

October 2014

**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**

WARREN COUNTY STAFF:

CHRISTIE SABO - DIRECTOR

CINDY ROSS - FISCAL MANAGER

HARRIET BUNKER - COORDINATOR OF SERVICES

CINDY CABANA - SPECIALIST SERVICES FOR THE AGING

HANNA HALL - AGING SERVICES ASSISTANT

ROSE-ANN O'ROURKE - COORDINATOR OF NUTRITION SERVICES

KAYLA JARRELL - COORDINATOR OF VOLUNTEERS / "NEWSLETTER"

CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS

CECILY BURLINGAME - TYPIST / RECEPTIONIST

DINAH KAWAGUCHI - PART TIME TYPIST



**Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php**

Please contact Kayla Jarrell to be added to our email list.

(518) 824-8824 or jarrellk@warrencountyny.gov

OFA HIGHLIGHTS

NOTICE OF PUBLIC HEARINGS You are Invited

It is time for our annual Public Hearings. At the hearings I will be discussing the office's service plan for seniors for 2015 and I encourage input regarding this plan and future planning. If you are unable to attend, but would like to comment on services that the Warren-Hamilton Counties Office for the Aging provides, or services we are lacking, please send all comments to Christie Sabo, Director, Warren-Hamilton Counties Office for the Aging, 1340 State Route 9, Lake George, NY 12845. Hearings will be conducted at the following sites:



OCTOBER 10th INDIAN LAKE NUTRITION SITE

11:30a.m. 648-5412

OCTOBER 30th CHESTERTOWN NUTRITION SITE

11:30a.m. 494-3119

Please note that the Warren-Hamilton Counties Advisory Council meeting will immediately precede the hearing at 11a.m. All are welcome to attend this meeting.

NOVEMBER 17th CRANDALL LIBRARY COMMUNITY ROOM

6:30p.m. Joint hearing with Washington County Office for the Aging
Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Christie Sabo, Director

Warren/Hamilton Counties Office for the Aging

The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants.

Volunteers Needed

Meals on Wheels &
Transportation Programs

Contact
Kayla Jarrell
761-6347

SUBSTITUTES NEEDED

Warren/Hamilton County
Office for the Aging
Meal Sites

Contact RoseAnn O'Rourke
for more information
(518)761-6347

Caring for Ourselves

CARING FOR OURSELVES IS A NEW SUPPORT GROUP FOR ANYONE CARING FOR A FAMILY MEMBER, FRIEND, OR LOVED ONE. THIS GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES AND REWARDS OF PROVIDING CARE. WE MEET DURING THE DAY AND EVENING AND THERE IS NO COST FOR YOU TO JOIN US! FOR INFORMATION, CONTACT SUSAN @ WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING @ 1-866-805-3931.

11-NOON WEDNESDAY GROUP

MEETS @ THE GLENS FALLS HOME
79 WARREN ST, GLENS FALLS, NY 12801
OCTOBER 8, NOVEMBER 12, DECEMBER 10

5:30-6:30PM EARLY EVENING GROUP

MEETS @ HIGH PEAKS HOSPICE
79 GLENWOOD AVE, (ELEVATOR TO 2ND FLOOR)
QUEENSBURY, NY 12804

WEDNESDAY, OCTOBER 22, WEDNESDAY NOVEMBER 26,
MONDAY DECEMBER 22

Flu Clinic / monthly B/P clinic

Glens Falls Presbyterian Church Meal Site

Monday, October 20th from 12:30pm- 1:30pm.

We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC.

Cost of Flu is \$30.00. Pneumonia vaccine is also available at a cost of \$117.00. We will accept all insurance cards.

We accept cash or checks. No one is refused because of inability to pay.



Warren County Public Health Looking for Participants

Mass Antibiotic Dispensing Exercise

Public Health
Prevent. Promote. Protect.

Have you ever wondered what would happen if an old disease like Smallpox or a new disease not yet known were to start showing up in our hospitals, businesses, homes or schools?

