Newsletter for Seniors
Warren-Hamilton Counties 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

SUMMER EDITION  2018
JULY, AUGUST, SEPTEMBER

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 / Menu

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.

FARMERS MARKET

Outreach Schedule
Farmers Market Coupons offer $20 toward local fruits and vegetables and will be available anytime at the Warren/Hamilton Counties Office for the Aging from July 1st through mid August

The coupons may be redeemed at participating farmers markets through November 30th, 2018

Friday July 6th: Chestertown Meal Site 11:00-11:30
Warrensburg Town Hall 12:15-1:00

Tuesday, July 10th: Cronin Hi-Rise 9:30-10:30
Stichman Towers 11:00-12:00

Wednesday, July 11th: White Water Manor 11:30-12:00
Johnsburg Meal Site 12:00-1:00

Friday, July 13th: Hague Community Center 10:30-11:00
Bolton Meal Site 12:00-12:30

Tuesday, July 17th: Cedars Meal Site 11:30-12:30

Wednesday, July 18th: Village Green Apartments 1:15-2:00
First Presbyterian Church (GF) 12:30-1:00

Thursday, July 19th: Montcalm Apartments 10:00-10:30
Solomon Heights 11:00-12:00

Friday, July 20th: Lake Pleasant Meal Site 11:30-12:00
Wells Meal Site 12:30-1:00

Tuesday, July 24th: Long Lake Meal Site 12:00-12:30

Wednesday, July 25th: Indian Lake Meal Site 12:00-1:00

Friday, July 27th: Lake Luzerne Meal Site 11:30-12:00

Eligibility Guidelines:
60 years of age or older
Income 1 person household: $1872/mo; 2 person: $2538/mo
Let’s Talk About Your Part B Medicare Benefit

Thinking about Drinking?? Alcohol Misuse Screening & Counseling

Medicare Part B (Medical Insurance) covers this screening once per year.

Adults with Part B (including pregnant women) can get the screening if:
   You use alcohol & you don't meet the medical criteria for alcohol dependency.

You can get 4 brief face-to-face counseling sessions per year if:
   Your primary care doctor determines you're misusing alcohol & if you're competent and alert during counseling.

The counseling must be provided by a qualified primary care doctor or other primary care practitioner in a primary care setting (like a doctor’s office).

You pay nothing if the qualified primary care doctor or other primary care practitioner accepts assignment.

Depression Screenings

Medicare Part B covers ONE screening per year.

All people with Part B are covered

The screening must occur in a primary care setting (like your doctor's office) that can provide follow-up treatment and/or referrals.

Call your local NY Connects at Warren/Hamilton Counties Office for the Aging.

Toll-free 1-866-805-3931    711 NY Relay Service
WIC

Assist your family with nutrition! WIC is for grandparents, foster parents, Moms & Dads and other legal guardians of children under age 5 who meet income requirements.

A family of 4 with annual gross income of $45,510
Or
A family of 3 with annual gross income of $37,777
Or
A family of 2 with annual gross income of $30,044
can receive:
Milk, cheese, eggs, juice, peanut butter, cereal, fruits and veggies.

Warren County WIC       518-761-6425
Hamilton County WIC      518-648-6142
QUESTIONS: CALL NY CONNECTS at 1-866-805-3931

SAVE THE DATE!

YOU CAN...Be a VOLUNTEER!

NY Connects
Warren-Hamilton Counties Office for the Aging

TUESDAY, OCTOBER 23, 2018
10 A.M. - 2 P.M.
WARREN COUNTY HUMAN SERVICES BUILDING
1340 STATE ROUTE 9, LAKE GEORGE NY 12845
NO RESERVATIONS NECESSARY.
QUESTIONS:
CALL 1-866-805-3931

Help your neighbors in our Community by Volunteering!
Dear Office for the Aging,
My parents are in their 60’s and they could really use some help!  
Mom & Dad take care of my brother’s 3 children full-time because their Mom has substance abuse problems and is unable to care for her children. They have their hands full between the court appointments, school activities, and just taking care of them financially has been difficult to say the least! Do you have any suggestions on how I can get them some help?
Sincerely,

“Sally in Sabael”

Hello Sally,
Yes, we do have suggestions that may be helpful. The New York State Kinship Navigator can tell your parents about special financial assistance, legal rights, respite and support. They may be reached toll-free at 1-877-454-6464 or emailed at navigator@nysnavigator.org. Their website is www.nysnavigator.org.
Also, they may want to speak with a NY Connects staff person here at Warren/Hamilton Counties Office for the Aging about other long term care options available. Call NY Connects at 1-866-805-3931 for information or to set up an appointment if they prefer to meet with someone in person.

Plan now for your long term care needs.
Call NY Connects @ 1-866-805-3931
SENIOR PICNIC

WHEN: Wednesday, September 12th
TIME: 10AM, Coffee & Donuts, 12PM Lunch
LOCATION: Warren County Fish Hatchery 145 Echo Lake Road, Warrensburg, NY 12885
MENU: Coffee, Tea & Donuts, Cold Refreshments, Hot Dogs & Hamburgers, Coleslaw, Macaroni Salad, Watermelon, and Strawberry Short Cake
COST: $5, Tickets may be purchased at the Office for the Aging or one of the meal sites. Please keep your tickets for entry and the door prize. PH#761-6347. We will be having entertainment, games and prizes.

Volunteering is good for your health! Are you aware that . . .

- It keeps one’s mind actively engaged.
- It increases social interaction, allowing us to meet new people.
- It gives a feeling of satisfaction to help others no matter the frequency of the task.
- It fulfills vital needs in the community.
- It makes one feel needed and gives purpose as it builds relationships.
- It allows for continued value as we all age.
- It guards against isolation.
- It helps with time management and it boosts our self-esteem.
- It gives us a chance to do something we desire, that we may never have had time for before retirement.
- It brings needed skills to the opportunities afforded us.
- It gets us physically moving and motivated.

