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>June 4</strong></td>
<td><strong>June 5</strong> <strong>Brunch</strong></td>
<td><strong>June 6</strong></td>
<td><strong>June 7</strong></td>
<td><strong>June 8</strong> <strong>Cold Plate</strong></td>
</tr>
<tr>
<td>Chicken Alfredo over Pasta</td>
<td>Cheese Omelet</td>
<td>Veal Parmesan</td>
<td>Spanish Rice</td>
<td>Citrus, Turkey, and Spinach Salad</td>
</tr>
<tr>
<td>Italian Veggies</td>
<td>Hash Brown Potato</td>
<td>Penne/Marinara Sauce</td>
<td>Broccoli Corn Bread</td>
<td>Fresh Tomato salad</td>
</tr>
<tr>
<td>Tropical Fruit Cup</td>
<td>Slice of Ham</td>
<td>Cauliflower Fresh Fruit</td>
<td>Muffin of the Day</td>
<td>Chocolate Cake</td>
</tr>
<tr>
<td></td>
<td>Yogurt Parfait with Fruit &amp; Granola</td>
<td>Tossed Salad Carrot Cake</td>
<td></td>
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</tbody>
</table>

| **June 11** | **June 12** | **June 13** | **June 14** **Cold Plate** | **June 15** |
| Baked Chicken Tenders with Sauce | Beef Tomato Florentine with Noodles & Cheese | Roast Pork/Gravy Mashed Potato | Tuna Salad on a Bun | Happy Father's Day Cheeseburger Deluxe |
| Potato of the Day | Scandinavian Veggies | Peas & Onions Strawberry Shortcake | Pasta Salad | Lettuce/Tomatoes |
| Tomato & Zucchini Chilled Pears | Garlic Bread | | Broccoli Salad | Roasted Potato Bites |
| | Tropical Fruit Cup | | Cookie of the Day | Cole slaw |
| | | | | Father's Day Dessert |

| **June 18** | **June 19** | **June 20** | **June 21** | **June 22** **Cold Plate** |
| Swedish Meatballs Over Noodles | Apple N'Onion Chicken | Lemon Baked Fish Roasted Red Potatoes | Quiche of the Day Muffin of the Day | Chopped Salad with Grilled Chicken |
| Brussels Sprouts Chilled Pineapple | Sweet Potatoes | Carrots | Mixed Veggies Strawberries & Banana | Cubed Cantaloupe |
| | California Medley Birthday Cake | Fresh Grapes | | Dinner Roll |
| | Happy Birthday!! | | | Brownie |

| **June 25** | **June 26** | **June 27** | **June 28** | **June 29** **Cold Plate** |
| Breaded Haddock | Pork Chops | Roast Turkey/Greasy | Spaghetti & Meatballs | Chicken Salad on Bed of |
| Augratin Potatoes | Sweet Potatoes | Cranberry Sauce | Marinara Sauce | Romaine Lettuce |
| Japanese Veggies | Mixed Veggies | Mashed Potatoes | Green Beans | Macaroni Salad |
| Pudding/Topping | Mandarin Orange | California Medley Peaches | Tossed Salad | Tomato, Onion & Cucumber Salad |
| | | | Fresh Fruit | Gingerbread/Topping |

Office Staff
Deanna “Dee” Park - Director
Catherine Bearor - Services Specialist
Susan Dornan - NY Connects Coordinator
Hanna Hall - Services Specialist
Dinah Kawaguchi - Keyboard Specialist
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
Mary Ann McCarthy - Volunteer Coordinator
Catherine Keating - Stauch - Registered Dietician/Menus

**2018 SENIOR OF THE YEAR**

**HAMILTON COUNTY – PHILIP MULEEDY**

**WARREN COUNTY – VIRGINIA “GINNY” RAYMOND**

**CONTRIBUTING SENIOR OF THE YEAR**

**HAMILTON COUNTY – MILDRED ANZALONE**

**WARREN COUNTY – DAISY KAVANAGH**

Thank you for your nominations for “Senior of the Year” and “Contributing Senior of the Year.” Volunteers are an essential part of our community and we thank you for your dedication.