Would you know where to get more information? If medications were available would you know where to go or how to access them? How would such a large undertaking happen?

Well, Warren County Public Health along with other local health departments throughout New York State has been planning for such an event for years. Now it is time to put the Medical Counter Measures Plan (MCM Plan) into practice.

Warren County Public Health will be conducting a full-scale Mass Antibiotic Dispensing Exercise (MCM Exercise) on March 12th, 2015. The MCM Exercise will test many facets of the MCM Plan including site activation, security, computer systems, simulated medication dispensing and more.

To simulate real life events Warren County Public Health is looking for 500 people to be a part of this exercise. Bring your family, bring your community group or feel free to bring yourself. Everyone is welcome. Groups of 10 or more will be entered into a raffle for an ice-cream social. The MCM Exercise will happen on March 12th, 2015 from 4:00pm – 6:00pm at the Queensbury Community Center. So please mark your calendars and Save the Date.

For more information please contact Dan Durkee at 761-6580 or email durkeed@warrencountyny.gov.

Warm Regards

Dan Durkee, Emergency Preparedness Coordinator
Warren County Public Health



A Program of the Glens Falls Home, Inc

GUIDANCE FOR PEOPLE SEEKING SENIOR SERVICES

**Saturday, October 25, 2014 - 8:00 AM to 1:00 PM
At SUNY Adirondack Scoville Learning Center**



This year's forum will bring together professionals, seniors, adult children and caregivers to learn about the wide array of services available in the community.

The program will also feature Dr. Joel Goodman, Founder and Director, The HUMOR Project, Inc. in Saratoga Springs. Dr. Goodman knows that humor is a universal language. He also knows that "Seven days without laughter makes one weak." This fast-paced, fun-filled, laughter-fueled presentation will invite you to laugh while you learn about why you should be "serious" about humor as a key to aging well. Joel will reveal the secret to finding humor in life. You will also discover the bottom (funny) line of humor—the art of laughing at yourself. Come join us for this FUNomenal program!

Presented by:

Presenters

Hosted By:



• **How to Identify Seniors in Need**



Eileen Dunn, MS, CMC, Trinity Elder Care

• **Local Services to Meet the Needs of Seniors**

Kym Hance, BSW, CMC, Director of Client and Community Services
Home Helpers and Direct Link

• **Communicating Better with Your Family and Your Provider**

Karen Laing, CEO/Founder, Health Literacy for All, Inc.

• **HUMOResilience in Aging: Using Humor to Tickle Stress Before It Tackles You**

Dr. Joel Goodman, Director, The HUMOR Project, Inc.

Moderator—Tammy L. Heckenberg, Terrace Director at The Glen at Hiland Meadows

Call The Glens Falls Home at 793-1494 to Register.

PRE-REGISTRATION IS REQUIRED—REGISTRATION FEE: \$20.00

A continental breakfast, a copy of Dr. Goodman's book *Laffirmations: 1,001 Ways to Add Humor to Your Life and Work*, resource materials and the opportunity to visit with exhibitors is included with the registration fee.

Join us for "Caring for Ourselves"- a new caregiver support group for you

Are you a caregiver who could benefit by having a safe place to discuss the stresses, challenges and rewards of providing care? Warren-Hamilton Counties Office for the Aging NY Connects has partnered with High Peaks Hospice and The Glens Falls Home to offer a new caregiver support group, "Caring for Ourselves" beginning early October. Both day and evening groups are offered and no fee is charged. A qualified facilitator will facilitate and provide helpful insight as you share experience, find solutions, mutual encouragement, and support. Anyone who is caring for a family member, friend, or loved one is welcome to attend. For more information, contact Susan at NY Connects 1-866-805-3931.

Whats New with HIICAP. . .

Open Enrollment Is Here! Making the Most of Your 2015 Medicare Benefits

By Linda L. Miller, HIICAP Counselor

It's that time of year....ghosts, goblins, and trick or treat. And it's also the start of

Medicare Open Enrollment!

