September 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>
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</thead>
<tbody>
<tr>
<td>September 2</td>
<td>September 3</td>
<td>September 4</td>
<td>September 5</td>
<td>September 6</td>
</tr>
<tr>
<td>Meal Site Closed</td>
<td>Apple 'N Onion Chicken</td>
<td>Salisbury Steak</td>
<td>Chicken Salad on a bed</td>
<td>Lemon Baked Fish</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Sweet Potato</td>
<td>Of Romaine Salad</td>
<td>Roasted Red Potatoes</td>
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<tr>
<td></td>
<td>Carrots</td>
<td>Mixed Veggies</td>
<td>Pasta Salad</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Fruited Gelatin</td>
<td>Mandarin Oranges</td>
<td>Tomato, Onion &amp; Cucumber Salad</td>
<td>Dump Cake</td>
</tr>
</tbody>
</table>

September 9
Sloppy Joe on a Bun
Roasted Potato Bites
Corn
Mandarin Orange

September 10
Chicken & Biscuit
Sweet Potato
Broccoli
Fresh Fruit

September 11
Ziti w/Meat Sauce
Green Beans
Italian Veggies
Pudding

September 12
Cold Plate
Sliced Roast Beef
Potato Salad
Tropical Fruit Cup

September 13
Chicken Parmesan
Spaghetti/Marinara
Scandinavian Vegetables
Tropical Fruit

September 16
Chicken Alfredo over Pasta
California Medley
Tropical Fruit Cup

September 17
Cheeseburger Deluxe
Lettuce/tomatoes
Roasted Potato Bites
Brussel Sprouts
Fruited Gelatin

September 18
Macaroni & Cheese
Stewed Tomatoes
Carrot Raisin Salad
Mandarin Orange

September 19
Cold Plate
Chef Salad:
Turkey, Ham & Swiss Cheese on Lettuce
Marinated Veggies
Brownies

September 20
Stuffed Shells w/Marinara Meat Sauce
Oriental Vegetables
Peas
Chilled Pineapple

September 23
CHEF’S CHOICE
Meatloaf
Mashed Potatoes
Spinach
Chilled Pears

September 24
Chicken & Stuffing
Casserole
Brown Rice
Italian Veggies
Tropical Fruit Cup

September 25
Veal Parmesan
Penne Pasta/Marinara Sauce
Cauliflower
Fresh Fruit
Garlic Bread

September 26
Cold Plate
Tuna Salad
Hot Dog Bun/Cottage Cheese
Broccoli Salad
Birthday Cake/Frosting

September 27
Cold Plate
Tuna Salad
Hot Dog Bun/Cottage Cheese
Broccoli Salad
Birthday Cake/Frosting
Happy Birthday!!

Age 60+ Suggested contribution is $3
Under age 60, required contribution is $5

Media Site numbers:
Bolton: (518)458-2368
Cedar: (518)832-7170
Chester: (518)494-3119

Johnsburg: (518)251-2711
Long Lake: (518)245-5221
Warrensburg: (518)623-2653
Lake Pleasant: (518)548-4941
Indian Lake: (518)668-5412
Lake Luzerne: (518)666-2880
First Fresh Church Glenn Falls & Solomon Heights, Queensbury: (518)632-1705

**Programs made possible through funding from the US Dept of Health and Human Services—ACL, NYSOFA and both Warren and Hamilton Counties.**

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**S U M M E R E D I T I O N**

**JULY, AUGUST AND SEPTEMBER**

**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 Dietician / Menu

**Warren/Hamilton Senior Picnic 2019**

- **WHEN**: Wednesday, September 11th
- **TIME**: 10:30AM, Coffee & Donuts
- **WHERE**: Warren County Fish Hatchery
  145 Echo Lake Road
  Warrensburg, NY 12885
- **COST**: $5, Tickets may be purchased at the Office for the Aging or one of the meal site locations. Please make sure to get your receipt for entry and the door prize.

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**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.

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**HIGHLIGHTS:**

- Blood Pressure Clinic
- Information Booths
- Door Prize
- Games & Prizes
- Entertainment

**WH**(518)761-6347

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[Registered Dietician / Menu]

[Volunteer Coordinator]

[Coordinator of Services]

[Specialist]

[Assistant Specialist]

[^215]: [Keyboard Specialist]

[^216]: [Aging Services Assistant]

[^217]: [Coordinator of Services]

[^218]: [Registered Dietician / Menu]

[^219]: [Coordinator of Services]

[^220]: [Aging Services Assistant]

[^221]: [Coordinator of Services]

[^222]: [Registered Dietician / Menu]
Dear OFA,

My neighbor is 78 and won’t go to see the doctor. However, I think she ought to go because she seems depressed. I think she does take medications for this. However, she doesn’t seem to get better. She lives alone and drinks alcohol daily. She tells me she is lonely. She no longer drives and is not within walking distance to anything. Thank you.