The New York State Office for the Aging and the Association on Aging in New York will be inviting these seniors to an awards ceremony on Tuesday, May 22nd in Albany.

**SAVE THE DATE:**

The Warren/Hamilton Counties Office for the Aging will be holding our annual luncheon on Friday, June 1st at The Holiday Inn, Lake George.

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

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**Meal site numbers**:
- Bolton: (518) 644-2368
- Cedars: (518) 832-1705
- cedars@warrencounty.ny.gov
- Chestertown: (518) 494-3119
- Johnsburg: (518) 251-2711
- Long Lake: (518) 624-5221
- Warrensburg: (518) 623-2633
- Lake Pleasant: (518) 548-4941
- Indian Lake: (518) 648-5412
- Lake Luzerne: (518) 96-2200
- First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518) 832-1705
- Wells: (518) 924-4066

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<tr>
<td>April 2 Chicken Pot Pie with Potatoes &amp; Veggies</td>
<td>April 3 Pork Chops Sweet Potatoes Mixed Veggies Applesauce</td>
<td>April 4 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Asparagus Peaches</td>
<td>April 5 American Goulash Tossed Salad California Medley Mandarin Orange</td>
<td>April 6 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion &amp; Cucumber Salad Chocolate Cake/Frosting</td>
</tr>
<tr>
<td>April 9 Turkey Tetrazzini Broccoli Chilled Pears</td>
<td>April 10 Meatloaf/Gravy Mashed Potatoes Pea Peach Cobbler</td>
<td>April 11 Chicken &amp; Stuffing Casserole Wild Rice Carrots Tropical Fruit Cup</td>
<td>April 12 Cold Plate Sliced Roast Beef Plate with Potato Salad &amp; Coleslaw Sandwich Roll Berry Crisp</td>
<td>April 13 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies</td>
</tr>
<tr>
<td>April 16 Chicken Stir-Fry Brown Rice Oriental Veggies Tropical Fruit Cup</td>
<td>April 17 Baked Fish Scandia Sweet Potatoes California Medley Pineapple Upside Down Cake</td>
<td>April 18 Sloppy Joes on a Bun Roasted Potato Bites Corn Mandarin Orange</td>
<td>April 19 Cold Plate Chef Salad – (Turkey/Ham/Swiss Cheese/Lettuce) Marinated Veggies Strawberry Shortcake</td>
<td>April 20 Macaroni &amp; Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit</td>
</tr>
<tr>
<td>April 23 Chef's Choice</td>
<td>April 24 Brunch Cheese Omelet Hash Brown Potatoes Slice of Ham Yogurt Parfait with Fruit &amp; Granola</td>
<td>April 25 Spanish Rice Broccoli Corn Bread Birthday Cake Happy Birthday</td>
<td>April 26 Meal Site Closed</td>
<td>April 27 Veal Parmesan Penne/Marinara Sauce Italian Veggies Tossed Salad Fresh Fruit</td>
</tr>
<tr>
<td>April 30 Baked Chicken Tenders with Sauce Potato of the Day Tomato &amp; Zucchini Chilled Pears</td>
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</table>

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**Join us for our NY Connects Long Term Care Council Meeting**

**Wednesday, June 13 from 10 AM-12 PM**

**TOPIC**: “Best Practices in Rural Health”

**At Hamilton County Public Health**

White Birch Lane, Indian Lake, NY 12842

We would love to have veterans, caregivers, clergy, and everyone interested in rural health join us. Light refreshments available.

How: Required RSVP by Friday June 8, to Kathy McLaughlin at PH#1-866-805-3931

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**NY Connects Outreach to Hamilton County**

Warren-Hamilton Counties Community Action Agency at Indian Lake 10-12 & 1-2pm **Wednesday, April 4**

**Tuesday, April 17**

**Wells Central School Talent Night**
5:30-6:30 P.M. (before the show!)

We will have information on many resource! Plan to stop in and speak with us.

