



# Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

JULY

2016

## Office Staff

Christie Sabo - Director

Susan Dornan - NY Connects,  
Point of Entry Coordinator

Hanna Hall -  
Aging Services Assistant

Dinah Kawaguchi - Typist

RoseAnn O'Rourke -  
Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -  
Volunteer Coordinator

Catherine Keating - Stauch -  
Registered Dietician / Menu



*We would like to announce the retirement of Harriet Bunker, Coordinator of Services, and thank her for 20 plus years of service to Office for the Aging.*

*A dedicated, compassionate employee who will truly be missed.*

*We wish you all the best Harriet! Congratulations!*

**The OFA will continue to assist all of Harriet's clients.**

## Meal Recipients;

Please call the Cedars Meal Site as soon as you know if you are **not** going to be home for meal delivery.

To insure we do not deliver to you please call no later than 9am that day to cancel.



## Call Trudy at 832-1705

Meals can **not** be left in coolers at your door if you are not going to be home.

You must be there to receive your meal.



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

Mileage reimbursement is available.

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



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

*Ask for Suzanne regarding volunteer opportunities.*

**Fill Your Time & Your Heart Helping Others**



*Celebrating over 50 years of Service to our Senior Community*

**Kim Bren**, Executive Director

**Lauren Tompkins**, Outreach Specialist

**Dawn Sumner**, Senior Program Coordinator

**Joan Counter**, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

**No residency requirements. Need not be a member to participate in any of the activities or trips.**

**New Members Welcome** *Some of this month's highlights.*

Fri-7/1	Adirondack Theater Festival presentation	1 pm	
Fri-7/1	Wii Bowling practice-call to sign up	1 pm	
Wed-7/6	Defensive Driving Course-\$20 AARP member/\$25 nonmember-lunch provided for \$6	9am-4pm	
Thurs-7/7	Operation Shoebox workshop	1 pm	
Fri-7/8	Free- Movie and Popcorn-"The Devil Wears Prada"	1 pm	
Mon-7/11	Art Class with Karen-\$15 all materials supplied. Call to sign up.	1 pm	
Tues-7/12	Game Day	1 pm	
Wed-7/13	Little Theater On The Farm-" <b>Warren County Ramblers</b> "-Cost: \$7	2 pm	
Thurs-7/14	Crandall Park picnic-Cost: \$7-call to sign up by July 12	12 pm	
Fri-7/15	Rob & Debs for ice cream	1 pm	
Mon-7/18	Lunch Bunch-Bogeys-Cost: \$14 includes lunch, beverage, dessert	12 pm	
Tues-7/19	History/Mystery with Stan Malecki	1 pm	
Wed-7/20	Scrabble game	1 pm	
Thurs-7/21	Kim Weaver-MVP Insurance representative	1 pm	
Fri-7/22	Lake George Youtheatre-" <b>In The Heights</b> "-Cost: \$10/van transportation \$4	9:30 am	
Fri-7/22	Special Bingo-large cards provided	1 pm	
Mon-7/25	Coloring and Cupcake with Melissa -Warren Center	1 pm	
Tues-7/26	Dog Therapy	1 pm	
Wed-7/27	Newsletter Mailing	1 pm	
Thurs-7/28	Racino trip-sign up by 7/26	10:30 am-3 pm	
Fri-7/29	Lake George Youtheatre-" <b>School Of Rock</b> "-Cost: \$10/Van transportation \$4	9:30 am	
Fri-7/29	Writers Group meets	1 pm	
Mon- Fri	Thrift Shop-new items all the time	10 am-12 pm	
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 am	
Every Thurs	Chair Yoga- with Tobey- Sponsored by MVP	10:15- 11 am	
Mon-Thurs	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9 am-10:15 am	
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9 am-10 am	

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

**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/Golf/Bowling/Crafts/Cards/Bingo & Much More. **Trips include:** Panama Canal, British Isles, Alaska, Hawaii

**Transportation to center available - 24 hours notice**

*Greater Glens Falls Senior Citizen Center is once again participating!*

Kiwanis Club of Glens Falls presents

**The 25th Annual**

**2016 Million Dollar Duck Race  
& Family Fun Day**



**Saturday, July 30th • 11-2**

Haviland's Cove Park

Race Begins 12:31 pm

**Tickets \$5.00**

**Don't forget!**  
Duck whistles and other duck items available the day of the race to help support the Senior Center.



Stop in the center to get tickets or, to receive in the mail, simply fill out the form below and mail with payment to:

Glens Falls Senior Center • 380 Glen Street • Glens Falls, NY 12801

**PLEASE NOTE:** Checks are made out to **GF KIWANIS**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name your Duck (optional) \_\_\_\_\_ Number of Tickets \_\_\_\_\_



for helping us continue to provide the programs & services our growing Senior Community request and deserves!