Concerned in Cleverdale

Did you know?
NY Connects is here to assist you with your long term care related questions on the phone or in person. Call 1-866-805-3931 to schedule a face-to-face appointment at your office, your workplace, or your home.

Have a question for us?
Email it to our newsletter editor, Mary Ann @ McCarthym@warrencounty.ny.gov

We will answer your question in an upcoming issue or follow up with you directly if you prefer.

August 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 180 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>
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</thead>
<tbody>
<tr>
<td>Age 60+ Suggested contribution is $3</td>
<td>Under age 60, required contribution is $5</td>
<td>August 1 Cold Plate</td>
<td>Cold Plate</td>
<td>August 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Salad on a bed</td>
<td>Lemon Baked Fish</td>
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<td>Of Romaine Salad</td>
<td>Roasted Red Potatoes</td>
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<td>Pasta Salad</td>
<td>Broccoli</td>
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<tr>
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<td></td>
<td>Tomato, Onion &amp; Cucumber Salad</td>
<td>Dump Cake</td>
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<td></td>
<td></td>
<td>Tropical Fruit Cup</td>
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<tr>
<td>August 5</td>
<td>August 6</td>
<td>August 7</td>
<td>August 8 Cold Plate</td>
<td>August 9</td>
</tr>
<tr>
<td>Slippery Joe on a Bun</td>
<td>Chicken &amp; Biscuit</td>
<td>Ziti w/Meat Sauce</td>
<td>Sliced Roast Beef</td>
<td>Chicken Parmesan</td>
</tr>
<tr>
<td>Roasted Potato Bites</td>
<td>Sweet Potato</td>
<td>Green Beans</td>
<td>Potato Salad</td>
<td>Spaghetti/Marinara</td>
</tr>
<tr>
<td>Corn</td>
<td>Broccoli</td>
<td>Italian Veggies</td>
<td>Coleslaw</td>
<td>Scandanavian Veggies</td>
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<tr>
<td>Mandarin Orange</td>
<td>Fresh Fruit</td>
<td>Pudding of the Day</td>
<td>Peach Cobbler</td>
<td>Tropical Fruit</td>
</tr>
<tr>
<td>August 12</td>
<td>August 13</td>
<td>August 14</td>
<td>August 15 Cold Plate</td>
<td>August 16</td>
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<tr>
<td>Chicken Alfredo over Pasta</td>
<td>Cheesburger Deluxe</td>
<td>Macaroni &amp; Cheese</td>
<td>Chef Salad</td>
<td>Stuffed Shells w/Marinara Meat Sauce</td>
</tr>
<tr>
<td>California Medley</td>
<td>Lettuce/tomatoes</td>
<td>Stewed Tomatoes</td>
<td>Turkey, Ham &amp; Swiss Cheese on Lettuce</td>
<td>Oriental Veggies</td>
</tr>
<tr>
<td>Tropical Fruit Cup</td>
<td>Roasted Potato Bites</td>
<td>Carrot Raisin Salad</td>
<td>Marinated Veggies</td>
<td>Peas</td>
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<tr>
<td></td>
<td>Brussel Sprouts</td>
<td>Mandarin Orange</td>
<td>Broccoli</td>
<td>Chilled Pineapple</td>
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<td>Fruited Gelatin</td>
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<tr>
<td>August 19</td>
<td>August 20</td>
<td>August 21</td>
<td>August 22</td>
<td>August 23 Cold Plate</td>
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<tr>
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<td>Meatloaf</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>Veal Parmesan</td>
<td>Tuna Salad</td>
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<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Brown Rice</td>
<td>Penne Pasta/Marinara Sauce</td>
<td>Hot Dog Bun</td>
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<tr>
<td></td>
<td>Spinach</td>
<td>Italian Veggies</td>
<td>Cauliflower</td>
<td>Cottage Cheese</td>
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<td>Chilled Pears</td>
<td>Tropical Fruit Cup</td>
<td>Fresh Fruit</td>
<td>Broccoli Salad</td>
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<td></td>
<td>Garlic Bread</td>
<td>Birthday Cake/Frosting</td>
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<td>Happy Birthday!</td>
</tr>
<tr>
<td>August 26</td>
<td>August 27</td>
<td>August 28</td>
<td>August 29 Cold Plate</td>
<td>August 30</td>
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<tr>
<td>BBQ Chicken</td>
<td>Beef Florentine</td>
<td>Roast Pork/Glaze</td>
<td>Labor Day BBQ</td>
<td>BBQ Pork Rib on a Bun</td>
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<tr>
<td>Potato of the Day</td>
<td>Scandinavian Veggies</td>
<td>Mashed Potatoes</td>
<td>Egg Salad</td>
<td>Baked Beans</td>
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<tr>
<td>Beets</td>
<td>Tropical Fruit Cup</td>
<td>Peas &amp; Onions</td>
<td>Fresh Tomato/ Lettuce</td>
<td>Roasted Potato Bites</td>
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<tr>
<td>Mandarin Oranges</td>
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<td>Strawberry Shortcake</td>
<td>Broccoli &amp; Mandarin Orange Salad</td>
<td>Labor Day Dessert</td>
</tr>
</tbody>
</table>