If you are unable to stop by, please give us a call to make an appointment to meet with us in person. We can do home visits. 1-866-805-3931
Depression is Treatable

Medicare covers the cost of Depression Screening

Once a year you can be screened in a primary care setting (like a doctor’s office) and Medicare covers the total cost!

This service is preventive so no co-pay or deductible for you!

NY Connects provides free information and assistance on long term care services and supports including Medicare Prevention & Wellness. Contact us at 1-866-805-3931 to find out how we can assist you.

Dear OFA,

My grandmother has been losing a lot of weight lately and doesn’t seem to be eating as much as she used to eat. I’m worried and not sure how to talk with her about this. Can you help?

Concerned in Chestertown

Dear Concerned,

Thank you for reaching out to us in how to help your grandmother. There are many ways you could respond. First, you may share with her that you’re concerned about her weight loss and ask if there is anything going on you could help with. It’s important to “check-in” with her first because she has the right to make her own decisions. She may share with you that she is already being treated for an illness or that she herself is also worried something may be wrong. This could open up the door to communication because you’re showing concern and being respectful by asking how you can help instead of telling her what she should do. Perhaps you could offer to go with her to her primary care provider for an annual wellness exam (typically 100% covered annually by Medicare).

She may tell you she is lonely and doesn’t like to eat alone. There are many congregate meal sites she could visit to share a meal and conversation with others. You could offer to go with her; there is no charge for the meal while donations are appreciated. If she’s not able to drive, home delivered meals could be an option for her. Office for the Aging also has a Registered Dietician on staff (Catherine) who is available to provide nutrition therapy and education to those age 60 and over on nutrition issues and healthy eating habits to improve health.

Sincerely,

OFA (Send your questions to McCarthym@warrencountyny.gov)
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.
To the Volunteers Celebrating in the Spring

APRIL
- Nan Hayes
- John Dutcher
- Evelyn Casella
- Bernice Mennis
- Holly Hahne
- Jim Goodspeed
- Sharon Clark
- Paige Edwards
- Peter Trumbull

MAY
- Diane Collins
- Tom Ives
- Chuck Adams
- Diane Frazier
- Joan Flanagan
- Nancy Stedman
- Peter Dziedzic

JUNE
- Kathy Pellatt
- Kevin McCullough
- Tom Judkins
- Francis Angelo
- Kristina Peirce

Meal Sites closed the following days:
- Thursday - April 26 for Staff Training
- Monday - May 28 for Memorial Day

Help Us Help You & Your Community!
Hamilton County Retired Senior Volunteer Program of Catholic Charities of the Diocese of Ogdensburg
Christine Snyder & Hanna Smith
(518)624-6788

Help Us Help You & Your Community!
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Medicare Information and Updates

Special Enrollment Periods for Part D Prescription Coverage

Special Enrollment Periods (SEPs) are the exceptional circumstances which allow Medicare recipients the opportunity to enroll into or switch Part D coverage outside of Open Enrollment (October 15th through December 7th).

SEPs are important for those who did not previously have a prescription plan with their Medicare and now are in need of coverage or for those who have a Part D plan that does not effectively cover their prescriptions.

Some commonly used Special Enrollment Periods:

**EPIC:**
Enrollment in EPIC (New York State’s Prescription Assistance Program) for those 65 and older grants new or existing members the opportunity once per year (outside to Open Enrollment) to get or change their Medicare Part D Prescription Plan. Applications are available by calling EPIC at 1-800-332-3742 or through the Office for the Aging.

**Extra Help:**
The Social Security Administration offers this program to Medicare individuals with monthly income below $1,538 ($2,078 for couples) and assets below $14,100 ($28,150 for couples). Clients with Extra Help are able to enroll in or change their Part D plan any month of the year and have lower Part D premiums and copays. Apply through the Social Security Administration locally or online at SSA.gov.