It's not a trick, but it may be a treat if you act now to save money on Medicare in 2015. Below we'll look at the timelines and share some tips for getting the most for your Medicare dollar.

October 15 – December 7 Medicare Open Enrollment

Each year, beginning on October 15th, the Medicare Open Enrollment Period begins. It ends on December 7th. During this time you can review your Medicare benefits and make any changes you'd like for 2015. This year the 7th of December falls on a Sunday; you can sign up online at Medicare.gov or over the phone at 1-800 MEDICARE that day, but if you want to come into the office for help, please plan ahead!

TIP: During Open Enrollment, you can add, drop or switch Medicare Part D or Medicare Advantage Health Plans. Your new coverage will begin on January 1, 2015. A little known fact is that you can change more than once during Open Enrollment. The last plan you select by December 7th is the one that takes effect January 1st.

October 1 Plans Begin Sending Marketing Materials for 2015 & Plan Information is Updated on Medicare.gov

Medicare officials encourage you to review your current Part D or Medicare Advantage

plan to see if it still works well for you in the coming year. You receive an "Annual Notice of Change" in the mail each Fall from your current plan. And you get a "Medicare & You" handbook, either online or in the mail with information about plans in your area.

How to determine if your Medicare coverage is still right for you:

- Will your drugs still be covered *and* covered at a cost you can afford?
- Will your providers be in the network? This includes your doctor, specialists and your pharmacy.
- What is the monthly premium going to be in 2015?

If the plan still fits your needs, great! If not, you can change. You might find a plan offering good coverage with lower out-of-pocket costs.

A caveat here: If you have retiree health coverage, you may not be able to make the changes outlined here.

October 10 Medicare Plan Quality Ratings to be Released

Medicare plans are rated from 3 to 5 stars; the higher the rating the better the health plan has performed on customer service, resolution of complaints and other indicators of quality. Searching for a plan with higher "star power" might be another consideration as you review your coverage.

How to Determine Which Medicare Plan to Choose

At a glance, you cannot tell if a plan meets your health needs. Marketing materials will not help much, because they highlight the best features of the plan being promoted.

It's not easy to determine what's best for your individual health circumstances.

Fortunately the federal government has provided an excellent tool called the Plan Finder. You can access it on the internet at this address: www.medicare.gov. Click on "Find Health and Drug Plans" to get to Plan Finder. Plan Finder will give a wealth of information about the Medicare Part D or Medicare Advantage Plan you are considering and it allows you to compare coverage to your current plan. It has extensive cost information as well. You may enroll online at Medicare.gov or at the plan's website.

TIP: Be vigilant that you are on the Official Government Website. There are copycat web addresses out there that take you to other websites that offer to find you a plan, but have a financial interest in the outcome. There is no cost to use the official Medicare website and the information is presented without a sales pitch. You will find the plans' quality ratings on Medicare.gov as well.

If you prefer the telephone over the computer, call **1-800-Medicare (1-800-633-4227)**. Customer service representatives at Medicare can help you compare plans based on your individual needs right over the phone. And they are there 24 hours a day, including weekends! You'll need to have handy a list of your prescriptions for the representative to help you find the right Part D plan.

TIP: Do not wait until the last few days of Open Enrollment to call Medicare. Wait times can be long. When on the line say, "AGENT" to speak more quickly with a Customer Service Representative.

How to Switch Your Medicare Coverage

It's easy; you enroll in the plan you want and

are automatically dis-enrolled from your current plan. You cannot have duplicate coverage.

Do You Need Individual Help?

Please call the Office for the Aging at 761-6347 for an appointment to meet with a HIICAP counselor. Schedule an appointment earlier in the open enrollment period rather than later. We're here to help with Medicare concerns, so please don't feel alone or overwhelmed by your questions. And please call to cancel if you cannot make it; someone else can use your time slot!