Sincerely,
Office for the Aging
**July 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 2-3 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

### July

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<tr>
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<tbody>
<tr>
<td>July 1</td>
<td>July 2</td>
<td>July 3</td>
<td>July 4</td>
<td>July 5</td>
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<tr>
<td>Ziti w/Meat Sauce</td>
<td>Chicken &amp; Biscuit</td>
<td>Independence Day</td>
<td>Chicken Parmesan</td>
<td>Independence Day</td>
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<td>Green Beans</td>
<td>Sweet Potato</td>
<td>Hot Dog/Bun</td>
<td>Spaghetti/ Marinara</td>
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<td>Broccoli</td>
<td>Hot Dog Bar for meal sites</td>
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<td>Mediterranean Orange</td>
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<td>Independence Day</td>
<td>Marinated Veggies</td>
<td>Brownies</td>
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<td>30 minutes prior to serving.</td>
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<td>Soup</td>
<td>Brown Rice</td>
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<td>July 9</td>
<td>July 10</td>
<td>July 11</td>
<td>July 12</td>
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<td>Chicken Alfredo over Pasta</td>
<td>Cheesburger Deluxe</td>
<td>Macaroni &amp; Cheese</td>
<td>Cold Plate</td>
<td>Stuffed Shells w/ Marinara Meat Sauce</td>
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<tr>
<td>California Medley</td>
<td>Lettuce/tomatoes</td>
<td>Slow Cooked Chicken Salad</td>
<td>Chef Salad: Turkey</td>
<td>Oriental Veggies</td>
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<td>Tropical Fruit Cup</td>
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<td>Ham &amp; Swiss Cheese on Lettuce</td>
<td>Peas</td>
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<td>Fruited Gelatin</td>
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<td>Brownies</td>
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<td>July 15</td>
<td>July 16</td>
<td>July 17</td>
<td>July 18</td>
<td>July 19</td>
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<tr>
<td>CHEF’S CHOICE</td>
<td>Meatloaf</td>
<td>Chicken &amp; Stuffing Casserole</td>
<td>Veal Parmesan</td>
<td>Cold Plate</td>
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<td>Mashed Potatoes</td>
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<td>Brown Rice</td>
<td>Penne Pasta/Marinara Sauce</td>
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<td>Spinach</td>
<td>Italian Veggies</td>
<td>Italian Veggies</td>
<td>Cauliflower</td>
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<td>Garlic Bread</td>
<td>Broccoli Salad</td>
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<td>Happy Birthday!</td>
<td>Happy Birthday!</td>
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<td>Cake/Frosting</td>
<td>Cake/Frosting</td>
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<td>July 20</td>
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<td>July 22</td>
<td>July 23</td>
<td>July 24</td>
<td>July 25</td>
<td>July 26</td>
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<tr>
<td>BBQ Chicken</td>
<td>Beef Florentine</td>
<td>Roast Pork/Gravy</td>
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<td>Creamy Parmesan Fish</td>
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<td>Mashed Potatoes</td>
<td>Egg Salad</td>
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<td>Peas &amp; Onions</td>
<td>Fresh Tomato/ Lettuce</td>
<td>California Veggies</td>
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<td>Strawberry Short-</td>
<td>Broccoli/ Mandarin Orange Salad</td>
<td>Chilled Peaches</td>
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<td>Rice Pudding</td>
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<td>July 29</td>
<td>July 30</td>
<td>July 31</td>
<td>Age 60+ Suggested contribution is $3</td>
<td>Age 60+ Suggested contribution is $3</td>
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<tr>
<td>Swedish Meatballs</td>
<td>Apple N' Onion Chicken</td>
<td>Salisbury Steak</td>
<td>Under age 60, required contribution is $5</td>
<td>Under age 60, required contribution is $5</td>
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<td>Over Noodles</td>
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<td>Sweet Potato</td>
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<tr>
<td>Tomato &amp; Zucchini</td>
<td>Carrots</td>
<td>Mixed Veggies</td>
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<tr>
<td>Yogurt with Berries</td>
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<td>Mandarin Oranges</td>
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<tr>
<td>Granola</td>
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**HIICAP Corner**