Do these reasons all sound good to you? Then give us a .

RSVP of Warren & Washington Counties has many opportunities to discuss with you.

- Perhaps you want a variety of things to be involved in? These could include working occasionally for registrations, staffing a booth at a function, or preparing a mailing, just to name a few.
- Maybe you’d like to work in the health field, perhaps volunteering at the hospital? Our volunteers receive requests for a variety of tasks, throughout the year; you could get to work a little or a lot, your choice.
- Perhaps you’d like to be a Friendly Visitor to alleviate someone’s loneliness, providing good conversation to a homebound person?
- Maybe you are great at budgeting or doing Income Taxes? There is a need for help in these fields also; and we provide free training!
- With the increasing need to help seniors get to their medical appointments, our Medical Transportation Program can always use drivers.

We hope to hear from you soon.
Drop us an email: rsvp@tricountyunitedway.org or call: 518-743-9158.
HAMILTON COUNTY FAMILY FUN DAY

Family Fun Day

Table Rules and General Information

LOCATION, TIME, AND DATE:
Monday, August 6, 2018 from 2pm-6pm at the Speculator Pavilion and Ball Field, 2834 State Route 30, Speculator, New York

WHO MAY PARTICIPATE?
Family Fun Day is designed to connect families of Hamilton County to community resources and healthy activities. To participate as a tabler, an individual, agency, or business you must provide community resources that benefits children and/or families.

APPLICATIONS:
Please complete the table application and submit as directed below. Applications must be received on or before July 21st
e-mail: daryl.parslow.hcphns@frontier.com
Fax: 518-648-6143
Mail: HCPHNS (Daryl Parslow), 139 White Birch Lane, PO Box 250, Indian Lake, New York 12842

THEME:
This year's theme is "Family Game Night!"

TABLES:
Each table must have a child-centered activity. We are encouraging tables to provide an activity that is related to the theme! A child centered activity is a game, task, or project for a child/family that is participatory in nature. Pinterest has MANY ideas.

To increase participation at each table and in lieu of a table fee we are requiring every table to have a prize. It is the responsibility of each agency to determine how and when to distribute the prize. Suggestions for prizes are: family games, school supplies, fishing pole, bike, etc.

Tablers are to provide your own table, chairs, etc. We have a limited supply of picnic tables for special requests. Not all requests will be granted! Please consider bringing a tent for shade/rain as MOST spaces are outdoors. This is a RAIN OR SHINE EVENT – NO ALTERNATE DATE.

Tables MUST BE STAFFED for the ENTIRETY of the event (2pm-6pm).

EVENT CHECK-IN / SET UP/BREAK DOWN REQUIREMENTS:
At least one person must check in on Monday, August 6th by 1:00 pm at the registration table. Set up can be done any time after 11:30 am but must be completed by 1:30 pm. Break-down may begin at 5:30 pm. NO EARLIER!!!

Hamilton County

Hamilton County Retired Senior Volunteer Program hosted by Catholic Charities of the Diocese of Ogdensburg

*Serves senior citizens over 55

*Share your skills to make a positive difference in others’ lives.

*.40 cents per mile reimbursement to get to your volunteer station

If you know anyone that would benefit from our program or would like to join, please contact: Christine Snyder at (518)624-6788
Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

For further travel info • Contact Melissa at PH#(518)745-4439 or melissa@seniorsonthego.org

**Burlington VT**
**Wed. July 25th Day Trip**
Birds of Vermont Museum
1 1/2 hour Buffet Luncheon Cruise aboard Spirit of Ethan Allen
Champlain Chocolates Factory
Shelburne Vineyard Tour & Tasting

Member Cost $79  Not-Yet-Member $89
Deadline: Fri. June 22nd.

**TGIF Picnic Parties**
with live music
*Save the dates:*
Fri. July 27th
Fri. August 24th

5:00pm to 8:00pm
‘In the Grove’ at QSC

Plans include special barbeque foods, live music, dancing and lawn games to name just a few! This ‘summer-fun’ event will be open to everyone in the community so bring your families, grandkids and good friends!

**SENIOR CENTER SHENANIGANS**

**Philadelphia Orchestra Senior Special at SPAC**

August 2nd - “Symphonic Shakespeare”
Walton - As You Like It, Berlioz-Beatrice and Benedict (a Romantic Cornerstone), Tchaikovsky - Romeo & Juliet (as part of our R & J summer), Mendelssohn - Mid Summer Night’s Dream

Deadline: 7/18 Member cost $20, Not-Yet-Member $25

Aug. 9th - “Young Virtuosi: Carnival of the Animals”
featuring Lucas and Arthur Jussen, piano Elgar - Selections from the Wand of Youth, Saint-Saens - Carnival of the Animals, Britten - Young Person’s Guide to the Orchestra

Deadline: 7/25 Member cost $20, Not-Yet-Member $25

Aug 16th - “Captivating Classics” featuring David Kim, violin and CJ Chang, viola
Rossini - William Tell Overture, Mozart- Sinfonia Concertante, K.364, Modest Musorgsky/Maurice Ravel - Pictures at an Exhibition (quintessential piece from the infamous Russian Five composers)

Deadline: 8/1 Member cost $20, Not-Yet-Member $25

Purchase your tickets through QSC by specified deadlines.
Tickets available for pick-up at the Queensbury Center
Monday - Wed. the week of the performance.
Transportation is not provided.

