2019 NEEDS ASSESSMENT CONT

HEALTH INSURANCE
□ What Insurance Do I Need □ Which Plan is Best For Me □ Help with Medical Expenses □ Help with Medication Expenses □ Understanding Medicare □ Understanding Long Term Care Insurance
□ Other: _____________________________________________________________________________
__________________________________________________________________________________________

SOCIAL/RECREATIONAL PROGRAMS
□ Trips □ Educational Programs □ Crafts /Hobbies □ Exercise Programs □ Adult Day Care Programs
□ Support Groups For: ________________________________________________________________
When Would You Like to Have: □ Weekday □ Weekends □ Mornings □ Afternoons □ Evenings
□ Other: _____________________________________________________________________________
__________________________________________________________________________________________

EMERGENCY PREPAREDNESS
□ What Do I Need To Do To Be Prepared □ Where Do I Go In An Emergency □ What Do I Do If I Need Help □ How Do I Get There □ What About My Pet □ What Do I Need To Bring
□ Inclusion on Registry for People With Access and Functional Needs □ Other: ____________________________
__________________________________________________________________________________________

LONG TERM CARE NEEDS
□ Respite for Caregivers □ Support Groups □ Educational Materials □ Wandering/Behavioral Concerns
□ Options for Nursing Homes/Assisted Living □ Other: ____________________________
__________________________________________________________________________________________

ACCESS TO MEDICAL EQUIPMENT/SUPPLIES
□ Hospital Beds □ Wheelchairs □ Walkers/Canes □ Commodes □ Oxygen □ Depends
□ Diabetic Testing Supplies □ Blood Pressure Machines □ Other: ____________________________
__________________________________________________________________________________________

HOUSING
□ Senior Apartments/Communities □ Adult Homes □ Assisted Living Facilities □ Nursing Homes
□ Affordable Housing □ Housing Close to Transportation □ Housing Close to Providers
□ Help with Moving □ Other: ____________________________
__________________________________________________________________________________________

Comments:  (Please include name & phone number if you wish to have someone follow up with you.)
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Please return completed forms to by April 30, 2019: Warren/Hamilton Counties Office for the Aging
Forms May be Mailed: 1340 State Route 9, Lake George, NY 12845
Faxed: (518)761-6344
Emailed: parkd@warrencountyny.gov
Turned In To Your: Meal Site, Meals Driver
THANK YOU!!!!!

Nutritional Assessment
□ High Protein □ Low Protein □ High Calorie □ Low Calorie □ Other: ____________________________
__________________________________________________________________________________________

Office Staff
Deanna “Dee” Park - Director
Catherine Bearor - Services Specialist
Susan Dorman - NY Connects Coordinator
Hanna Hall - Services Specialist
Dinah Kawaguchi - Keyboard Specialist
Tammy Morhouse - 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 Dietitian / 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.

2019 SENIORS OF THE YEAR

HAMILTON COUNTY
AVIS WARNER
LEON “LEE” SMITH

WARREN COUNTY
JOHN PLANTIER
PATRICE “PAT” CIANCI

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 21ST in Albany.

SAVE THE DATE:
The Warren/Hamilton Counties Office for the Aging will hold our annual luncheon on Friday, June 7TH at the Holiday Inn in Lake George.

**Programs made possible through funding from the US Dept of Health and Human Services—ACL, NYSOFA and both Warren and Hamilton Counties.**
NY Connects Outreach: April 17, 2019  2-4p.m.
Holden Room in Crandall Public Library
251 Glen Street, Glens Falls

What are long term care services and supports? Come in to find out about what is available for you. We assist people of any age, insurance, and income level. Hanna Hall, HIICAP Counselor and Susan Dornan, NY Connects Coordinator of Warren-Hamilton Counties Office for the Aging will have information on Medicare Wellness & Prevention and assist with application for enrollment in a Medicare Savings Plan. This is not a presentation; we will meet with you individually to answer your questions so RSVP is not required.

Not able to stop in? Call 1-866-805-3931 and ask for Susan or Hanna.

2019 NEEDS ASSESSMENT FOR WARREN/HAMILTON COUNTIES OFFICE FOR THE AGING

We are looking for your assistance in determining what the needs are for our seniors in Warren and Hamilton Counties. Please place a “√” or “X” in each box that is an area that is important. We also encourage you to write in any items that are not covered, but that are of concern. While we may not be able to address all areas of need, it is our aim to provide as much assistance as we can. As well as find out where the most needs are.

Thank you for taking the time to complete this form.