**Medicare Information and Updates**

### Getting Answers to Medicare Questions

**Medicare and You**

Annual publication sent to Medicare beneficiaries from CMS (Centers for Medicare and Medicaid Services) and the Department of Health & Human Services. Resource dedicated to Medicare information including: eligibility and enrollment for Parts A, B, C, D and supplemental insurance; preventative and other covered services; coordination of benefits with different insurances; cost savings programs such as EPIC (NYS Prescription Assistance Program), Medicare Savings Program (MSP), and Extra Help (federal program assisting low income clients with Part D expenses).

1-800-MEDICARE (1-800-633-4227)

This number gives you access to a Medicare representative who provided personalized assistance with Medicare issues including: enrollment into a Medicare Advantage Plan (MAPD) or Prescription Drug Plan (PDP); questions regarding your current coverage; ordering Medicare cards; and information on Medicare covered services.

**Medicare.gov**

Medicare’s official website provides detailed information including: Medicare health and prescription plans in your area using the plan finder; listings of health care providers and suppliers who participate with Medicare; Medicare appeals information and forms; publications on different Medicare topics; and many other Medicare issues.

**MyMedicare.gov**

Manage personalized Medicare history including: medical conditions; sign up for online Medicare Summary Notices (MSN); manage personal drug list; search for and research providers; track Original Medicare claims and part B deductible status; and print copy of Medicare card.

**Social Security Administration**

Contact through website or phone (www.SSA.gov, 1-800-772-1213) to request information regarding eligibility for or changes to Medicare Parts A and B. Also can request application for Extra Help, update status (such as address or marital situation), and request new Medicare card.

**SHIP (State Health Insurance Program)**

Local counselors trained to provide free, impartial health insurance counseling for people with Medicare. To find a SHIP counselor in your area contact your Office for the Aging or call 1-800-701-0501.
**Farmers Market Coupons**

**2019 Outreach Schedule**

The Farmers Market Coupon Program offers $20 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2019.

Coupons are available at the Warren/Hamilton Counties Office for the Aging and Hamilton County Department of Social Services from July 1st through September 30th along with these locations:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday July 8th</td>
<td>Cronin Hi-Rise 9:30 - 10:30</td>
<td></td>
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<tr>
<td></td>
<td>Stichman Towers 11:00 - 12:00</td>
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<tr>
<td>Tuesday July 9th</td>
<td>Cedars Meal Site 11:30 - 12:30</td>
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<tr>
<td>Wednesday July 10th</td>
<td>White Water Manor 11:30 - 12:30</td>
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<tr>
<td>Monday July 15th</td>
<td>Long Lake Meal Site 12:00 - 1:00</td>
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<tr>
<td>Tuesday July 16th</td>
<td>Solomon Heights 11:00 - 12:00</td>
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<tr>
<td>Wednesday July 17th</td>
<td>Chestertown Farmers Market 10:00 - 2:00</td>
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<tr>
<td>Thursday July 18th</td>
<td>Village Green Apartments 2:00 - 4:00</td>
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<tr>
<td>Friday July 19th</td>
<td>Indian Lake Meal Site 12:00 - 1:00</td>
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<tr>
<td>Tuesday July 23rd</td>
<td>Wells Meal Site 11:30 - 12:00</td>
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<tr>
<td></td>
<td>Lake Pleasant Meal Site 12:30 - 1:00</td>
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<tr>
<td>Friday July 26th</td>
<td>Lake Luzerne 11:30 - 12:00</td>
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<td></td>
<td>Warrensburg Farmers Market 3:00 - 5:00</td>
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<tr>
<td>Saturday July 27th</td>
<td>Glens Falls Farmers Market 8:00 - 12:00</td>
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<tr>
<td>Tuesday July 30th</td>
<td>Bolton Meal Site 12:00 - 12:30</td>
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<tr>
<td>Saturday August 10th</td>
<td>Glens Falls Farmers Market 8:00 - 12:00</td>
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</tbody>
</table>

**Eligibility Guidelines:**

- 60 Years of age or older
- Income: 1 person household $1926/mo.; 2 person household $2607/mo.
Attention Veterans and Surviving Spouses

Are you eligible...