**Manchester VT Day Trip**
**Wed. August 15th**
Vermont Country Store
Lunch at Manchester Country Club
2pm Matinee of Pride & Prejudice
At Dorset Theater

Member Cost $89  Not-Yet-Member $99
Deadline: Fri. June 15th
## New Members are Welcome, Come Join Our Family

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Mon-7/2</td>
<td>Mexican Train game with Dominos</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-7/3</td>
<td>Ice Cream Social</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-7/4</td>
<td>Center Closed-Happy 4th of July</td>
<td>4-Sep</td>
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<tr>
<td>Thurs-7/5</td>
<td>Movie &amp; Popcorn</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-7/6</td>
<td>Senior Chat</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-7/9</td>
<td>Walmart Shopping</td>
<td>10:00 AM</td>
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<tr>
<td>Mon-7/9</td>
<td>Karen’s Art class-Cost: $15, all materials provided</td>
<td>12:30 PM</td>
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<tr>
<td>Tues-7/10</td>
<td>Dementia Conversation with Lindsey</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-7/11</td>
<td>Defensive Driving Class-$20 AARP members/$25 non members-Lunch $6</td>
<td>9am-4pm</td>
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<tr>
<td>Wed-7/11</td>
<td>Dorset Theatre-“Cry Out Loud”</td>
<td>2:00 PM</td>
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<td>Thurs-7/12</td>
<td>Saratoga Racino-Van donation $6</td>
<td>9:00 AM</td>
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<td>Fr-7/13</td>
<td>Wiawaka tour and lunch</td>
<td>9:00 AM</td>
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<td>Mon-7/16</td>
<td>UpYonda Farm-Butterfly Exhibit</td>
<td>10:00 AM</td>
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<td>Tues-7/17</td>
<td>Walk Through The Past with Kim Harvish/Chapman</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-7/18</td>
<td>Mexican Train game with Dominos</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-7/18</td>
<td>Beginners Woodshop</td>
<td>1-3 pm</td>
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<td>Thurs-7/19</td>
<td>Havilalnd Cove Picnic</td>
<td>12:00 PM</td>
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<tr>
<td>Fri-7/20</td>
<td>Lake George Youtheatre “Newsies”-Van leaves Center at 8:30 am</td>
<td>9:30 AM</td>
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<tr>
<td>Fri-7/20</td>
<td>Special Bingo-Large Cards, Refreshments, prizes</td>
<td>12:30 PM</td>
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<tr>
<td>Mon-7/23</td>
<td>Rogers Island,Fort Edward-Van leaves Center 9:30 am</td>
<td>10:00 AM</td>
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<tr>
<td>Tues-7/24</td>
<td>Newsletter mailing-Volunteers welcome!</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-7/25</td>
<td>Mexican Train game with Dominos</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-7/26</td>
<td>Shoebox Project</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-7/27</td>
<td>Lake George Youtheatre “Chicago” van leaves Center 8:30 am</td>
<td>9:30 AM</td>
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<tr>
<td>Mon-7/30</td>
<td>Blue Mountain Lake Museum-Cost: $18</td>
<td>8:00 AM</td>
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<tr>
<td>Tues7/31</td>
<td>Elite Choice with Wendy Golden</td>
<td>1:00 PM</td>
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</tbody>
</table>

### Ongoing Activities at a Glance:

- **Monday- Friday**
  - Thrift Shop-new items all the time 10-2 pm
- **Every Tues.**
  - Bingo 10 a.m.
- **Every Wed.**
  - Scrabble Group/Bridge Game 10:00 AM
- **Every Thursday**
  - 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.
  - Wii Bowling/Line Dancing 10 a.m.
- Woodshop/Golf/Cards/Special Bingo & Much More.

- Call Center for pricing and information on the upcoming trips and events or see on line
- Transportation for Center activities available/medical transports by appointment
**HERE ARE SOME OF THIS MONTH’S HIGHLIGHTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wed-8/1</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-8/2</td>
<td>Philadelphia Orchestra-SPAC</td>
<td>2:00 PM</td>
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<tr>
<td>Fri-8/3</td>
<td>Lake George Youtheatre “Evita”- Van leaves Center 8:30 am</td>
<td>9:30 AM</td>
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<tr>
<td>Mon-8/6</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-8/7</td>
<td>Movie &amp; Popcorn</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-8/8</td>
<td>Wood Theatre-“Front Page Flo”</td>
<td>2:00 PM</td>
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<tr>
<td>Thurs-8/9</td>
<td>Clifton Country Mall Shopping</td>
<td>9 am</td>
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<tr>
<td>Fri-8/10</td>
<td>Senior Chat</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-8/13</td>
<td>Walmart Shopping</td>
<td>10:00 AM</td>
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<tr>
<td>Tues-8/13</td>
<td>Karen’s Art Class-Cost: $15, All materials provided</td>
<td>12:30 PM</td>
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<tr>
<td>Tues-8/14</td>
<td>Lunch Bunch</td>
<td>12:00 PM</td>
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<tr>
<td>Wed-8/15</td>
<td>Haviland’s Cove Picnic</td>
<td>12:00 PM</td>
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<tr>
<td>Thurs-8/16</td>
<td>Saratoga Casino-Van donation $6</td>
<td>9:00 AM</td>
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<tr>
<td>Fri-8/17</td>
<td>Seagle Colony –“Mame”</td>
<td>2:00 PM</td>
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<tr>
<td>Mon-8/20</td>
<td>Cooperstown Trip-Cost: $85, breakfast, Hall Of Fame, lunch on your own</td>
<td>6:30 AM</td>
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<tr>
<td>Wed-8/22</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-8/23</td>
<td>Newsletter Mailing-Volunteers needed!</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-8/24</td>
<td>Writers Group</td>
<td>1:00 PM</td>
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<tr>
<td>Mon-8/27</td>
<td>Friendship Day-Strawberry Shortcake-Bring a friend who is not a member of Center</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-8/28</td>
<td>Healthy Living For Brain &amp; Body</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-8/29</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-8/30</td>
<td>Shoebox Project</td>
<td>1:00 PM</td>
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<tr>
<td>Fri-8/31</td>
<td>Special Bingo-Large Cards, Prizes, Refreshments</td>
<td>12:30 PM</td>
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**Ongoing Activities at a Glance:**