LEGAL ASSISTANCE
- Advanced Directives (Health Care Proxy & Living Will)
- Power of Attorney
- Foreclosures
- Estate Planning/Last Will & Testament
- Landlord/Tenant Issues
- Eviction Notices
- Telephone Scams
- Other: ____________________________________________

TRANSPORTATION
- Grocery Store
- Medical Appointments
- Social Events
- Church
- Shopping
- Transportation to Meal Site
- Transportation to Town/City Offices/Bank
- Day Time (8-4PM)
- Evening (4PM-9PM)
- Weekdays (Monday – Friday)
- Weekends (Saturday & Sunday)
- Distance From Home: □ 15-20miles □ 30-45miles □ 60+ miles
- Other: ____________________________________________

RESIDENTIAL REPAIRS/MAINTENANCE
- Ramps
- Lawn Care
- Snow Removal
- Handicap Accessibility (grab bars)
- Roof Repair
- Other: ____________________________________________

APPLICATION ASSISTANCE
- Medicaid
- SNAP(Food Stamps)
- HEAP
- STAR Exemption
- MSP(Medicare Savings Program)
- Veteran’s Benefits
- Other: ____________________________________________

IN-HOME CARE
- Personal Care (housekeeping, chore, meal preparation, ambulation, etc.)
- Medication Assistance
- Hospice
- Palliative Care
- Friendly Visitor Program
- Friendly Caller Program
- Personal Emergency Response System
- Nursing
- Therapy
- Other: ____________________________________________

MEALS
- Congregate Meals
- Home Delivered Meals
- Nutritional Education
- Nutritional Counseling (1:1 visit from a registered Dietitian)
- Evening Meals
- Weekend Meals
- Food Pantries
- Meal Voucher/Restaurant Program
- Farmers Market Checks Program
- Other: ____________________________________________

FINANCIAL
- Taxes
- Home Repairs
- Heat
- Electricity
- Rent/Mortgage
- Health Insurance
- Medications
- Help Writing Checks
- Making a Budget
- Other: ____________________________________________
**JUNE 2019**

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 100 degrees (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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 3</td>
<td>June 4</td>
<td>June 5</td>
<td>June 6</td>
<td>June 7</td>
</tr>
<tr>
<td>Sour Cream Chicken</td>
<td>Pork Chops</td>
<td>Meat Lasagna</td>
<td>Salisbury Steak</td>
<td>Lemon Baked Fish</td>
</tr>
<tr>
<td>Potato of the Day</td>
<td>Chicken &amp; Stuffing</td>
<td>Green Beans</td>
<td>Mashed Potatoes</td>
<td>Roasted Red Potatoes</td>
</tr>
<tr>
<td>Scandinavian Veggies</td>
<td>Roast Turkey/Gravy</td>
<td>California Medley</td>
<td>Carrots</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Tropical Fruit</td>
<td>Asian Medley</td>
<td>Mandarins Orange</td>
<td>Yogurt w/Berries and Granola</td>
<td>Dump Cake</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>---</th>
<th>June 10</th>
<th>June 11</th>
<th>June 12</th>
<th>June 13</th>
<th>June 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pot Pie with Potatoes &amp; Veggies</td>
<td>Pork Chops</td>
<td>Roast Turkey/Gravy</td>
<td>American Goulash</td>
<td>Happy Father's Day</td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Sweet Potatoes</td>
<td>Mashed Potatoes</td>
<td>Broccoli</td>
<td>Breaded Fish</td>
<td></td>
</tr>
<tr>
<td>Rice Pudding</td>
<td>California Medley</td>
<td>Asparagus</td>
<td>Corn</td>
<td>Au gratin Potatoes</td>
<td></td>
</tr>
<tr>
<td>Scandinavian Veggies</td>
<td>Brownie</td>
<td>Chilled Pears</td>
<td>Chilled Pineapple</td>
<td>Mixed Veggies</td>
<td></td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>Chilled Pears</td>
<td>Italian Medley Veggies</td>
<td>Friendship Day Dessert</td>
<td>Father's Day Dessert</td>
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<table>
<thead>
<tr>
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<th>June 17</th>
<th>June 18</th>
<th>June 19</th>
<th>June 20</th>
<th>June 21</th>
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</thead>
<tbody>
<tr>
<td>Cheeseburger Deluxe</td>
<td>Meatloaf</td>
<td>Chicken &amp; Stuffing</td>
<td>Sliced Roast Beef</td>
<td>Manicotti</td>
<td></td>
</tr>
<tr>
<td>Lettuce/tomatoes</td>
<td>Mashed Potatoes</td>
<td>Casserole</td>
<td>Potato Salad</td>
<td>Marinara Meat Sauce</td>
<td></td>
</tr>
<tr>
<td>Potato of the Day</td>
<td>Brown Rice</td>
<td>Asparagus</td>
<td>Coleslaw</td>
<td>Oriental Veggies</td>
<td></td>
</tr>
<tr>
<td>Scandinavian Veggies</td>
<td>Winter Squash</td>
<td>French Maid Dressing</td>
<td>Chilled Peaches</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>Apple Crisp</td>
<td>Italian Medley Veggies</td>
<td>Oriental Veggies</td>
<td>Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td>Tropical Fruit Cup</td>
<td>Chilled Peaches</td>
<td>Chilled Pineapple</td>
<td>Father's Day Dessert</td>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>---</th>
<th>June 24</th>
<th>June 25</th>
<th>June 26</th>
<th>June 27</th>
<th>June 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Stir-Fry</td>
<td>Macaroni &amp; Cheese</td>
<td>Sloppy Joe on a Hamburger Bun</td>
<td>Chef Salad –(Turkey/ Ham/ Swiss Cheese/ Lettuce)</td>
<td>Baked Fish Scandia</td>
<td></td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Stewed Tomatoes</td>
<td>Roasted Potato Bites</td>
<td>Marinated Veggies</td>
<td>Sweet Potatoes</td>
<td></td>
</tr>
<tr>
<td>Japanese Medley</td>
<td>Green Beans</td>
<td>California Medley</td>
<td>Birthday Cake w/ Frosting</td>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Applesauce</td>
<td>Mandarin Orange</td>
<td>Fruited Gelatin</td>
<td>Happy Birthday!!</td>
<td>Chilled Peas</td>
<td></td>
</tr>
</tbody>
</table>