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

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

When legal troubles come your way, your best chance of success is to proceed with an attorney’s advice and/or representation. At Legal Aid we believe that you shouldn’t be denied the benefit of an attorney just because you can’t afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County).

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 Counties who are interested in estate planning or need advice on a civil legal matter. But did you know that for income-eligible residents of Warren and Hamilton Counties of all ages we offer a wide variety of other services? Including the following: Tenants rights, Family Law, Unemployment benefits, social Security disability benefits, SNAP benefits, Consumer Law, DSS denials and Community Out Reach.

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Attention Veterans and Surviving Spouses

Are you eligible...

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

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

WARREN COUNTY VETERANS’ SERVICES

Call 518/761-6342 for an appointment

SUMMER WORD SEARCH

ROAD TRIP  SUNSHINE  PICNICS  FOOD TRUCK  FARMERS MARKET

HOBBIES  GATHERING  DANCE  STYLE  CREATIVE

BEACH  JOY  CLASSIC  BARBECUE  BAREFOOT

SUNSET  FIREWORKS  CONCERTS  ICE CREAM  WATERMELON
JULY 2019

Office Bulletin Board

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Attention Meal Recipients:

The Meal Sites will be closed on the following dates:

THURSDAY, JULY 4 - Independence Day

AND

MONDAY, SEPTEMBER 2- Labor Day

SENIOR CENTER SHENANIGANS

Here are some of this month's highlights:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues-7/2</td>
<td>Ice Cream Social - A great get together for a fun afternoon</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Wed-7/3</td>
<td>Game Day - Mahjongg, Scrabble, Mexican Train or bring your own game</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Fri-7/5</td>
<td>Let’s Chat - bring your ideas and thoughts to share with the group</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Mon-7/8</td>
<td>Ice Cream Quest - Dairy Haüs</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>Mon-7/8</td>
<td>Stitches group</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Mon-7/8</td>
<td>Karen’s Art class-cost: $15 all material provided</td>
<td>12:30 PM</td>
</tr>
<tr>
<td>Tues-7/9</td>
<td>Movie and Popcorn TBD</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Wed-7/10</td>
<td>Haviland’s Cove Picnic - Bring A Friend! Cost: $8 - call Center to sign up</td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Thurs-7/11</td>
<td>Wiawaka trip and lunch</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Fri-7/12</td>
<td>Special Bingo - large cards available, refreshments, prizes</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Mon-7/15</td>
<td>Ice Cream Quest - Battenkill Creamery</td>
<td>12:30 PM</td>
</tr>
<tr>
<td>Mon-7/15</td>
<td>Walmart Shopping</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Tues-7/16</td>
<td>UpYonda Farm Tour - Bring a bag lunch</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Wed-7/17</td>
<td>Game Day - Mahjongg, Scrabble, Mexican Train or bring your own game</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Thurs-7/18</td>
<td>NYC Ballet - &quot;Tschaikovsky &amp; Balanchine at SPAC&quot; Cost: $23</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>Fri-7/19</td>
<td>Lake George Youtheatre - &quot;Bright Star&quot; Cost: $10</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Mon-7/22</td>
<td>Ice Cream Quest - Hillbilly Heaven</td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Tues-7/23</td>
<td>Newsletter Mailing - Volunteers needed!</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Wed-7/24</td>
<td>Game Day - Mahjongg, Scrabble, Mexican Train or bring your own game</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Thurs-7/25</td>
<td>Shoebox Workshop</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Fri-7/26</td>
<td>Adirondack Ramblin' Scribblers - Bring your writings/poems to share</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Fri-7/26</td>
<td>Chicken BBQ - WGF Firehouse</td>
<td>4:45 pm</td>
</tr>
<tr>
<td>Sat-7/27</td>
<td>Duck Race - Haviland’s Cove</td>
<td>11:2 pm</td>
</tr>
<tr>
<td>Mon-7/29</td>
<td>Ice Cream Quest - TBD</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>Tues-7/30</td>
<td>Lunch Bunch - Ginny Rae's - HF, Chose from the menu, separate checks</td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Wed-7/31</td>
<td>Game Day - Mahjongg, Scrabble, Mexican Train or bring own game</td>
<td>1:00 PM</td>
</tr>
</tbody>
</table>

Ongoing Activities at a Glance:

- Mon-Fri: Thrift Shop - new items all the time 10-2 pm
- Every Tues: Bingo 10 a.m.
- Every Wed: Scrabble Group/Brige Game 10:00 AM
- Every Thurs: Chair Yoga - with Tobey 11:30-12:15
- Mon-Thurs: OXTEO Busters Exercise Program - Monday-Thursday - Sponsored by RSVP 9:10 am
- Every Friday: Tai Chi Class with Sam Ling - Cost: $6 9:10 a.m.
- Every Friday: Wii Bowling/Line Dancing 10 a.m.
- Woodshop/Golf/Cards/Special Bingo & Much More

TRIPS AND PROGRAMS ARE SUBJECT TO CHANGE!