<table>
<thead>
<tr>
<th>Days</th>
<th>Activity</th>
<th>Time</th>
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<tr>
<td>Monday- Friday</td>
<td>Thrift Shop-new items all the time</td>
<td>10-2 pm</td>
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<tr>
<td>Every Tues.</td>
<td>Bingo</td>
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<td>Scrabble Group/Bridge Game</td>
<td>10:00 AM</td>
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<td>Chair Yoga- with Tobey</td>
<td>10:30 AM</td>
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<td>Mon-Thurs.</td>
<td>OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP</td>
<td>9-10 am</td>
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<tr>
<td>Every Friday</td>
<td>Tai Chi Class with Sam Ling-Cost: $6</td>
<td>9-10 a.m.</td>
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<td>Every Friday</td>
<td>Wii Bowling/Line Dancing</td>
<td>10 a.m.</td>
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<td></td>
<td>Woodshop/Golf/Cards/Special Bingo &amp; Much More.</td>
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New Members are Welcome, Come Join Our Family

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<tbody>
<tr>
<td>Mon-9/3</td>
<td>Center Closed-Labor Day</td>
<td>4-Sep</td>
</tr>
<tr>
<td>Tues-9/4</td>
<td>Living With Middle Stages Of Alzheimer’s - Part 1</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-9/5</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-9/6</td>
<td>Saratoga Casino-Van donation $6</td>
<td>9:00 AM</td>
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<td>Fri-9/7</td>
<td>Senior Chat</td>
<td>1:00 PM</td>
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<td>Mon-9/10</td>
<td>Karen’s Art Class-Cost:$15, all materials supplied</td>
<td>12:30 PM</td>
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<tr>
<td>Mon-9/10</td>
<td>Book Club</td>
<td>1:00 PM</td>
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<tr>
<td>Tues-9/11</td>
<td>Living With Middle Stages Of Alzheimer’s-Part 2</td>
<td>1:00 PM</td>
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<tr>
<td>Wed-9/19</td>
<td>Mexican Train Dominos game</td>
<td>1:00 PM</td>
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<tr>
<td>Thurs-9/20</td>
<td>Vermont Trip</td>
<td>6:30 AM</td>
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<td>Newsletter Mailing-Volunteers needed!</td>
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<tr>
<td>Tues-9/25</td>
<td>Lake Luzerne Lunch</td>
<td>12:00 PM</td>
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<tr>
<td>Wed-9/26</td>
<td>Welcome Back Lunch</td>
<td>12:00 PM</td>
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<tr>
<td>Thurs-9/27</td>
<td>Spaghetti Dinner-West Glens Falls Fire House</td>
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- Every Tues. Bingo 10 a.m.
- Every Wed. Scrabble Group/Bridge Game 10:00 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.

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
The Wells Senior Citizen’s Club has three travel trips planned for the summer. Members and friends are welcome to sign up for the trips by calling Alice at 518-924-2220 or at the Wells Nutrition Center (Meal Site) at 518-924-4066.

1. June 12 – A day-trip to Lowville, NY to view the Maple Ridge Wind Farm and hear an hour presentation at the wind farm visitor’s center. Lunch will be at Tug Hill Vineyards with a pasta buffet. The trip also includes a stop at Nolt’s Country Store. Cost for the trip is $45 due by May 9th. Travel will be by Brown’s Tour bus.

2. July 31 – A day-trip to Lake George Dinner Theater at the Holiday Inn. The play is “Jerry Finnegan’s Sister”. Cost for the event is $57 due by July 11th. Travel will be by school bus or car pool. Also Sacandaga Seniors will be going on September 19 to see “The Long Weekend” for the same price. Call Ron 518-863-6182 for the September 19 show.

3. August 17 – A day-trip to Schroon Lake, NY for a musical and lunch. Lunch will be at “Sticks and Stones Wood Fired Bistro and Bar” and the show “Mame” is at Seagle Music Colony. Cost for the show is $41 with lunch on your own. Travel will be by school bus or car pool.

**Upcoming Events –**

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

7/25, July Social, 5 PM Covered dish at the pavilion, bring a dish to pass, beverage, plate & utensils

7/31 Lake George Dinner Theater:

**Date:** Tuesday 7/31, **Title:** JERRY FINNEGAN’S SISTER, **Sponsor:** Wells Seniors **Contact:** Jean Briscoe 518-863-6960 or Alice Megargle 518-924-2220 **Travel:** School bus from Wells or Car Pool **Due Date:** Wednesday, July 11, 2018.

**Date:** Wednesday, 9/19, **Title:** The Long Weekend, **Sponsors:** Sacandaga Seniors **Contact:** Ron Hunter 518-863-6182 **Travel:** Car Pool **Due Date:** Saturday, September 1, 2018.