Medicare and Plan Costs for 2015

Details on costs for Part A & Part B and plan premiums will be released soon. However, Medicare analysts believe that because Medicare costs have moderated, you will not experience a steep jump in premiums, deductibles and co-pays for "Original Medicare" (Part A & Part B).

Please check back next month and we will have a chart with all the costs for Part A, Part B, and premium information on Part D and Medicare Advantage plans available in Warren and Hamilton Counties.

Your Medicare coverage year begins January 1st, whether or not you have made changes. You probably will have different premiums, deductibles, and changing co-pays.

If you have questions, concerns, or problems accessing your plan benefits as the New Year begins, call our office (761-6347) or 1-800-MEDICARE (1-800-633-4227).

Enjoy the Fall and coming holiday season knowing that you've made good decisions about your Medicare benefits!

THE FUN

TRIVIA



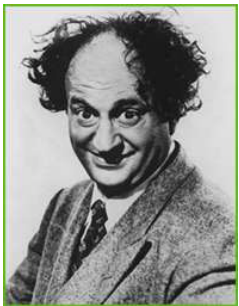
Volunteer Birthdays

- * THERE ARE NO WORDS IN THE DICTIONARY THAT RHYME WITH ORANGE.
- * HALLOWEEN CANDY SALES AVERAGE ABOUT 2 BILLION DOLLARS ANNUALLY IN THE UNITED STATES.
- * SAMHAINOPHOBIA IS AN INTENSE FEAR OF HALLOWEEN.

- Priscilla Sanderspree— 8th**
- Alan Koechlein—10th**
- Ellen O’Hara—10th**
- Maureen Shaughnessy—12th**
- Clara Fiore—21st**
- Gifford Bull—24th**

Famous Birthdays

7th Simon Cowell – Brutally Honest celebrity judge on TV’s “American Idol”



5th Larry Fine – Frizzy-haired member of The Three Stooges’ comedy team



22nd Christopher Lloyd – Zany Character actor from “Taxi” to “Back to the Future”

Why do mummies have trouble keeping friends?
They're so wrapped up in themselves...

Why don't skeletons ever go out on the town?
Because they don't have any body to go out with...

Spooks

by Sandra Liatsos



There’s a goblin at my window,
A monster by my door.
The pumpkin at my table
Keeps on smiling more and more.
There’s a ghost who haunts my bedroom,
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.

CENTER

Sudoku Puzzle

6		8	1		5			
		1		3				4
	2			9	5	7	6	
		5		4		9		
	4	3			9		1	8
8			6	1				2
	3				2	1		5
5		2			7	3		
	8		3	5				9

A C D N Y

A K M S

O S H T G

A C E V R

Answer:

off the mark

by Mark Parisi

www.offthemark.com

ATLANTIC FEATURE SYND. ©2003 MARK PARISI
www.offthemark.com

MarkParisi@aol.com



© Mark Parisi, Permission required for use.

Pumpkin Word Search Puzzle

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

AUTUMN

BAKING

CANDLE

CARVE

FACE

FIFTY TYPES

FRUIT

FUNNY FACE

HALLOWEEN

JACK O'LANTERN

MAMMOTH GOLD

MUNCHKIN

ORANGE

PULP

PUMPKIN PATCH

SEEDS

SPOOKTACULAR

SQUASH

STEM

VINES



Glens Falls Senior Center



SENIOR CEN

Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com
 Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements....

Rene Clements, Executive Director Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist Joan Counter, Admin. Assistant

Visit our website at

<http://www.greaterglensfallsseniorcenter.com> for more information.

