - Similar to Medicare.gov, this number connects you to a Medicare representative who can help you review the options specific to your county. They can input your medications, offer options, and assist with enrollment.

- **Medicare Plan Representatives or Companies**—You can meet with a local representative of the available plans in your area or contact the companies directly. Speaking with a representative is a great option for clients who have detailed questions or would like an agent to assist with enrollment and to be able to connect with once your plan is active.

- **Office for the Aging**—Contact your County Office for the Aging to speak with a HIICAP counselor who can assist with questions about Medicare and available options.
### October 2018

**518 793-2189 • 380 Glen Street • Glens Falls, NY 12801 • Email: kbrengfseniors@gmail.com**

New Members Are Welcome to Come Join our Family

HERE ARE SOME OF THIS MONTH’S HIGHLIGHTES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-10/1</td>
<td>Book club meets at Spot Coffee-Glen Street</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/2</td>
<td>Lunch &amp; Learn with the Conkling Center-11:30 Lunch at Domino’s and Strand-HF</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Wed-10/3</td>
<td>Reading with Bea Roman-Spot Coffee-Glen Street</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-10/4</td>
<td>Colone Mall shopping-Van transportation to first 11 people. Cost: $6 for van.</td>
<td>9 am</td>
</tr>
<tr>
<td>Fri-10/5</td>
<td>Lunch Bunch-Historic Grounds, Whitehall-Van limited to 11 people. Van cost $4</td>
<td>11 am</td>
</tr>
<tr>
<td>Mon-10/8</td>
<td>Center Closed/ Columbus Day!</td>
<td>9:00am-4:00pm</td>
</tr>
<tr>
<td>Tues-10/9</td>
<td>Presentation by Captain John-Glens Falls Fire Department</td>
<td>2 pm</td>
</tr>
<tr>
<td>Wed-10/10</td>
<td>Defensive Driving class-Cost: $20 AARP members/$25 nonmembers-Lunch $6</td>
<td>8:45-4</td>
</tr>
<tr>
<td>Thurs-10/11</td>
<td>Chair Yoga with Tobey Gifford from the Lemon Tree</td>
<td>10:30 am</td>
</tr>
<tr>
<td>Fri-10/12</td>
<td>Shoebox Packing/ volunteers welcome!</td>
<td>12:30 pm</td>
</tr>
<tr>
<td>Sun-10/14</td>
<td>“Young Frankenstein” - SPA Little Theatre-Funny stage musical. Tickets $29</td>
<td>2 pm</td>
</tr>
<tr>
<td>Mon-10/15</td>
<td>Walmart Shopping Trip</td>
<td>9:15 am</td>
</tr>
<tr>
<td>Mon-10/15</td>
<td>Karen’s Art class-Cost: $15 all material provided</td>
<td>12:30</td>
</tr>
<tr>
<td>Mon-10/16</td>
<td>Flu Clinic-Warren County Health Dept. – Bring insurance cards</td>
<td>12-2</td>
</tr>
<tr>
<td>Wed-10/17</td>
<td>Health Fair-Information on insurance</td>
<td>1 &amp; 6:30</td>
</tr>
<tr>
<td>Thurs-10/18</td>
<td>HUMANA presentation</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-10/19</td>
<td>Fidelis Care information</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Mon-10/22</td>
<td>CDPHP presentation</td>
<td>2 pm</td>
</tr>
<tr>
<td>Tues-10/23</td>
<td>United Health Care presentation</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/24</td>
<td>MVP health presentation</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Thurs-10/25</td>
<td>Lunch Bunch-Luzerne Senior Center-Laura Roth</td>
<td>12 pm</td>
</tr>
<tr>
<td>Fri-10/26</td>
<td>Newsletter Mailing: Volunteers needed!</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-10/26</td>
<td>Adirondack Ramblin Scribblers-Writers’ group meets</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-10/29</td>
<td>EPIC presentation</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/30</td>
<td>Blue Shield informational meeting</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/31</td>
<td>Halloween Lunch-Come dressed for the occasion/prizes/great food. Cost: $7 sign up</td>
<td>12 pm</td>
</tr>
</tbody>
</table>

**Ongoing Activities at a Glance:**

- Mon-Fri. Thrift Shop-new items all the time 10-2 pm
- Every Tues. Bingo 10 a.m.
- Every Wed. Scrabble Group/Bridge Game 10 am
- Every Thurs. Chair Yoga- with Tobey 10:30 am
- 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 a.m.
- Every Friday Wii Bowling/Line Dancing 10 a.m.
- Woodshop/Golf/Cards/Special Bingo & Much More.