**Day Trip Costs $57 - Lunch is at 11:30am**

8/17 Schroon Lake trip Wells Senior Citizen Club, **Title:** MAME, **Date:** Friday, August 17, 2018, **Depart:** school bus 10:00 am, **Lunch:** at 11:30 am (Sticks and Stones Wood Fired Bistro and Bar) **Return:** about 6:00pm **Cost:** $41 (ticket price for musical) **Due Date:** May 9

8/22 August Social, 5 PM Annual Birthday Party, bring a dish to pass, all the rest is provided

- “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)
- 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 information
Lake Luzerne Senior Center upcoming events for 2018

**Tuesday, July 17th** Outdoor Picnic and music by The Bluebillies, event begins at 12:00 cost p/p is $10.00

**Tuesday, July 24th** Christmas in July, bring your Christmas shopping list and enjoy our local crafters, have lunch with us, cost p/p $3.00 event begins at 10:30 lunch at 12:00

**Tuesday, August 28th** Murder Mystery Luncheon, with Adirondack Flat line player’s “Sam Club Private Eye in the Case of the Motor Coach Murder” event begins at 12:00 cost p/p $10.00

**Tuesday, September 25th** Luncheon and show with Betty Spinnelli, “The Girl in the Red Velvet Swing” event begins at 11:00-2:00 cost p/p is $10.00

**Thursday, October 25th** Luncheon and show with Laura Roth, event begins at 12:00 cost 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
Caregiver Conversations
A supportive group for those taking care of someone with memory loss.

2nd Tuesday of the Month
11:00 a.m.

The Glen at Hiland Meadows
39 Longview Drive, Queensbury

For Additional Information Call (518) 832-4991

All are welcome.

Volunteer drivers needed to take people to their medical appointments. We have a large need for volunteers living in Warren County and Hamilton County willing to drive clients to Glens Falls and southern points.

- Mileage reimbursement is available.

We ask our clients to give us at least two week’s notice before the appointment.

If you are interested please call Office for the Aging at 761-6347.

Ask for Mary Ann regarding volunteer opportunities.
### 20 Kitchen Hacks to Waste less Food

Whether you are on a budget or striving to reduce food waste in the environment, these 20 tips will help you trim your grocery bills and make for fewer trips to the trash can.

1. **Apples** will last 10 times as long if they are kept in the coldest part of the refrigerator (usually the bottom drawer).
2. Make a mixture of one-part vinegar to three-parts water to wash your berries in. They will stay fresh for several more days than they would otherwise.
3. Store onions in a hole-punched paper bag secured with a clip. They will keep for three months on the counter.
4. If your greens go limp, soak them in ice water for half an hour to revive them.
5. Garlic, onions, and tomatoes spoil faster when stored in the refrigerator.
6. If you buy more fruit than you are able to eat before spoilage occurs, store it in the freezer to make smoothies.
7. Break your bananas apart (instead of keeping them in a bunch) to greatly lengthen their lifespan.
8. Make one-ingredient ice cream! Slice bananas that are beginning to brown into evenly sized slices and put the pieces in an airtight container or freezer bag and freeze them for at least two hours. Process the frozen pieces in a food processor until the mixture is a creamy texture with a consistency similar to soft-serve ice cream. Transfer the mixture to an airtight container and freeze until solid.
9. Store peaches upside down so that they will not roll around and get squished and bruised.
10. Basil should not be refrigerated. Store in a cool, shady part of the kitchen with the stems submerged in a glass of water. Put a zip-top bag over the top to keep the leaves moist.
11. Check bags of apples, pears, potatoes, and onions for spoilage regularly. If one goes bad, it can jeopardize all of the produce.
12. Store your cucumbers at room temperature so that they do not develop pits and become watery. Keep them separate from fruits that give off ethylene gas, such as tomatoes, melons, and bananas.
13. If mold grows on hard cheeses such as Asiago, Jarlsberg, or smoked Gouda, you can cut it away and eat the rest.
14. Freeze your leftover wine and tomato paste in ice cube trays for up to three months.
15. Store bread in your freezer for up to six months. Use stale (not moldy) bread for croutons or bread crumbs.
16. Store your leftovers in a clear container so that you can see what is in them. Leftovers will keep in the refrigerator for four days.
17. Put a clean, fresh stalk of celery into a bag of bread to help keep it fresh longer.

### 7 Things You Never Knew Lemons Could Do

Put this zesty citrus fruit to good use with these unexpected tricks that take some of the hassle out of your cooking session.

What fewer people know is that lemons also have some unexpected uses. Here are seven ways the handy fruit can solve your trickiest kitchen dilemmas and help enhance your meals.

1. **Prevent Browning**: A few squeezes of juice can do wonders for avocado, apples, bananas, and peeled raw potatoes, since lemon juice is just acidic enough to prevent the oxidation that turns produce brown.
2. **Stop Rice From Sticking**: Have a problem with clumpy rice? You're in luck – adding a few drops of lemon to your cooking water helps prevent the rice from sticking together. Added plus? The lemon juice will also whiten your rice and keep it looking great on the dinner plate!
3. **Keep Brown Sugar Soft**: The juice isn't the only useful part of the lemon; its super moist and flavorful peel can work wonders in the kitchen too. Add a slice of the skin (with the pulp completely removed) to your box of brown sugar to keep it from clumping and hardening.
4. **Crisp Your Lettuce**: No need to toss that limp lettuce! A little lemon juice and water can help bring your leaves back to life. To crisp up limp leaves, soak them in a bowl of cold water and ½ cup of lemon juice, then refrigerate for about an hour. The leaves will come out revived and ready for eating.
5. **Cook Perfect Hard-Boiled Eggs**: Even if you’ve mastered perfectly hard-boiled eggs, try brushing the eggshells with lemon juice before adding them to the pot for a little added insurance. The lemon juice helps keep the shells from cracking while they cook, and it also makes them easier to peel once they’re ready to eat.
6. **Tenderize Meat**: Lemon juice is a great meat tenderizer; the acidity gently breaks down the fibers in meat, leaving it scrumptiously fork-tender.
7. **Enhance Flavor**: Last, but certainly not least, lemon’s yummy flavor can totally transform a meal. It brightens up creamier dishes, balances the flavor in seafood, and is a great sodium-free substitute for sprinkling on salt.