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

*Transportation for Center activities available/medical transports by appointment.
Farmers' Market Summer Chili

Active Time: 1 Hour 10 Mins  Total Time: 1 Hour 10 Mins  Yield: Serves 8 (serving size: 1 1/2 cups)

- 1 tablespoon olive oil
- 1 sweet onion, chopped
- 1 orange bell pepper, chopped
- 1 serrano chile, chopped
- 1 pound pasture-raised grass-fed lean ground beef
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1/2 cup chopped fresh cilantro
- 1 (28-oz.) can crushed tomatoes

Step 1: Heat oil in a Dutch oven over medium-high. Add onion, bell pepper, and serrano chile; cook, stirring often, until onions are translucent, about 5 minutes. Stir in chili powder, cumin, salt, coriander, and oregano. Cook, stirring occasionally, 45 minutes. Stir in water, 1/4 cup at a time, until a thick sauce forms. Stir in pinto beans, drained.

Step 2: Stir in cilantro and, if using, hot sauce; serve immediately.

RECIPE BY: Myrecipes

Joanie's goal is to raise $8,000 for MS by August 24, 2019, the date of her ride.

To make a donation, you can go online to the MS website www.nationalmssociety.org/chapters/NYR click on “Donate,” scroll down to “Support 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.”
SLIDER SHENANIGANS

SEPTEMBER 2019

NEW MEMBERS ARE WELCOME COME JOIN OUR FAMILY

HERE ARE SOME OF THIS MONTH’S HIGHLIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed-9/4</td>
<td>Reading with Bea—Come relax and let Bea read you an interesting story</td>
</tr>
<tr>
<td>Fri-9/6</td>
<td>Let’s Chat—discuss your thoughts and ideas for the Center trips and programs</td>
</tr>
<tr>
<td>Mon-9/9</td>
<td>Walmart Shopping trip</td>
</tr>
<tr>
<td>Tues-9/10</td>
<td>Great Camp Santanoni trip-Newcomb</td>
</tr>
<tr>
<td>Thurs-9/12</td>
<td>Defensive Driving Class—Cost: AARP members $20/nonmembers $25/ Lunch $6</td>
</tr>
<tr>
<td>Thurs-9/12</td>
<td>Tour of the USS Slater-Port of Albany</td>
</tr>
<tr>
<td>Mon-9/16</td>
<td>Stitchers Group</td>
</tr>
<tr>
<td>Tues-9/17</td>
<td>Music and Dance with Ray Henry</td>
</tr>
<tr>
<td>Thurs-9/19</td>
<td>Saratoga Casino-Van transportation $6. Enjoy a day at the Casino and lunch</td>
</tr>
<tr>
<td>Tues-9/24</td>
<td>Newsletter Mailing-Volunteers needed!</td>
</tr>
<tr>
<td>Thurs-9/26</td>
<td>Spaghetti Dinner-West Glens Fire House Station</td>
</tr>
<tr>
<td>Fri-9/27</td>
<td>Adirondack Ramblin’ Scribblers-share your poems and stories</td>
</tr>
<tr>
<td>Sat-9/28</td>
<td>Chapman Cemetery Tour</td>
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</tbody>
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**FARMERS’ MARKET CHICKEN BAKE**

2 boneless, skinless chicken breasts, cut into 1-inch pieces
1 yellow onion, cut into 8 wedges
1 small butternut squash, peeled, seeds removed and cut into 1-inch cubes
2 tbsp. olive oil

1. Heat oven to 450F.
2. Coat a 13”x9” glass baking dish with cooking spray or olive oil and set aside. Add chicken, apple, yellow onion and butternut squash to a large bowl.
3. Toss with olive oil, spices and herbs until everything is evenly coated.
4. Pour chicken and vegetables into prepared baking dish.
5. Lay bacon slices evenly across the top of the dish.
6. Bake for 50-55 minutes, until bacon is crispy, chicken is cooked through and vegetables are beginning to brown.