**Meal site numbers:**  
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)352-1705  
Wells: (518)924-4066

**Dear OFA,**

I don’t know what to do anymore! I don’t think my father is safe to be driving anymore and he will not listen to me! I’m so afraid he is going to have an accident and kill himself or hurt someone else! I would feel so guilty knowing I could have done something to maybe prevent this from happening.

Thank you, Scared in Stony Creek

**Dear Scared,**

New York State Department of Motor Vehicles has a form, DS-7, that any concerned citizen can use to inform the DMV of their concern and your name is held in confidence. The way it works is you complete the information about the driver you are concerned about (name, address, approximate age, make & color of vehicle normally drives) and provide your contact information. The DMV also asks you to explain why the driver ought to have their driving abilities reviewed. This form is available at www.dmv.ny.gov or at your local DMV.

In the meantime, contact us at Office for the Aging NY Connects at 1-866-805-3931 and we will do our best to assist in finding transportation resources.

Sincerely,

Office for the Aging

---

**Cool It! Summer Arrives June 21**

**Eligible Households that Include An Individual With A Documented Medical Condition That Is Made Worse by Extreme Heat May Receive Cooling Assistance Through HEAP.**

**Apply by Contacting Warren County HEAP at 518-761-6338 OR Hamilton County Department of Social Services at 518-648-6131.**

---

**Adult Mental Health First Aid Training**

When: April 22nd & 23rd

Time: 8:15am-12:30pm both days

Council for Prevention, 10 LaCrosse St, Hudson Falls, NY 12839

Call Allison at (518) 746-1527 to register

~Help your family member or loved one~
“Listen to your heart. It knows everything.”

Medicare covers the **TOTAL COST** of your Cardiovascular Screening!

**Why do this?** Your primary care provider can help you **prevent** stroke and heart attack by assessing your risk and making recommendations to improve heart health. This screening is available every 5 years—NO COST TO YOU!

**How to do this:** Call your doctor’s office and request an appointment for your annual wellness exam covered by Medicare. At your appointment ask your provider to order the following blood work for you:

- Total cholesterol test
- Triglycerides test
- Cholesterol test for high density lipoproteins

**(The tests should be ordered as a lipid panel)**

Contact Warren-Hamilton Counties Office for the Aging NY Connects at 1-866-805-3931 for more information or questions you may have regarding Medicare Preventive Services.

For other counties in New York, contact NY Connects at 1-800-342-9871.