By: EverydayHealth
Smoky Paprika Garlic Chicken

This grilled chicken recipe has a hint of mint flavor thanks to the mint leaves in the marinade, but it's the dash of smoked paprika that gives the dish its reddish hue.

- 4 6 ounces skinless, boneless chicken breast halves
- 6 cloves garlic, minced
- 1/2 cup loosely packed fresh mint leaves, finely chopped
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 cup chopped red onion (1 medium)
- 1/3 cup coarsely chopped pitted Kalamata olives
- 1/4 cup olive oil
- 1/4 cup finely chopped fresh dill weed
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon kosher salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 tablespoon snipped fresh parsley
- 1 tablespoon snipped fresh mint
- 1/4 teaspoon freshly ground black pepper

Place chicken in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl combine remaining ingredients. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in refrigerator 30 to 60 minutes, turning bag once. Drain chicken, reserving marinade.

Grill chicken, covered, over medium heat 15 to 18 minutes or until done (165 degrees F), turning and brushing with reserved marinade halfway through. If desired, top with additional mint.

Nutrition Facts - Per serving: 264 kcal, 11 g fat, 109 mg chol., 408 mg sodium, 3 g carb., 1 g fiber, 37 g pro. By: BHG

Salmon Kabobs with Cucumber-Feta Salsa

MAKES: 6 SERVINGS  PREP: 30 MINS

- 1 1/2 pounds fresh or frozen skinless salmon fillet
- 1/2 cup bottled white balsamic vinaigrette dressing
- 3 lemons
- 1 large seedless cucumber, diced
- 8 ounces feta cheese, cut into 1/4-inch cubes
- 1/2 cup chopped red onion (1 medium)
- 1/3 cup coarsely chopped pitted Kalamata olives
- 1/4 cup olive oil
- 1 tablespoon snipped fresh mint
- 1 tablespoon snipped fresh parsley
- 1 tablespoon snipped fresh dillweed
- 1/2 teaspoon salt

Thaw salmon, if frozen. Rinse salmon; pat dry with paper towels. Cut salmon into twelve 1/2-inch-wide strips. In a medium bowl stir together salmon strips and salad dressing. Cover bowl with plastic wrap; marinate salmon in the refrigerator for 45 minutes (do not marinate any longer). Thinly slice two of the lemons, cutting six slices from each lemon (12 slices total). Juice the remaining lemon to get 3 tablespoons lemon juice; set slices and juice aside.

For cucumber salad, in a large bowl combine cucumber, feta cheese, red onion, and olives. Add the lemon juice, olive oil, mint, parsley, 1 tablespoon snipped dill weed, the salt, and pepper; stir gently to combine. Cover and chill until ready to serve.

Remove salmon strips from marinade, reserving marinade. Thread two salmon strips, accordion-style, onto each of six 12-inch skewers (see tip, page xx), alternating salmon strips with folded lemon slices.

For a charcoal or gas grill, place kabobs on a grill rack directly over medium heat for 6 to 9 minutes or until fish flakes easily when tested with a fork, turning and brushing once with reserved marinade. Discard any remaining marinade. Serve with cucumber salad. If desired, garnish with dill weed sprigs.  Nutrition Facts: Per serving: 490 kcal, 36 g fat, 96 mg chol., 844 mg sodium, 16 g carb., 3 g fiber, 30 g pro.

Adopted By: BHG
I am new to Medicare, what do I need to know?

**When do I sign up?** If you are turning 65 and are already collecting Social Security you will be automatically enrolled in Medicare Parts A and B (also known as Original Medicare). If not collecting SS you will sign up through Social Security during the 7 months surrounding your 65th birthday (3 months before your birthday month, through 3 months after). For those collecting Social Security Disability, enrollment into Original Medicare will be automatic on the 25th month of eligibility.

**Do I need Medicare?** Medicare becomes the primary payer for eligible clients except when:

- You have insurance through your own or your spouse’s current/active employment at a company with 20+ employees.
- You are under 65, on disability and have insurance through your, a spouse’s, or a family member’s current/active employment at a company with 100+ employees.
- You have End Stage Renal Disease and are on a group health plan. It will continue to be primary for the first 30 months after becoming Medicare eligible.

If you do not qualify for one of these exceptions then Medicare is primary and delaying enrollment could lead to a loss of coverage and/or Late Enrollment Penalties. It is always suggested to contact your current plan to confirm how Medicare coordinates with your coverage.

**What are the costs?** Part A premium (Hospital Insurance): Free if you paid Medicare taxes for ten years or more of employment. Part B premium (Medical Insurance): $134.00/month, higher if annual income exceeds $85,000. Part C (Medicare Advantage Plan) and Medigap Supplemental Plans: Cost and coverage vary by company/type of plan. Part D premium (prescription insurance): Varies by company.

**How can I save on Medicare Costs?**

- Income eligible clients can apply for Medicare Savings Program, Extra Help, and/or EPIC.
- Compare available Medicare Advantage, Medigap, and Prescription plans that will provide the most cost friendly coverage for your individual needs.
- Medicare offers many preventative health screenings at little or no cost.

For more information on these topics and answers to other Medicare questions call 1-800-Medicare (1-800-633-4227), go online to Medicare.gov, or call your County Office for the Aging and ask to speak with a HIICAP counselor.
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.

July 25th from 2pm-4pm
Caregiver Support Initiative
357 Bay Road, Queensbury

August 22nd from 2pm-4pm
Caregiver Support Initiative
357 Bay Road, Queensbury

September 26th 1pm-4pm
Lake George Steam Boat Co.

RSVP required
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.
If you think falls are a normal part of aging, you’re wrong. This is a myth. The fact is that most falls are preventable. Everyone needs to be careful to avoid falls, but falls are much more common among the older adult population. One-third of adults over age 65 suffer a fall each year, according to the Centers for Disease Control.