NEW MEMBERS WELCOME

NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH'S HIGHLIGHTS

Sat-10/4	Annual Fall Fair-books, used items, café, garden and more	9:00 a.m.-2:00 p.m.
Mon-10/6	One Stroke Painting Class-Cost: \$15-complete project at class end	12:30-2:00 p.m.
Mon-10/6	Good Books Club-"Orphan Train" by Christine Cline	1:00 p.m.
Tues-10/7	Flu Shot Clinic-bring Medicare/Supplemental Insurance card	12:00-2:00 p.m.
Wed-10/8	Medicare Advantage information-call to sign up	1:00 p.m.
Thurs-10/9	Film/Popcorn-"Blue Butterfly"-by John Hurd	1:00 p.m.
Fri-10/10	Cemetery Tour, Fort Edward-Cost: \$15-sign up by October 6	1:00 p.m.
Tues-10/14	Physical/Occupational Therapist-information and demo by Stanton Health	1:00-3:00 p.m.
Wed-10/15	Medicare Part D, Extra Help, Medicare Savings Plan-call to sign up	1:00 p.m.
Thurs-10/16	CDPHP Health Plan representative available	1:00 p.m.
Fri-10/17	Christmas Child packing party	1:00 p.m.
Mon-10/20	AARP voter, education program	1:00 p.m.
Tues-10/21	BSNENY-Health Representative available	1:00 p.m.
Thurs-10/23	Humana Health Representative available	1:00 p.m.
Fri-10/24	Today's Options Health Representative available	1:00 p.m.
Mon-10/27	MVP Health Representatives available	1:00 pm.
Tues-10/28	Halloween Lunch-costumes optional-Cost: \$7	12:00 p.m.
Wed-10/29	Newsletter Mailing	1:00 p.m.
Thurs-10/30	United Health Care Representative available	1:00 p.m.
Fri-10/31	Writer's Group-speaker and sharing work	1:00 p.m.
Monday- Friday	Thrift Shop-new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/Performing Line Dancing/Woodshop/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. Call Center for pricing and information on the upcoming trips and events or see on line.

Don't be lonely- come and participate in "YOUR SENIOR CENTER".

TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name: _____ Address: _____ Phone _____

GREATER GLENS FALLS SENIOR CENTER

HOUSE & PORCH SALE **FALL FAIR** Saturday, October 4, 2014
 9 a.m. - 2 p.m.

Offering Jewelry, Crafts, Collectibles, Baked Goods
 Thrift Shop, Boutique, Housewares, Books, Appliances
 And much more

Bring Your Family

Lunch at the Sherman House Café

Have a Great Time!



Greater Glens Falls Senior Center
 380 Glen Street, Glens Falls, NY 12801
 793-2189

TER NEWS

Cooperstown NY - Art & The Otesaga Nov 6th



Fenimore Art Museum

Houses the finest North American Indian Art collection
Special exhibits include Dorothea Lange's America
A photo essay of life in America well worth seeing.
Also on exhibit are the paintings of New York's history by LF Tantillo along with many other gorgeous works of art.

Joseph L. Popp Jr. Butterfly Conservatory

See & walk among tropical free-flying butterflies 7 birds from around the world in our 3,000 sq. ft. conservatory - home also to tropical plants, tortoises, lizards, frogs, and more. A great enchanting pick me up for a November day!

Lunch at the Otesaga Hotel

Cost \$79
Deadline: Wed. Oct 8th



Outstanding buffet lunch at the grand Otesaga Hotel perched on the edge of lake Otesaga. One of the nicest and most elegantly presented lunches we have experienced in all our group travel

British Landscapes Oct. 3rd-12th 2015 England Scotland Wales



10 Days • 12 Meals: 8 Breakfasts, 4 Dinners

With Collette Vacations - Informational Meeting Nov. 10th at 3:30pm at the Queensbury Center

Semi Annual Fall Book Sale

At The Queensbury Center

Oct 9th & 10th

Thurs 9am-5pm

Fri. 9am-3pm



Sale includes current best sellers, hard cover, trade paperbacks, puzzles, & videos.

Great Prices

The Public is welcome!