**MSP/Medicaid:**
Another way to get Extra Help and the continual enrollment period is through MSP (Medicare Savings Program) and/or Medicaid. Applications are submitted through the client’s County Department of Social Services. Monthly income limits for MSP are $1,386 ($1,872 couples) and there are no asset limits. In addition to the lower copays and premium assistance from Extra Help, the MSP also pays the Part B premium deducted from Social Security.

**Other SEPs:**
Some examples of other ways to change prescription coverage are -
* Moving out of your plans coverage area
* You get creditable coverage through active employment
* Loss of creditable coverage through no fault of your own (e.g. loss of employer coverage)
* No longer qualify for Extra Help or MSP
April 2018

New Members are Welcome, Come Join Our Family

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Mon-4/2</td>
<td>Mexican Train Game with Dominoes</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-4/9</td>
<td>The Good Books Club~“Little Fires Everywhere” by Celeste NG</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-4/3</td>
<td>The Basics of Alzheimer’s or Dementia</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Wed-4/4</td>
<td>Defensive Driving Class-$20 AARP members/$25 nonmembers-Lunch provided $6</td>
<td>9am-4 pm</td>
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<tr>
<td>Thurs-4/5</td>
<td>Saratoga Racino-Van transportation $6</td>
<td>10:00 AM</td>
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<tr>
<td>Fri-4/6</td>
<td>Senior Chat Group-Bring your ideas to share-open discussion</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-4/9</td>
<td>Karen’s Art Class-Cost: $15 all materials provided</td>
<td>12:30 PM</td>
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<tr>
<td>Tues-4/10</td>
<td>Indoor Vegetable seeding-Cornell Cooperative-Hands on project</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-4/11</td>
<td>Mexican Train Game with Dominoes</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-4/12</td>
<td>SUNY Adirondack Culinary Lunch-Cost: $13.95-Limit to first 20 to sign up</td>
<td>Noon</td>
</tr>
<tr>
<td>Fri-4/13</td>
<td>Women At Work-Kim Harvish/Chapman will present changes in work place 1945-75</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-4/16</td>
<td>Lunch Bunch-Queensbury Hotel/pick from select menu</td>
<td>Noon</td>
</tr>
<tr>
<td>Tues-4/17</td>
<td>Movie/Popcorn~“Same Kind Of Different As Me”</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-4/18</td>
<td>Basket Raffle Party-Still time to buy your tickets!</td>
<td>1:30 PM</td>
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<tr>
<td>Thurs-4/19</td>
<td>UpYonda Farm/Amphibians-presented by Pete Oleleshki-Call the Center to sign up</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-4/20</td>
<td>Wii Bowling Tournament</td>
<td>1 pm</td>
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<tr>
<td>Mon-4/23</td>
<td>Defensive Driving Class-$20 AARP members/$25 nonmembers-Lunch provided $6</td>
<td>9am-4pm</td>
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<tr>
<td>Tues-4/24</td>
<td>Freida Toth will speak on Ian Fleming-well know author of James Bond series</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-4/25</td>
<td>Victorian Tea-tea sandwiches/cookies-limited seating. Call the Center to sign up</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>Thurs-4/26</td>
<td>Newsletter mailing-Volunteers welcome! Great gathering, conversation</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-4/27</td>
<td>Adirondack Ramblin Scribblers-Bring your writings to share</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Mon-4/30</td>
<td>Special Bingo-Bring your nickels &amp; quarters-Refreshments/prizes/large cards</td>
<td>1:00 PM</td>
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</table>

Ongoing Activities at a Glance:

- Mon-Fri: Thrift Shop-new items all the time
- Every Tues: Bingo
- Every Wed: Scrabble Group/Bridge Game
- Every Thursday: Chair Yoga- with Toby
- Mon-Thurs: OSTEObusters Exercise Program- Monday-Thursday-Sponsored by RSVP
- Every Friday: Tai Chi Class with Sam Ling-Cost: $6
- Every Friday: Wii Bowling/Line Dancing
- 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