Because of the prevalence of falls and the fact that falls are a universal problem not specific to any one region, they need to garner as much – or more – attention as other medical issues affecting the aging population. Consider the following:

- According to the National Council on Aging, an older adult is treated in a hospital emergency room for a fall-related injury every 14 seconds.
- Falls are the leading cause of both fatal and non-fatal injuries among seniors, as they can result in serious health issues, including fractures, head trauma and other injuries.
- Falls on icy surfaces are a major cause of fractures and ankle sprains, reports the American College of Foot and Ankle Surgeons.
- The repercussions of health issues resulting from falls also mean higher health care costs. Treatment for a fractured hip, for example, can result in exorbitant costs for surgery and rehabilitation.
- The cost of fall-related injuries for older Americans is estimated to be $36 billion/year.

While falls are more common among seniors, they are not a normal part of aging. The chances of falling and being seriously injured from a fall increase with age, however, due to normal changes in the body. Eyesight becomes less sharp and more limited. Physical reaction times and strength diminish. In addition, medications can cause to dizziness, sleepiness, and other side effects.

Because of the higher risk, seniors need to take extra precautions to prevent a fall or to reduce the likelihood of experiencing one. Tips to help prevent a fall include getting regular screenings for risk factors, such as routinely seeing medical professionals for eye exams, blood pressure monitoring, medication review, foot assessments, and balance testing.

Beginning a regular exercise program approved by your doctor that includes strength and balance training also can help prevent a fall. Other tips involve making the home as safe as possible. You can help prevent falls through “fall-proofing” your home, by storing objects within easy reach, keeping electrical cords out of the way, adding handrails and lights to stairways, and using non-skid bath mats.

NCTW Senior Focus – Fall Prevention

Seniors need to be aware of the risks associated with falls and of the ways they can help prevent them. Following the tips above will help prevent falls and the serious injuries that can result from them.

The interdisciplinary team of therapists and registered nurses at HCR Home Care will identify risks for falling. The team will then develop a personalized plan to optimize the safety of the home environment and strengthen the senior’s mobility associated with the functions of everyday living. Interested in a falls assessment or have questions if you qualify? Give us a call, at 800-270-4904.
**Office Board Bulletin**

![Happy Birthday!](image)

**JOANIE FIORE FLANAGAN’S 2018 BIKE RIDE FOR MULTIPLE SCLEROSIS**

Joanie’s goal is to raise $10,000 for MS by August 25, 2018, the date of her ride.

To make a donation, you can go online to the MS website [www.nationalmssociety.org/chapters/NYR](http://www.nationalmssociety.org/chapters/NYR) click on “Donate,” scroll down to “Find a Participant,” type in “Joan” and “Flanagan” and “NY” state. Click again on “Find a Participant” Scroll down to “Donate Now” next to Joan’s name and follow the instructions. You may also send checks to Joan at 22 Nottingham Dr, Queensbury, NY 12804-8612, made out to the “National MS Society”.

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**Meal Sites will be closed for the Following Holidays:**
- Independence Day, Wednesday July 4, 2018
- Labor Day, Monday September 3, 2018

![Bike Ride](image)
FUN AT THE OCEAN

WORD SEARCH

SEASHORE  LOBSTER  SHARK  UMBRELLA

SUNBLOCK  TOWEL  BLANKET  STARFISH

SALT WATER  TREASURE HUNT  SURF BOARD

SEAGULL  FRISBEE  SEAHORSE

JELLYFISH  BONFIRE  CUAN MOR

KAYAK  BEACH CHAIR  REEF

E E P H E T E K N A L B A G L
S T A R F I S H P V L F E E R
B F T P L D Z E S R O H A E S

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

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<td>Italian Veggies</td>
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<td>Chicken &amp; Biscuit</td>
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<td>Rice Pudding/Topping</td>
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<td>Broccoli Salad</td>
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<td>Fresh Fruit</td>
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<td>July 23</td>
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<td>July 25</td>
<td>July 26</td>
<td>July 27</td>
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<tr>
<td>Baked Chicken Tenders</td>
<td>Beef Tomato Florentine with</td>
<td>Roast Pork/Gravy</td>
<td>Cold Plate</td>
<td>Creamy Parmesan Fish</td>
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<td>with Sauce</td>
<td>Noodles &amp; Cheese</td>
<td>Mashed Potato</td>
<td>Egg Salad on Roll</td>
<td>Sweet Potatoes</td>
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<td>Scandinavian Veggies</td>
<td>Peas &amp; Onions</td>
<td>Fresh Tomato Salad</td>
<td>California Veggies</td>
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<td>Garlic Bread</td>
<td>Dump Cake</td>
<td>On Lettuce</td>
<td>Fresh Fruit</td>
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<td>Cookie of the Day</td>
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<td>July 30</td>
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<tr>
<td>Swedish Meatballs Over Noodles</td>
<td>Apple N’ Onion Chicken</td>
<td>60(+) Suggested contribution is $3</td>
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<td>Brussels Sprouts</td>
<td>Mashed Potatoes</td>
<td>Under 60, $5 required contribution</td>
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<td>Chilled Pineapple</td>
<td>Mixed Veggies</td>
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</table>
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.**