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!

*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.

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### Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Healthy Tips: Using Up Holiday Leftovers

Instead of tossing those holiday leftovers to avoid more over-indulging, use them to your advantage. Here are some practical tips and recipes to help you reduce food waste and space out the calories.

**Give It Away Now!** If you hosted the holiday festivities, plan ahead and have resealable plastic bags and food storage containers handy to send guests home with goodies. This works perfectly for cookies, candies or other sweets.

**Zip It Good.** Make sure to store all leftover foods in airtight containers; this keeps things fresher longer and gives you more time to finish off the stash.

**Chill Out.** Utilize your freezer — soups, cooked vegetables, breads, pastries and cookies all freeze very well and can be thawed for later indulging.

**Recreate the Plate.** Serve small portions of leftover turkey, roast beef or ham along with lots of fresh fruits and vegetables for sandwiches, salads, wraps or a light main course.

**Mix It Up.** Toss left over veggies and seafood with small portions of pasta or brown rice.

**Veg Out.** Reduce portions of high calorie favorites by adding fresh or frozen vegetables to creamy soups or leftover mashed potatoes.

**Go Nuts.** Add remaining nuts and dried fruit to a simple and light spinach salad.

**Be Creative.** Combine herbs and roasted root vegetables along with a pinch of low fat cheese to make quesadillas, minis pizzas or omelets.

**Safety First.** Most foods will stay fresh for up to seven days, but if it looks or smells even a little funky, throw it out!

**Feel the Burn.** Work off some of those extra calories! Make sure to get some exercise in the weeks following holiday get-togethers. Prep leftover plates and march them to your neighbors (especially any ones up a hill).
STAY MINDFUL WITH 4 TIPS FOR HOLIDAY EATING

Another Halloween is almost here and that means Thanksgiving, Christmas and New Years are right around the corner. On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It’s important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

There are many strategies to help you avoid overeating.

1. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes.

2. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.

3. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

4. Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

For more information on how to eat healthfully, contact a registered dietitian nutritionist in your area.

ADOPTED BY JILL KOHN, MS, RDN, LDN @EATRIGHT
WELLS SENIORS

Annual dues time is here, please drop off $10 per member or mail to Holly Hite at Box 411, Wells, NY 12490.

Members who are paid get $10 off of their Christmas party and we refunded the cost of the picnic so members are already $15 ahead when attending events.

October Business meeting will be a Bingo extravaganza on Oct 10 Defensive Driving class on Saturday Oct 20, 9-4 at Wells Methodist Church. $25 ($20 for AARP members) contact Brian Griffin, 518-924-2216

October Social will be the Halloween party on Oct 24 (Costumes appreciated but not necessary)

November Business meeting will be on Medicare Insurance for the upcoming open enrollment

November Social will be TBD

December will only have the Christmas party date to be announced

“Osteobusters”, a 45 minute session of healthful and “easy” exercise is held in the community hall on Mondays and Thursdays from 10 – 10:45 AM. Great for keeping limber.

Mah Jongg, every Tuesday at the Library 6 PM (new players welcome, instruction always available)

“Pitch” card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)Needlework and crafts at the library, Thursday’s 6-8

Wells Seniors is open to all 55 and over, annual dues $10, meetings on the second Wednesday of each month (Jan-Nov) at 12:45 PM at the meal site on Buttermilk Hill Road. Lunch is available at Noon, call 518-924-4066 for lunch reservations.

Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon, and Christmas party

Contact Brian Griffin at 518-924-2216 questions or for further info.

Lake Luzerne Senior Center upcoming events for 2018

Thursday, October 25th Luncheon and show with Laura Roth, event begins at 12:000st p/p is $10.00

Thursday, November 8th Veteran’s Day Luncheon, event begins at 11:30 cost p/p is $3.00, veterans are free

Thursday, December 6th Christmas Luncheon with Racing City Chorus, event begins at 12:00 cost p/p is $10.00

The contributions for these events are non-refundable.