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Healthy Recipes for Spring

Pizza Primavera

Ingredients
- 2 cups cut-up fresh asparagus
- 4 whole wheat flatbreads
- 2 yellow sweet peppers, cut into thin, bite-size strips
- 1/2 cup grated Pecorino-Romano cheese (2 ounces)
- 2 medium red onions, sliced
- 2 cups halved cherry tomatoes
- 8 fresh mushrooms, sliced
- 2 cups halved mozzarella cheese (2 ounces)
- 4 teaspoons olive oil
- 1/2 teaspoon salt

Directions
Preheat oven to 475 degrees F. Line a large baking sheet with parchment paper; set aside. In a large bowl combine asparagus, sweet peppers, onions, mushrooms, oil, and salt. Spoon vegetable mixture onto prepared baking sheet, spreading into an even layer. Roast for 10 minutes; remove from oven and set aside.

Place flatbreads on two large baking sheets; sprinkle Pecorino-Romano cheese evenly over flatbreads. Arrange the roasted vegetables and the cherry tomatoes evenly on flatbreads. Sprinkle with mozzarella cheese. Bake about 5 minutes or until cheese is melted.

---

Penne and Asparagus Salad

**Ingredients**

- 16 ounces dried penne pasta (about 5 cups)
- 4 ounces Fontina cheese, cut into 1/4-inch cubes
- 1 pound asparagus, trimmed and cut into 1/2-inch lengths
- 4 ounces sharp cheddar cheese, cut into 1/4-inch cubes
- 1 cup halved pitted Kalamata olives
- 4 ounces Gouda cheese, cut into 1/4-inch cubes
- 1 cup chopped red sweet pepper (1 large)
- 1/2 cup coarsely chopped fresh basil
- 6 ounces capicollo or prosciutto, thinly sliced and coarsely chopped
- 1 1/2 cups creamy garlic dressing or creamy Italian Dressing

**Directions**

In a large pot cook pasta according to package directions until tender but still firm to the bite. Add asparagus to pot for the last 2 minutes of cooking. Drain pasta and asparagus. Rinse well in cold water; drain again. Transfer pasta and asparagus to a very large bowl.

Add olives, red pepper, capicollo, Fontina, cheddar, Gouda, and basil to pasta mixture. Toss gently to combine. Stir in dressing; mix well. Cover and chill for 2 to 24 hours before serving.

**Nutrition Facts Per serving**: 263 kcal., 15g fat, 22g chcol., 581 mg sodium., 20g carb.
1g fiber, 10g pro. Recipe Adpoted by: Jhgh.com

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Herbal Supplements: What to know before you buy.
Here's what to consider before giving herbal supplements a try.

Herbal supplements, sometimes referred to as "botanicals," have been used for medicinal purposes for many centuries, and they continue to gain popularity among consumers today. These supplements are marketed as "natural" to the human body. They may have strong effects on your body. They can cause unpleasant health effects (also called adverse effects). Researchers have studied the benefits and risks of some herbal health products and supplements, but others need to be studied more.

Are herbal health products and supplements regulated by the U.S. Food and Drug Administration (FDA)?
All of the OTC and prescription medicines you can buy have to be "approved" as safe and effective by the FDA. But the FDA defines dietary supplements as a category of food, not as drugs. For this reason, the FDA doesn’t require proof of their safety and effectiveness to diagnose, prevent, treat, or cure health conditions. Instead, it’s up to the manufacturer to be sure that an herbal health product or supplement is safe before it is sold.

Before Using a Herbal Supplement
If you are considering using an herbal supplement, you should be aware that many herbal supplements may interact with both prescription and nonprescription medications and can cause some very serious interactions and adverse effects.

Herbal health products and supplements may not be safe if you have certain health problems, are pregnant, or are breastfeeding. Children and older adults also may be at increased risk of adverse effects from these products because their bodies process the ingredients differently.