### August 2018

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

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August 6</strong></td>
<td><strong>August 7</strong></td>
<td><strong>August 8</strong></td>
<td><strong>August 9</strong></td>
<td><strong>August 3 Cold Plate</strong></td>
</tr>
<tr>
<td>Breaded Haddock</td>
<td>Baked Fish Scandia</td>
<td>Roast Turkey/Gravy</td>
<td>American Goulash</td>
<td>Chopped Salad with Grilled Chicken</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Wild Rice</td>
<td>Cranberry Sauce</td>
<td>Tossed Salad</td>
<td>Cubed Cantaloupe</td>
</tr>
<tr>
<td>Japanese Veggies &amp; Peas</td>
<td>Italian Veggies</td>
<td>Mashed Potatoes</td>
<td>Italian Veggies</td>
<td>Dinner Roll</td>
</tr>
<tr>
<td>Spinach</td>
<td>Chilled Pears</td>
<td>California Medley</td>
<td>Fresh Fruit</td>
<td>Gingerbread/Topping</td>
</tr>
<tr>
<td>Chilled Pears</td>
<td>Strawberry Shortcake</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 10 Cold Plate</strong></td>
<td></td>
<td><strong>August 15</strong></td>
<td><strong>August 16 Cold Plate</strong></td>
<td><strong>August 17</strong></td>
</tr>
<tr>
<td><strong>August 13</strong></td>
<td><strong>August 14</strong></td>
<td><strong>August 15</strong></td>
<td><strong>August 16</strong></td>
<td><strong>August 17</strong></td>
</tr>
<tr>
<td>Chicken Pot Pie with Potatoes &amp; Vegetables</td>
<td>Meatloaf</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>Sliced Roast Beef Plate with Potato Salad &amp; Coleslaw</td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
</tr>
<tr>
<td>Spinach</td>
<td>Mashed Potatoes</td>
<td>Carrots</td>
<td>Sandwich Roll</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td>Chilled Pears</td>
<td>Peas</td>
<td>Tropical Fruit Cup</td>
<td>Chocolate Cake</td>
<td>Scandinavian Veggies</td>
</tr>
<tr>
<td><strong>August 19</strong></td>
<td><strong>August 20</strong></td>
<td><strong>August 21</strong></td>
<td><strong>August 22</strong></td>
<td><strong>August 24</strong></td>
</tr>
<tr>
<td>Salisbury Steak</td>
<td>Baked Fish Scandia</td>
<td>Sloppy Joes on a Bun</td>
<td>Chef Salad – (Turkey/Ham/Swiss Cheese/Lettuce)</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Wild Rice</td>
<td>Potato of the Day</td>
<td>Marinated Veggies</td>
<td>Stewed Tomatoes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Italian Veggies</td>
<td>Corn</td>
<td>Birthday Cake</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Sliced Peaches</td>
<td>Strawberry Shortcake</td>
<td>Mandarin Orange</td>
<td>Happy Birthday!!</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td><strong>August 27</strong></td>
<td><strong>August 28</strong></td>
<td><strong>August 29 Cold Plate</strong></td>
<td><strong>August 30</strong></td>
<td><strong>August 31</strong></td>
</tr>
<tr>
<td>Chicken Alfredo over Pasta</td>
<td>Pot Roast/Gravy</td>
<td>Cottage Cheese &amp; Fruit Plate</td>
<td>Veal Parmesan</td>
<td>Labor Day BBQ</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Mashed Potatoes</td>
<td>Penne/Marinara Sauce</td>
<td>Penne/Marinara Sauce</td>
<td>Hot Dog/Bun</td>
</tr>
<tr>
<td>Tropical Fruit Cup</td>
<td>Mixed Veggies</td>
<td>California Veggies</td>
<td>California Veggies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chilled Pineapple</td>
<td>Tomato &amp; Chickpea Salad</td>
<td>Tossed Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Muffin of the Day</td>
<td>Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carrot Cake</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>MONDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>September 3</td>
<td>September 4</td>
<td>September 5</td>
<td>September 6</td>
<td>September 7 / Cold Plate</td>
</tr>
<tr>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Meal Site Closed</strong></td>
</tr>
</tbody>
</table>
| ![Labor Day Logo](image) | Baked Chicken Tenders with Sauce | Beef Tomato Florentine with Noodles & Cheese | Roast Pork/ Gravy Mashed Potato Peas & Onions | Tuna Salad on a Bun  
Pasta Salad  
Broccoli Salad  
Cookie of the Day |
| September 10  | September 11  | September 12  | September 13  | September 14 / Cold Plate |
| Swedish Meatballs Over Noodles  
Brussels Sprouts  
Chilled Pineapple | BBQ Pulled Pork  
Roasted Potato Bites  
Coleslaw  
Jell-O Poke Cake | Lemon Baked Fish  
Roasted Red Potatoes  
Carrots  
Fresh Grapes | Quiche of the Day  
Muffin of the Day  
Mixed Veggies  
Strawberries & Banana | Egg Salad on Roll  
Fresh Tomato Salad  
On Lettuce  
Marinated Veggies  
Brownie |
| September 17  | September 18  | September 19  | September 20  | September 21 / Cold Plate |
| Breaded Haddock  
Sweet Potatoes  
Japanese Veggies  
Pudding/Topping | Macaroni & Cheese  
Stewed Tomatoes  
Carrot Raisin Salad  
Mandarin Orange | Roast Turkey/ Gravy  
Cranberry Sauce  
Mashed Potatoes  
California Medley Peaches | American Goulash  
Tossed Salad  
Italian Veggies  
Fresh Fruit | Chicken Salad on Bed of  
Romaine Lettuce  
Macaroni Salad  
Tomato, Onion & Cucumber Salad  
Gingerbread/Topping |
| September 24  | September 25  | September 26  | September 27 / Cold Plate | September 28 |
| **Chef’s Choice** | Meatloaf  
Mashed Potatoes  
Carrots  
Strawberry Shortcake | Sliced Roast Beef Plate  
with Potato Salad & Coleslaw  
Sandwich Roll  
Berry Crisp | Stuffed Shells with Marinara Meat Sauce  
Tossed Salad  
Scandinavian Veggies  
Fresh Fruit | **Chef’s Choice** |

60(+) suggested contribution is $3  
Under 60, $5 required contribution

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