Corner of Bay & Haviland
For information call 761-8224

The Queensbury Center is currently accepting book donations

Beeches Dinner Theater

"Sing We Now Of Christmas"
Tuesday Dec 9th

We'll begin the day with a visit to the Christmas Tree Shop in Colony to pick up some of those last minute holiday necessities. Then we are off to Rome NY for a holiday show and festive buffet luncheon. Gorgeous costumes, dazzling sets and a script that not only shares the fun & comedy of the "happiest time of the year," but celebrates the season's true meaning.

Cost \$78
Deadline:
Friday Nov. 14th

Annual Theme Basket Raffle

Over 50 baskets to choose from; take a chance to win a great, early Christmas gift or treat yourself.



The more chances you put into a basket, the better your odds of winning it.

Raffle starts on Monday, October 27 at 8:30am. Come down to the Queensbury Center, 742 Bay Road any weekday between 8:30am and 4:00pm to purchase tickets and place your chances.

Tickets for baskets are \$1 each or 15 for \$5. Call 762-8224 or visit www.SeniorsOnTheGo.org for more information.

Catherine's Corner

Catherine Keating RD CDN
Certified Dietitian Nutritionist



VARIETY	FLAVOR	COLOR	TEXTURE	BEST USES	SEASON
Braeburn	Sweet/tart	Yellow with red stripes or blush	Firm	Snacking	Oct.-July
Crispin	Sweet	Green-yellow	Firm	Snacking, pies,	Oct.-Sept.
Empire	Sweet/tart	Solid red	Crisp	Snacking, salads	Sept.-July
Fuji	Sweet/spicy	Red blush, yellow stripes, green/	Crisp	Snacking, salads, freezing	Year-round
Gala	Sweet	Red-orange, yellow stripes	Crisp	Snacking, salads, sauce, freezing	Aug.-Mar.
Ginger Gold	Sweet/tart	Green-yellow, sometimes with blush	Crisp	Snacking, salads	Aug.-Nov.
Golden Delicious	Sweet	Yellow-green	Crisp	Snacking, salads, sauce, pies	Year-round
Granny Smith	Tart	Green, occasional pink blush	Crisp	Salads, pies, sauce, baking, snacking	Year-round
Honeycrisp	Sweet/tart	Mottled red over a yellow background	Crisp	Snacking, salads, pies, sauce, freezing	Sept.-Feb.
Idared	Sweet/tart,tangy	Light red	Firm	Snacking, baking, sauces, pies, freezing	Oct.-Aug.
Jonagold	Sweet/tart	Red with yellow/orange	Crisp	Snacking, salads, sauce	Oct.-May
Jonathan	Spicy/tangy	Light red stripes over yellow or deep red	Less firm	Pies, baking	Sept.-April
McIntosh	Tangy	Red and green	Tender	Snacking, sauce, pies	Sept.-July
Red Delicious	Sweet	Striped to solid red	Crisp	Snacking, salads	Year-round
Rome	Sweet	Deep solid red	Firm	Sauce, baking, pies	Oct.-Sept.

National Apple Month

October is National Apple Month! National Apple Month is the only national, generic apple promotion in the United States. Apple Month's mission is to enhance consumer awareness and usage of apples and apple products.

Did you know that there are around 100 varieties of apples grown commercially in the United States? Only 15 varieties of apples make up the majority of apple productions. Ever wondered about which apple to use for which recipe or when apples are in season? Check out this Apple Variety Guide from the U.S. Apple Association.

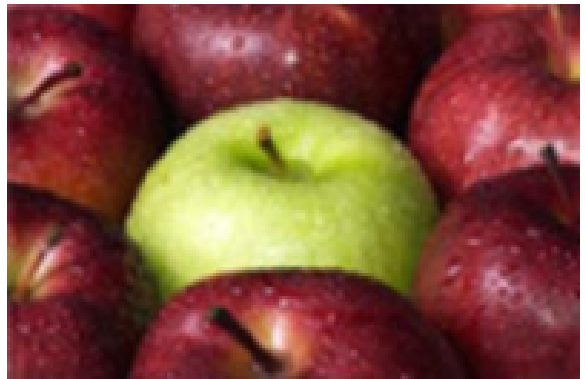
Got an abundance of apples? Try tray-freezing apple slice for later use.