**GRILLED EGGPLANT & TOMATO STACKS**

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
1 medium eggplant (1/4-1 pound), cut into 6 rounds about 1/2 inch thick
3/4 teaspoon coarse salt, divided
6 teaspoons prepared pesto
2 large beefsteak tomatoes, each cut into 3 slices about 1/2 inch thick
4 ounces fresh mozzarella, cut into 6 thin slices
6 fresh basil leaves

1 Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
2 Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with 1/4 teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.
3 Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.
4 Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining 1/4 teaspoon salt and pepper.

Make Ahead Tip: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving. Adopted by:
September is National Cholesterol Education

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and it’s a good time to get your blood cholesterol checked and take steps to lower it if it is high.

Five Facts about Cholesterol
1. High cholesterol has no symptoms making it difficult to diagnose.
2. More than 35 million Americans have cholesterol high enough to put them at risk for heart disease.
3. The National Cholesterol Education Program suggests people over 20 years old get their cholesterol checked every five years.
4. Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol.
5. Most people don’t need added cholesterol from their diet; their bodies make enough on their own.

The following chart shows optimal lipid levels for adults:

<table>
<thead>
<tr>
<th>Desirable Cholesterol Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cholesterol Less than 170 mg/dL</td>
</tr>
<tr>
<td>Low LDL (“bad”) cholesterol Less than 110 mg/dL</td>
</tr>
<tr>
<td>High HDL (“good”) cholesterol 35 mg/dL or higher</td>
</tr>
<tr>
<td>Triglycerides Less than 150 mg/dL</td>
</tr>
</tbody>
</table>

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don’t smoke or quit if you smoke.

Nutrition summary: There are 113 calories in 1 serving of Roasted Vegetables. Calorie breakdown: 70% fat, 25% carbs, 5% protein.

Adopted By: CDC

Roasted Summer Vegetables

Mixed vegetables in the oven with a little olive oil. So simple and perfect for summer. Yields: 6 servings, Prep Time: 5 mins, Cook Time: 30 mins

- 1 dash black pepper
- 2 tsps. salt
- 4 T olive oil
- 1/4 cup asparagus, sliced
- 1 cup pieces or slices mushrooms
- 1 large red onion, sliced
- 1 cup sliced summer squash
- 1 cup chopped sweet red pepper
- 1 large yellow pepper, sliced

1. Preheat oven to 350 °F (175 °C).
2. In a bowl, lightly coat the mushrooms, squash, peppers, asparagus and onion in the olive oil and seasoning.
3. Place the veggies on a non-stick tray and roast for around 25 minutes stirring regularly.
4. Roast until veggies are tender and lightly browned.

Nutrition summary: There are 113 calories in 1 serving of Roasted Vegetables. Calorie breakdown: 70% fat, 25% carbs, 5% protein.

Adopted By: Fatsecret

Queensbury Senior Citizens
Overnight Trips 2019

July 13-15 Casino Magic
(3 days 2 nights)
Foxwood Casino
Mohegan Sun Casino
Newport RI
Mystic Seaport
Gaming & Food Vouchers

Aug 25-30 North Carolina
(6 days 5 nights)
Biltmore Estate
Blue Ridge Mountains
Downtown Asheville
St. Lawrence Basilica
O. Winston Link Museum

Sept 24-1 Canyon Country
(8 days 7 nights)
Lake Powell
Navajo Nation
Bryce Canyon
Zion National Park
Las Vegas

Oct 16-18 Boston, MA
(3 days 2 nights)
Tour Boston
Brew Tour
New England Aquarium
Faneuil Hall Marketplace
Boston Tea Party Ship

For more information on our amazing trips, please contact Rachel at (518) 745-9435 or rachel@seniorsonthego.org
Smoke Alarms Save Lives!

More lives are lost every year to home fires than to all other major disasters.

Working smoke alarms cut the risk of death from a home fire in half.

Sign up to receive Free Smoke Alarms on line at SoundTheAlarm.org/ENY or Call 518-694-5121.

RSVP is currently looking for individuals who would welcome a kind and friendly relationship with one of our caring volunteers. RSVP’s Friendly Caller Program arranges a weekly telephone chat for those seniors who are lonely or house bound and would benefit from some easy social interaction. It’s safe, non-threatening and there’s no pressure for more than a phone call. For more information, or to make arrangements for a Friendly Caller, please call RSVP at 518 743-9158. We’re available Monday through Friday, from 9:00AM to 3:00PM.

GRILL SAFETY

Do you have a thermometer? Taking the temperature of food on the grill can make sure that you are cooking food thoroughly. Thorough cooking of food can help prevent foodborne illnesses.

- Turkey and Chicken—cook to 165 degrees F
- Steaks, roasts and chops—cook to 145 degrees F
- Hamburgers—cook to 160 degrees F
- Beef, Pork, Lamb—cook to 160 degrees F

Cleaning the grill is equally as important to make sure that the grill is safe to use. When you are about to start cooking, allow the grill to heat up enough so that you can burn off any leftover bacteria.