**NY Connects: Your Link to Long Term Services and Supports**

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)
April 2019
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>April 3 Roast Turkey/Gravy</td>
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<td>Corn</td>
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<td></td>
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<td>Brownie</td>
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<td>Fruited Gelatin</td>
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</tr>
<tr>
<td>Cheeseburger Deluxe</td>
<td>Lettuce/tomatoes</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>April 11 Cold Plate</td>
<td>April 12 CHEF’S CHOICE</td>
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<tr>
<td>Cheeseburger</td>
<td>Winter Squash</td>
<td>Brown Rice</td>
<td>Sliced Roast Beef</td>
<td>Birthday Cake w/ Frosting</td>
</tr>
<tr>
<td></td>
<td>Apple Crisp</td>
<td>Italian Medley Veggies</td>
<td>Potato Salad</td>
<td>Happy Birthday!!</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tropical Fruit Cup</td>
<td>Chilled Peas</td>
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</tr>
<tr>
<td>Chicken Stir-Fry</td>
<td>Macaroni &amp; Cheese</td>
<td>April 17 Sloppy Joe on a Hamburger Bun</td>
<td>April 18 Easter Dinner</td>
<td>April 19 Baked Fish Scandia</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Stewed Tomatoes</td>
<td>Roasted Potato Bites</td>
<td>Baked Ham/Gravy</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Japanese Medley Applesauce</td>
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<td>California Medley</td>
<td>Peas</td>
<td>Spinach</td>
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<td></td>
<td>Mandarin Orange</td>
<td>Fruited Gelatin</td>
<td>Onions</td>
<td>Pears</td>
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<td>Easter Dessert</td>
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<tr>
<td>Cheese Omelet</td>
<td>Pot Roast/Gravy</td>
<td>April 24 Spanish Rice</td>
<td>April 25 Meal Site Closed</td>
<td>April 26 Veal Parmesan</td>
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<tr>
<td>Sliced Ham</td>
<td>Mashed Potatoes</td>
<td>Italian Mix</td>
<td>Staff Training Day</td>
<td>Penne Pasta</td>
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<tr>
<td>Hash Brown Potatoes</td>
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<td>Corn</td>
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<td>Marinara Sauce</td>
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<td>Broccoli Pudding</td>
<td>Tropical Fruit</td>
<td>Fruited Gelatin</td>
<td></td>
<td>Winter Squash</td>
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<td></td>
<td></td>
<td></td>
<td>Mandarin Oranges</td>
</tr>
</tbody>
</table>

**Enrollment Event**
To get applications and assistance with EPIC, Extra Help and Medicare Savings Program please join us
April 17th from 2-4pm
Holden Room in the Crandall Public Library

* Programs that may save you money:
  - **Extra Help/Low Income Subsidy**: Entitles income eligible clients help with Part D Medicare expenses. Clients with income up to $1538 single/$2078 couple per month and assets up to $14,000 single/$28,450 couple can apply through the Social Security Administration. Benefits include reduction of Part D copays to no more than $8.50 per prescription.
  - **Medicare Savings Program**: Clients with income below 135% ($1426 single/$1923 married per month) of the Federal Poverty Level qualify for premium assistance for Medicare Part B and D, automatic enrollment into Extra Help, and removal of Late Enrollment Penalty for Part B and D. There is no resource test for this benefit, based on monthly income only.
Legal Aid is Here to Serve Warren and Hamilton Counties

You may have heard by now that the Legal Aid Society of Northeastern New York has partnered with the Warren and Hamilton Counties Office for the Aging to provide free legal services for seniors in Warren and Hamilton County who are interested in aging to provide free legal services for seniors in Warren and Hamilton County who are interested in the Department of Social Services and they denied you, or if they discontinued the benefits you were receiving, you are entitled to a fair hearing. We have an attorney who may be able to represent you at that

Consumer law Our attorneys may be able to advise or represent you if you are in over your head with consumer debt. We might have solutions for you, including bankruptcy, if your wages are being garnished, your property is being repossessed, or collection agencies won't stop calling.

DSS denials If you applied for benefits with the Department of Social Services and they denied you, or if they discontinued the benefits you were receiving, you are entitled to a fair hearing. We have an attorney who may be able to represent you at that fair hearing.

Community outreach Our attorneys and paralegals are always looking for new opportunities to meet with community members and educate them about their legal rights. If you are associated with a senior center, library, school, or any other similar organization and would like someone from Legal Aid to speak with your members about any of the topics listed above, give us a call!

When legal troubles come your way, your best chance of success is to proceed with an attorney just because you can't afford one. If you believe that you shouldn't be denied the benefit of an attorney who may be able to prepare you for the hearing or in certain circumstances represent you.

Social Security disability benefits If you are disabled and were wrongly denied SSI or SSD benefits, or if you are already receiving disability benefits, you are entitled to a fair hearing in front of an administrative law judge. Our attorneys may be able to prepare you for and represent you at your hearing. We also represent disabled children who were denied or risk losing SSI benefits. We are most likely to be able to represent you if you call immediately after requesting your hearing.

SNAP benefits Not only do SNAP benefits (formerly called food stamps) help low and moderate income community members meet their nutritional needs, but the program also benefits farmers and the local economy. We have paralegals whose mission it is to get you every dollar in SNAP benefits that you are entitled to. You might be surprised at who qualifies for SNAP and at how far even $15/month in benefits goes in stretching a household budget.