Contact Barb at 518-696-6451

The Best Fruits and Veggies to Eat This Fall

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Sure, we all get excited for summer’s bounty of sweet berries and juicy watermelon, but there’s more to fall than Halloween costumes and hay rides. From September to November, the autumn harvest brings a variety of healthful and delicious produce, from squash and sweet potatoes to apples and pears.

While almost all produce can be grown somewhere year-round, trucking produce across the country (or across the world) isn’t easy. Buying local seasonal produce not only potentially reduces our carbon footprint and helps local economies, but it may also result in more nutritious produce.

To get the best of what fall has to offer, check out our top autumnal produce picks that are both delicious and super healthy, and keep track of what’s in season near you. Also, don’t be afraid to try something new. (Who knew leeks or figs would taste so good?)

Apples - These sweet, crunchy fall favorites are packed with antioxidants, which may help prevent chronic illness and slow aging. Among popular apple varieties (and there are more than 7,500 different types!), Fuji apples have the highest concentration of phenolics and flavonoids, while Cortland and Empire apples have the lowest.

Beets - They may be available year-round, but beets are at their best in the fall. When shopping, look for firm, smooth bulbs and (if attached) bright, crisp greens. Toss the greens in salads and roast the beets for their betaine—a compound that may help prevent heart and liver disease—and nitrate, which may increase blood flow to the brain and potentially reduce risk of dementia.

Brussels Sprouts and Cabbage - Packed with vitamins A and C, cabbage and its mini-me, Brussels sprouts, boast high concentrations of cancer-fighting glucosinolates (which also lend these veggies their distinct flavor)

Cranberries - Between the size of a blueberry and a grape, cranberries taste their best October through November. Though only 5 percent actually make it to the fresh produce section (the other 95 percent are dried, canned, or turned into juice). Research suggests cranberry consumption may help prevent urinary tract infections and that fresh cranberries can help prevent oral diseases and slow the growth of cancer.

Pears - These sweet fruits fall into two major categories: European and Asian. In the U.S., the European varieties, Bosc and Bartlett, are most common, and grow on the west coast during fall. Pears are high in soluble fiber, which helps lower “bad” (LDL) cholesterol.

Pumpkins - Pumpkin is one of the best sources of alpha- and beta-carotene, which can be converted into retinol to promote healthy vision and cell growth. Pumpkin seeds are also a good source of alpha-linolenic acid, an omega-3 fatty acid that may help those with heart disease, high blood pressure, or high cholesterol. Toast them up for a deliciously nostalgic treat!

Rutabagas and Turnips - Research suggests eating turnips and rutabagas may help reduce the risk of prostate and lung cancers. What’s more, turnip greens are a source of calcium, and one cup of raw rutabaga offers a respectable three grams of fiber.

Squash - From festive photos to Thanksgiving table centerpiece, squash is the poster food for autumn. Summer squash are still available locally until October in some parts of the country, and winter squash begin to crop up (pun intended) as summer squash heads out. The gourd family offers varieties including acorn, butternut, and delicata squash, as well as spaghetti squash and its pasta-like strands.

Sweet Potatoes - These orange beauties have the best flavor during fall, their peak season. Like squash, sweet potatoes are rich in beta-carotene, which can prevent vitamin A deficiencies, promote healthy eyesight and generate retinol production. Sweet potatoes are also a good source of vitamin C, and when eaten with their skin on, a medium later can pack nearly four grams of fiber.

Adopted By: Kelly Flaszpatz @ The Greatist newsletter

What’s in Season

Beets

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Adopted By: Kelly Flaszpatz @ The Greatist newsletter
Attention Veterans and Surviving Spouses

ARE YOU ELIGIBLE...

For medical, disability, pension, property tax exemptions, and other discounts?

Let us complete a Veteran or Surviving Spouse 360° review of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS’ SERVICES

Call 518/761-6342 for an appointment
Hamilton County Support Group

September 10th ~ October 8th ~ November 12th

DEMENTIA CAREGIVER SUPPORT GROUP
Call Stacey Barcomb for more information. (518) 832-4992
Second Tuesday of Each Month
11:00 a.m. - 12:00 p.m.
The Glen at Hiland Meadows
39 Longview Drive
Queensbury, NY

DEMENTIA CAREGIVER SUPPORT GROUP
Call Stacey Barcomb for more information. (518) 832-4992
Second Monday of Each Month
10:00 a.m. - 11:00 a.m.
Lake Pleasant Senior Center
2881 Route 8
Speculator, NY 12164