Whether you have a health problem or not, it is always best to talk to your family doctor before taking any herbal health product or supplement.

Remember, "natural" doesn’t always mean safe and free of adverse effects. When it comes to your health, always ask questions when in doubt.

Adopted by: WebMD and Familydoctor.org
Eat in season: All the fruits and vegetables to cook with this spring

Spring is the prime time to enjoy what Mother Nature gave us, starting with some of the freshest and most flavorful fruits and vegetables available for the season. These in-season fruits and vegetables for spring are ripe for the picking, making for a delicious snack or an ultra-healthy meal.

Here are some of our freshest springtime picks to get you started:

### Spring vegetables
- Artichokes
- Arugula
- New potatoes
- Ramps
- Spinach
- Sugar snap peas
- Vidalia onions
- Zucchini
- Fiddlehead ferns

### Spring fruits
- Apricots
- Kiwi
- Avocados
- Lemons
- Blueberries
- Pineapple
- Cherimoya
- Strawberries
- Grapefruit
- Tomatoes

These spring produce lists are general recommendations. Where you live will determine the fruits and vegetables in season for you.

Call Center for pricing and information on the upcoming trips and events or see online. Transportation for Center activities available/medical transports by appointment.
Caregiver Conversations
A supportive group for those taking care of someone with memory loss.

2nd Tuesday of the Month
11:00 am

The Glen at Hiland Meadows
39 Longview Drive, Queensbury

For Additional Information Call (518) 832-4991

All are welcome.

Thank you Volunteers
We appreciate all of your hard work and dedication to the people in our community. By giving of your time, energy and service to your neighbors you brighten one corner of the world.

Thank you for caring for our community. Mary Ann

Upcoming Events

4/11 April Business

4/26 April Social, Johnstown Movieplex, $6 movie, popcorn drink, 1 PM

5/9 May Business

5/23 May Social, 1 PM Ice Cream Social, Hope Diner, Seats limited, sign up at the meal site

6/12 Lowville Windmill Trip, Depart 8:00 am, Return 6:00 pm, Cost $45 (plus $3 if you choose Wine tasting)

6/27 June Social, 5 PM Covered dish at the pavilion, bring a dish to pass, beverage, plate & utensils

“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 7 PM (new players welcome, instruction always available)

“Pitch” card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)

Please give dues to Holly Hite or mail to Box 411, Wells, 12190

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 with any questions or for further info.

Other Organizations...........

Broadalbin Seniors overnight travel 2018,
May – Cincinnati
2018 Senior of the Year

Please join us for the 45th Annual Senior Luncheon
Honoring Seniors from Warren and Hamilton Counties
Friday, June 1st, from 12-2PM
HOLIDAY INN
(2223 State Route 9, Lake George, NY)

Sign up at your meal site, Senior Club or Office for the Aging
$16 per person

Menu

Garden Salad & Homemade Rolls

Sliced London Broil with Gravy, Oven Roasted Potatoes & Seasonal Vegetables or
Chicken Parmesan with Pasta & Seasonal Vegetables

Coffee, Hot Tea & Soda
Cheesecake

(optional bar at your own cost)

Seating is limited, reservations and payment due by Wednesday, May 16th.
Call Jami at the Office for the AgingPH#(518) 761-6347 to reserve your place.

MEMORY CAFE

Save the Date

What is a Memory Café?
A Memory Café provides a gathering place for friends with Alzheimer’s disease or other dementia. Along with their caregivers and families to relax and enjoy socialization, refreshments, discussion and entertainment.

Walk-ins are welcome, but RSVP is appreciated for the FREE Memory Café

For more information or to RSVP, call Stacey Barcomb (518) 832-4990 or Kimberly Comisky (518) 832-4991

wehelpcaregivers.com
The Caregiver Support Initiative
SUNY Plattsburgh

These services are provided in part by a grant from the New York State Department of Health.