- Asparagus
- Baseball
- Bees
- Birds
- Blueberries
- Cheese
- Cherry
- Corn
- Daylight
- Duckling
- Eucalyptus
- Fire
- Golf
- Grass
- Hatchlings
- Honey
- Ice cream
- June
- Kite
- Lamb
- Mackerel
- Manta
- Mole
- Muffin
- Nectarine
- Orange
- Pear
- Pearl
- Pineapple
- Queen
- Rain
- Raindrops
- Robin
- Salmon
- Sunflower
- Tangerine
- Tuna
- Unicorns
- Umbrella
- Vine
- Watermelon
- Whales
- Xmas
- Yarn
- Zebra

SPRING THINGS

word search

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

POWERED BY EUROPEAN PAPER:
Be Alert for Frauds, Scams and Identity Theft

Unsuspecting innocent people are targeted and should remain alert to fraud and scams. Protect your personal information and financial well-being. Listed are some examples of scams that have compromised personal information and caused financial loss. Con artists usually appear to be trustworthy and sincere.

Warning from NYS Department of Motor Vehicles (DMV): A fake ticket email hoax is being used to collect personal information. The fake emails pretend to be from DMV and say that the State Police has advised DMV that you have several outstanding traffic violations. The email message provides two links, but if you click on one of those links you may expose your computer to a virus. If you receive one of these emails, delete it immediately! Do not click on any links in the email and do not forward the email to anyone.

The Fake Accident/Arrest Ploy: The con artist gets the older adult to withdraw money on the pretext that the older adult’s child, grandchild or another relative is in the hospital or jail and needs money immediately.

A variation on this theme that has been used for a number of years is often referred to as the Grandparent Scam. An FBI warning notice explained how this scam can be so believable for a loving grandparent. A grandparent receives a call or an e-mail from someone who identifies himself as your grandson by name. “I’ve been arrested in another country,” he says, “and need money wired quickly to pay my bail. And oh by the way, please don’t tell my mom or dad because they’ll only get upset!”

A criminal can sometimes uncover personal information about their targets from the Internet and social networking sites, which makes the impersonations more believable. For example, the actual grandson may mention his social networking site that he’s a photographer who often travels to Mexico. When contacting the grandparents, the phony grandson will say he’s calling from Mexico, where someone stole his camera equipment and passport.

Sweepstakes/Lottery: “Congratulations, you’ve won!” You receive a call saying you have won a free or cheap vacation, other prize, lottery or sweepstakes. You can redeem the winnings by merely paying some taxes and other costs. You also must provide bank account information, send a check or wire the money to receive the winnings or prize. Legitimate contests do not require taxes or fees to be paid up front. You never have to pay money to win money. Also — beware of checks sent to you by alleged lotteries. The checks are fake!

Mail Fraud: The con artist attempts to sell fraudulent or misrepresented investments, solicit funds for phony charities, promote participation in fraudulent work at home schemes or sell chances in phony sweepstakes or contests.

Internet Fraud: Victim receives an e-mail from either a familiar organization (IRS, their bank, cell phone provider, etc.) or a notification that they are the beneficiaries of a bequest. The e-mail requires immediate response and the sharing of some personal information. An e-mail address may appear to be very legitimate. Sometimes there is only one very small difference in the address that is not easy to notice.

Home Improvement & Repairs: Legitimate contractors, roofers, tree-trimmers, gutter cleaners, driveway sealers, and painters do not go door-to-door looking for work. Do not sign any contracts or make a down payment until you know the facts. Never pay the total amount for a job until you are satisfied with it. Have someone you trust read a contract before you sign it.

Excerpt from: New York State Elder Abuse Training Manual

Shining Light on the Hidden Problem of Elder Abuse
Below are some alerts, reminders, and other information compiled from various sources that may be helpful for you to use as a reference for developing public awareness sharing with older adults, family members and caregivers in your community – in flyers, agency newsletters, during community presentations or senior programs, radio or TV programs, newspaper articles, etc.

New Social Security Scam:
- Constant and harassing phone calls similar to fake Internal Revenue Service calls from criminals impersonating SSA officials.
- Ability to spoof caller IDs makes it look like a legitimate call from Social Security.
- Sample of demands and threats from scammers: (1) pay for new Medicare card by putting hundreds of dollars on gift cards – there is no charge for the new replacement cards that don’t include Social Security numbers anymore; (2) you will lose Social Security benefits unless you provide personal information; (3) scammers impersonating Medicare representatives asking to verify Social Security numbers; (4) your Social Security number has been suspended for suspicious activity; (5) asking for information so you can get a bigger Social Security check; (6) threaten that your benefits will be stopped; (7) Social Security computer servers are down and they need your help in providing some information; (8) asking to see person’s old Medicare card, which shows the Social Security number; (9) pretending to return a call from you regarding Social Security benefits.
- Any suspicious calls that appear to be from the Social Security Administration should be reported immediately to the Office of the Inspector General for Social Security at 800-269-0271 (fraud hotline), or submit a report online at https://oig.ssa.gov/report.