Apple Crisp

Apple pie, the classic American dessert, is loaded with fat and calories, much of which is found in the pie crust. This holiday season try a crust-less alternative: the apple crisp.

Ingredients

- ◆ Canola oil cooking spray
- ◆ * 4 Granny Smith apples, cored and cut into thin slices or bite-size pieces
- ◆ 1/2 cup raisins
- ◆ 3 tablespoons 100% apple juice
- ◆ 1/4 cup whole wheat flour
- ◆ 1/4 cup old-fashioned rolled oats
- ◆ 1/4 cup brown sugar
- ◆ 3/4 teaspoon ground cinnamon
- ◆ 3/4 teaspoon ground nutmeg
- ◆ 3/4 tablespoon cold butter, cut into small pieces




Direction

1. Preheat oven to 375. Coat 8-inch square baking dish with cooking spray.
2. Combine apples, raisins, and apple juice in bowl, toss well and set aside. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resemble coarse meal.
3. Transfer apple mixture to baking dish. Sprinkle flour mixture evenly over surface. Lightly coat top with cooking spray.
4. Cover and bake 30 minutes. Uncover and bake for 20 more minutes or until apples are tender.
5. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

October 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested contribution \$3 per meal.</p>				
<p>October 6 Ground Beef And Gravy Mashed Potatoes Winter Squash Chilled Peaches</p>	<p>October 7 Quiche of the Day Scandinavian Veggies Muffin of the Day Yogurt Parfait with Berries & Granola</p>	<p>October 8 Beef Stew Boiled Potatoes/Carrots Biscuit Cinnamon Coffee Cake</p>	<p>October 9 Baked Lemon Chicken with Mushroom Sauce Sweet Potatoes Peas & Onions Fresh Fruit</p>	<p>October 10 Pepper Steak Mashed Potatoes Brussels Sprout Birthday Cake</p>
<p>October 13  Meal Site Closed</p>	<p>October 14 Juice of the Day Chicken & Biscuit California Medley Chilled Pineapple</p>	<p>October 15 Spanish Rice Green Beans Corn Bread Mandarin Oranges</p>	<p>October 16 Baked Fish Scandia Roasted Potato Bites Spinach Strawberry Shortcake</p>	<p>October 17 Roast Pork Loin/Gravy Mashed Potatoes Broccoli Apple Crisp</p>
<p>October 20 Chicken Parmesan Penne Pasta/Marinara Sauce Italian Mix Veggies Chilled Apricots</p>	<p>October 21 CHEF'S CHOICE</p>	<p>October 22 Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Baked Cookie of the Day</p>	<p>October 23 Chicken & Stuffing Casserole Long Grain & Wild Rice Mixed Veggies Tropical Fruit Cup</p>	<p>October 24 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day California Medley Brownie</p>
<p>October 27 Breaded Haddock on a Bun Scalloped Potatoes Cauliflower Peaches</p>	<p>October 28 Pork Chop/Applesauce Mashed Potatoes Japanese Veggies Chilled Pears</p>	<p>October 29 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Winter Squash Pineapple Up-side Down Cake</p>	<p>October 30 Beef Stroganoff over Noodles Broccoli Mandarin Orange</p>	<p>October 31 Happy Halloween Cauldron of Chili Frightening Fiesta Rice Corn Petrifying Pumpkin Bar</p>

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.

Meal site Numbers:

Bolton-644-2368;
Indian Lake; 648-5412;
Lake Pleasant-548-4941;
Soloman Hgts Qby —832-1705

Chesterstown-494-3119
Lake Luzerne; 696-2200
1st Presb. Church GF —832-1705
Wells-924-4066