Marinate inside! Although it is convenient to marinate next to the grill, make sure you marinate all meats inside, in the refrigerator and only bring to the grill when ready to cook.

WATCH THE CLOCK

Did you know that the “two hour rule” is actually reduced when temperatures outside are greater than 90 degrees? When you are dining outside, keep you and your guests safe by only setting out perishable food items in one-hour shifts. Be sure to place into a refrigerator or other chilled container to keep safe.

This goes for condiments too! Don’t forget that mayonnaise, ketchup and mustard can also spoil in the heat. It might be helpful to keep these condiments on a bucket of ice during your next grilling event.

Safe and Smart Summer Grilling Tips

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

BE ADVENTUROUS

Grill your veggies...and fruit too!

Baste vegetables like peppers, corn, summer squash, eggplant, mushrooms and cherry tomatoes with olive oil and season with herbs. Then place directly on the grill or in foil until tender. A great side to your grilled meat!

Have you every tried grilled fruit? Grilling fruit kabobs is a warm, sweet and healthy treat to try this summer. Try pineapple, peach halves or even watermelon slices! These fruits only need about 30 seconds on each side to add a new twist on desert.

CHOOSE LEAN MEATS

Try making turkey burgers with ground turkey instead of beef. Ground turkey can be found in up to 99% fat free! Look for 90% fat free or above when you are at the grocery store. Grill and top with fresh summer vegetables!

Adapted From: “Fire up the Barbecue” by Barbara Gordon, RDN from: https://www.eatright.org
How to keep your cool during the hottest time of year.

Did you know that people who have diabetes—both type 1 and type 2—feel the heat more than people who don’t have diabetes? Some reasons why:

- Certain diabetes complications, such as damage to blood vessels and nerves, can affect your sweat glands so your body can’t cool as effectively. That can lead to heat exhaustion and heat stroke, which is a medical emergency.
- People with diabetes get dehydrated (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise blood sugar, and high blood sugar can make you urinate more, causing dehydration. Some commonly used medicines like diuretics (“water pills” to treat high blood pressure) can dehydrate you, too.
- High temperatures can change how your body uses insulin. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.

Your Summer Checklist

- Drink plenty of water.
- Test your blood sugar often.
- Keep medicines, supplies, and equipment out of the heat.
- Stay inside in air-conditioning when it’s hottest.
- Wear loose, light clothing.
- Get medical attention for heat-related illness.
- Make a plan in case you lose power.
- Have a go-bag ready for emergencies.

- Don’t store insulin or oral diabetes medicine in direct sunlight or in a hot car. Check package information about how high temperatures can affect insulin and other medicines. If you’re traveling, keep insulin and other medicines in a cooler. Don’t put insulin directly on ice or on a gel pack.

It’s the Heat and the Humidity

Physical activity is key to managing diabetes, but don’t get active outdoors during the hottest part of the day or when the heat index is high. Get out early in the morning or in the evening when temperatures are lower, or go to an air-conditioned mall or gym to get active.

Warm-weather wisdom:

- Drink plenty of water—even if you’re not thirsty—so you don’t get dehydrated.
- Avoid alcohol and drinks with caffeine, like coffee and energy or sports drinks. They can lead to water loss and spike your blood sugar levels.
- Check your blood sugar before, during, and after you’re active. You may need to change how much insulin you use. Ask your doctor if you would like help in adjusting your dosage.
- Wear loose-fitting, lightweight, light-colored clothing.
- Wear sunscreen and a hat when you’re outside. Sunburn can raise your blood sugar levels.
- Don’t go barefoot, even on the beach or at the pool.
- Use your air conditioner or go to an air-conditioned building or mall to stay cool. In very high heat, a room fan won’t cool you enough.

Here’s to staying cool, staying safe, and enjoying the long summer days!

Adopted By: CDC
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.

The Retired and Senior Volunteer Program of Hamilton County's 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

Hamilton County
2nd and 4th Mondays of the Month
10:00 AM—11:00 AM
Lake Pleasant Senior Center
2881 Route 8, Speculator

Warren County
2nd Tuesday of the Month
11:00 AM—12:00 AM
Glen at Hiland Meadows
39 Longview Dr, Queensbury

Washington County
1st Wednesday of the Month
1:00 PM — 2:00 PM
Greenwich Free Public Library
148 Main St, Greenwich

Free support group for caregivers of people with memory loss. For more information or to RSVP Stacey Barcomb (518) 832-4992

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