Charitable Giving Scams:
- Don’t assume that charity recommendations on social media platforms or blogs have already been vetted. Research the charity yourself.
- Find out what percentage of your donation will go to the charity and whether you will be charged any fees for making a donation through a fundraising platform website.
- Check to see if the charity is registered with the NY Attorney General’s Charities Bureau.
- Websites posing as charities can sometimes look identical to the real organization. These fraudulent websites will often ask for personal or financial information over an unsecure connection or may download harmful malware into your computer. Look for a padlock symbol or “https” before the web address indicating that it is secure.
- Avoid being pressured to make an immediate donation. Don’t hesitate to ask questions to get more information.
- If you didn’t initiate contact, avoid giving personal or financial information over the phone. This is an important rule for all phone contacts people receive.
- Never write out a check or give cash to an individual solicitor. Make checks payable to the charity.

Gift Card Scams:
- Gift card scams are increasing.
- Warning about new and increasingly common scam with callers pretending to represent a federal or state agency. They contact consumers about a fictitious debt and demand payment in the form of a prepaid gift card or risk punishment. Always remember that a government agency will never ask for payment in the form of a prepaid gift card.
- Although many older adults may be reluctant to do so because they don’t want to seem impolite, they should be encouraged to simply hang up the phone immediately and report the call to local law enforcement.
- Never read or text someone the PIN number on the back of a gift card. The number is as good as cash in the scammer’s pocket.
- Reputable businesses don’t ask for gift cards as payment.
- If you’re buying gift cards as gifts, make sure to buy them from a reputable and known source.
- Always treat gift cards like cash and protect them as you would your wallet.

The Meal Sites will be closed on the following dates:

THURSDAY, APRIL 25 FOR STAFF TRAINING

MONDAY, MAY 27 MEMORIAL DAY
Salmon Chowder

3 tablespoons tub margarine
1 medium yellow onion, peeled and chopped
2 cloves garlic, peeled and minced
3 red bliss potatoes, skin on, diced
2 cups 2% reduced-fat milk
1 6-ounce can skinless, boneless, salmon, drained; or 6 ounces cooked salmon
1 tablespoon dried parsley
Salt and fresh ground black pepper, to taste

Directions

- Heat margarine in medium saucepan over medium heat.
- Add onion and sauté until nearly translucent; add garlic, stirring constantly and cooking until softened.
- Add potato and milk to the pan.
- Cover and simmer on low heat, stirring every few minutes or so, until potatoes are cooked, about 15-20 minutes.

Per serving: 348 calories; 18 grams protein; 35 grams carbohydrate; 3 grams fiber; 15 grams fat; 3 grams saturated fat; 0 trans fat; 40 milligrams cholesterol; 215 milligrams sodium; 169 International Units Vitamin D; 155 milligrams calcium.

Broccoli, Ham and Cheddar Quiche

2 tablespoons tub margarine
1 medium yellow onion, peeled and chopped
1 can (12 fluid ounces) 2% reduced-fat evaporated milk
2 large whole eggs
2 large egg whites
1/4 cup all-purpose flour
1/4 teaspoon fresh ground black pepper
1 cup (4 ounces) 50% reduced fat Cheddar cheese, shredded and divided
1 cup finely chopped cooked ham (about 3 large deli ham slices)
1 10-ounce box chopped frozen broccoli, thawed or 2 cups cooked

Directions

- Heat oven to 350 degrees. Lightly coat a 10” pie pan with vegetable cooking spray.
- Heat margarine over medium heat in a medium skillet. Sauté onions until translucent.
- In a medium bowl, whisk together the evaporated milk, eggs, egg whites, flour and ground black pepper. Reserve.
- Sprinkle half the cheese (1/2 cup) and the ham in the pan. Top with onions and broccoli.
- Pour milk and egg mixture into pie pan. Sprinkle with remaining cheese.
- Bake for 35 to 40 minutes, or until knife inserted in center comes out clean. Cool on wire rack for 10 minutes before serving.

Per serving: 217 calories; 16 grams protein; 16 grams carbohydrate; 2 grams fiber; 10 grams fat; 4 grams saturated-
Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

June is Alzheimer’s and Brain Awareness Month

Everyone has the occasional “senior moment.” Maybe you’ve gone into the kitchen and can’t remember why, or can’t recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits:

1. Staying physically active
2. Getting enough sleep
3. Not smoking
4. Having good social connections
5. Limiting alcohol to one drink a day

Eating a balanced diet low in saturated and trans fats.

Challenging your brain and improving memory.

1. Keep learning - Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.

2. Use all your senses - The more senses you use in learning something, the more of your brain that will be involved in retaining the memory.

3. Believe in yourself - If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. Prioritize your brain use - If you don’t need to use mental energy remembering where you laid your keys or the time of your granddaughter’s birthday party, you’ll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible.

Designate a place at home for your glasses, purse, keys, and other items you use often.

5. Repeat what you want to know - When you want to remember something you’ve just heard, read, or thought about, repeat it out loud or write it down.

6. Space it out - Repetition is most potent as a learning tool when it’s properly timed. It’s best not to repeat something many times in a short period. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information.

To learn more about staying mentally sharp and fit, read Cognitive Fitness, a Special Health Report from Harvard Medical School.

Adopted by: Harvard Medical School
Did You Know?  
About 10 million Americans have osteoporosis, and about 34 million more are at risk. One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis-related fracture in their lifetime.

So the goal in treating osteoporosis is to maintain existing bone and to stop further loss. Here are some things you can do:

Did You Know?  
About 10 million Americans have osteoporosis, and about 34 million more are at risk. One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis-related fracture in their lifetime.

Get enough exercise—enough activity to maintain existing bone and to stop further loss. Here are some things you can do:

Get enough calcium. Some good sources of calcium are dairy products, dark leafy green vegetables, dried beans, canned sardines and salmon, sesame seeds, tofu, tortillas and soy flour. Some foods that are not rich in calcium may be fortified with calcium and vitamin D; check the label on breakfast cereals, breads and orange juice. Your health care provider may also recommend calcium and Vitamin D supplements.

Maintain a healthy weight. Being underweight raises the risk of osteoporosis. On the other hand, a recent study from Harvard Medical School shows that excess abdominal fat is also detrimental to bone health. Get enough exercise—and the right kind. Staying active encourages bone growth and strengthens muscles to protect the bones. Seniors who have osteoporosis should consult their healthcare provider before beginning an exercise program. Certain types of exercises are most beneficial; others may actually be dangerous. A physical therapist can train the patient to use good “body mechanics” during daily activities—even during sleep.

Limit alcohol and quit smoking. Alcohol and tobacco can both contribute to weakened bone in a variety of ways. Drinking too much alcohol also increases the risk of falling and fracturing a bone.

Take medications correctly. Some osteoporosis patients take medication to slow the loss of bone. Other drugs help control pain and manage healthcare conditions that can make osteoporosis worse.

Make fall prevention a priority. Reduce the risk by having regular eye examinations, keeping the house free of clutter and other hazardous conditions, and talking to your healthcare provider about a balance training program. If you use a cane, walker or other assistive device, be sure it is properly fitted and you have been trained in its use.

While some of the risk factors for osteoporosis—such as body type, family history, and age—are beyond our control, others are lifestyle choices. People who follow the above suggestions lessen the likelihood of developing osteoporosis.

Adopted By: osteoprevention-CMS
10 Best and Worst Oils for Your Health

While certain oils provide a health boost, others should be used with caution. Here’s what you need to know.

Oils with Health Benefits

**Olive oil.** Made from ripe olives, olive oil is a basic ingredient of the heart-healthy Mediterranean diet and is best for drizzling on salads, pasta, and bread. It’s okay to use the oil for a quick sauté or for baking, but it has a low smoke point (the temperature at which the oil begins to break down and starts to smoke), so it’s not good for deep frying.

**Canola oil.** Canola oil is low in saturated fat. Canola oil has a higher smoke point than olive oil and can be used safely for cooking at high temperatures. It doesn’t have as much flavor as some other vegetable and seed oils, though, so you may not want to use it in recipes like salad dressings where you want the oil to add some flavor.

**Flaxseed oil.** Flaxseed oil is a good source of alpha-linolenic acid (ALA), one of three omega-3 fatty acids (olive and canola oils also contain omega-3s). You need dietary omega-3s since your body cannot make them on its own. Omega-3 fatty acids reduce inflammation, and thus may help lower the risk of cancer. Flaxseed oil may also help reduce symptoms of arthritis, but avoid it if you’re on a blood thinner or if you’ve had a heart attack. Flaxseed oil should not be heated, so it’s best to use in cold dishes like smoothies or salads.

**Avocado oil.** Avocado oil is high in monounsaturated fatty acids and can promote healthy cholesterol levels and enhance absorption of some nutrients, according to a review of avocado benefits. Avocado oil also has a high smoke point and is therefore one of the best oils for high-temperature cooking. It can be used for stir-frying, sautéing, or searing.

**Walnut oil.** While expensive, walnut oil contains heart-healthy omega-3s in addition to other nutrients. Walnut oil is ideal for desserts and other recipes that benefit from a nutty flavor.

**Sesame oil.** A staple in Asian and Indian cooking, sesame oil makes the AHA’s list of heart-healthy cooking oils. Use light sesame oil for stir-frying, and dark sesame oil when making dressings or sauces.

**Grapeseed oil.** Grapeseed oil is low in saturated fat and has a high smoke point, which makes it a healthy choice for all kinds of cooking. Its nutty but mild flavor also works well in salad dressings, or drizzled over roasted veggies.

Oils to Use with Caution

**Coconut oil.** This oil is a controversial one. A solid at room temperature, coconut oil is a saturated fat—but not all saturated fats are created equal. This isn’t the same as the saturated fat found in red meat that clogs your arteries. Coconut oil has a high amount of medium-chain fatty acids, which are harder for the body to convert into stored fat. However, the AHA advises those with high cholesterol to avoid coconut oil.

**Palm oil.** Palm oil is also high in saturated fat. Because they’re at risk for heart disease, people with diabetes should pay close attention to their saturated fat consumption and avoid sources of the fat like palm oil, according to the American Diabetes Association.

**Oils labeled as “partially hydrogenated.”** Most partially hydrogenated oils are made from vegetable oils like soybean or cottonseed, according to the Center for Science in the Public Interest. Partially hydrogenated oils are trans fats — fats that the FDA claims have been shown to increase your risk for heart disease. Recently, the FDA ruled that manufacturers must remove all trans fats from their products by 2018. You should remove partially hydrogenated oils from your diet, too.

Adapted From: Everyday Health by Beth W. Orenstein
Wells Senior Citizen Club Trips for April, May and June 2019

From the Wells Senior Citizen Club
A day trip on Thursday, June 20th
New York State Museum at Albany
222 Madison Ave. Albany

Plus many more exhibits...

Date: Thursday, June 20
Times: Bus leaves at 9:00 am, returns about 6:00 pm
Contact: Yvonne Cirillo 518-924-5421 or Alice Megargle 518-924-2220
Travel: School bus from Wells (cost TBD)
Payment Due Date: Wednesday, June 12, 2019
Lunch: Olive Gardens, 178 Wolf Rd, Colonie, on your own
Shopping: at Colonie Center if time allows

Caregiver Support Initiative
Upcoming Free Education Workshops

Caregiver Support Initiative: 357 Bay Road Suite 8, Queensbury, NY
*Please call Stacey Barcomb at (518) 832-4992 to register. Space is limited.
4/3/19 10am-11am What is the Caregiver Support Initiative?
4/10/19 10am-11am Dementia: What Does It Mean?
4/17/19 10am-11am Stages of Dementia
5/1/19 10am-11am Just Diagnosed: What’s Next?
5/8/19 10am-11am Caregiver Quality of Life and Self Care
5/15/19 10am-11am Creating a Strong Care Team
5/22/19 10am-11am Finding Meaningful Activities
5/29/19 10am-11am Planning for the Future
6/5/19 10am-11am Advance Directives and Financial Planning

Crandall Public Library: 251 Glen Street, Glens Falls, NY
4/2/19 10am-11am Just Diagnosed: What’s Next?
4/16/19 10am-11am Caregiver Quality of Life and Self Care

Lake Luzerne Senior Center: 539 Lake Ave, Lake Luzerne, NY
5/21/19 1pm-2pm Dementia: What Does It Mean?

All workshops are free and open to the public. Each attendee will receive a promotional item of their choice and a free full-length book!

Please contact Stacey Barcomb at (518) 832-4992 for more information

This program is supported by a grant from the New York State Department of Health.

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 of the month.
Contact Brian Griffin at 518-924-2216 with any questions or for further information.
The Hamilton County Public Health Nursing Service is working with Hamilton County communities and the OFA to establish a Vulnerable Population Registry to ensure the safety and well-being of residents that may need additional assistance during an emergency due to short-term or chronic medical, access, mobility, and/or special needs. Registration forms will be available at the Hamilton County Nutrition Sites and included with meals that are delivered. If you would like assistance in completing the form, please call Cindy at 518-648-6497.

**RSVP**

The Retired and Senior Volunteer Program of Hamilton Counties purpose is to provide meaningful opportunities for older Americans ages 55 and older. RSVP shows you how you can apply the skills and wisdom you’ve acquired throughout your life to make a positive difference in the lives of others by placing volunteers in home-bound and hard to reach areas, so that we can make a tangible difference in your community. We offer insurance, mileage reimbursement and there’s no set hours, just the time you are willing to make for others. If this is something that interests you please call Hanna Smith @ (518) 359-7688