### Stages of Alzheimer's disease

*Alzheimer's disease typically progresses slowly in three general stages – mild (early-stage), moderate (middle-stage), and severe (late-stage). Since Alzheimer's affects people in different ways, each person will experience symptoms - or progress through Alzheimer's stages - differently.*

#### Overview of disease

##### Progression

The symptoms of Alzheimer's disease worsen over time, although the rate at which the disease progresses varies. On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 yrs, depending on other factors.

Changes in the brain related to Alzheimer's begin years before any signs of the disease. This time period, which can last for years, is referred to as preclinical Alzheimer's disease.

The stages below provide an overall idea of how abilities change once symptoms appear and should only be used as a general guide. They are separated into three different categories: mild Alzheimer's disease, moderate Alzheimer's disease and severe Alzheimer's disease.

Be aware that it may be difficult to place a person with Alzheimer's in a specific stage as stages may overlap.

#### Mild Alzheimer's disease (early-stage)

In the early stages of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.

Friends, family or neighbors begin to notice difficulties. During a detailed medical interview, doctors may be able to detect problems in memory or concentration.

Common difficulties include:

- Problems coming up with the right word or name

- Trouble remembering names when introduced to new people
- Having greater difficulty performing tasks in social or work settings
- Forgetting material that one has just read
- Losing or misplacing a valuable object
- Increasing trouble with planning or organizing



#### Moderate Alzheimer's disease (middle-stage)

Moderate Alzheimer's is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care.

You may notice the person with Alzheimer's confusing words, getting frustrated or angry, or acting in unexpected ways, such as refusing to bathe. Damage to

For more information contact the Alzheimer's Association at their 24-Hour Helpline 1-800-272-3900.

---

nerve cells in the brain can make it difficult to express thoughts and perform routine tasks.

At this point, symptoms will be noticeable to others and may include:

- Forgetfulness of events or about one's own personal history

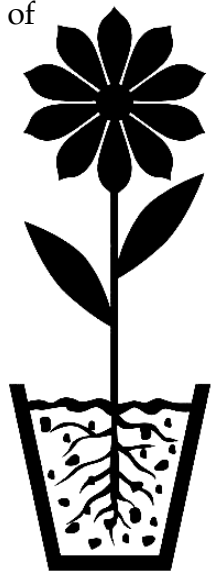


- Changes in sleep patterns, such as sleeping during the day and becoming restless at night
- An increased risk of wandering and becoming lost
- Personality and behavioral changes, including suspiciousness and delusions or compulsive, repetitive behavior like hand-wringing or tissue shredding.

need extensive help with daily activities.

At this stage, individuals may:

- Require full-time, around-the-clock assistance with daily personal care
- Lose awareness of recent experiences as well as of their surroundings



- Feeling moody or withdrawn, especially in socially or mentally challenging situations
- Being unable to recall their own address or telephone number or the high school or college from which they graduated
- Confusion about where they are or what day it is
- The need for help choosing proper clothing for the season or the occasion
- Trouble controlling bladder and bowels in some individuals

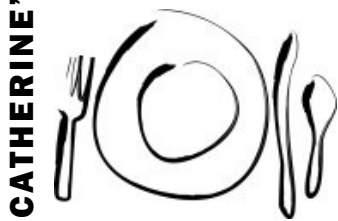
### Severe Alzheimer's disease (late-stage)

In the final stage of this disease, individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement.

They may still say words or phrases, but communicating pain becomes difficult. As memory and cognitive skills continue to worsen, personality changes may take place and individuals

- Require high levels of assistance with daily activities and personal care
- Experience changes in physical abilities, including the ability to walk, sit and, eventually, swallow
- Have increasing difficulty communicating
- Become vulnerable to infections, especially pneumonia





Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

## 10 Resources Every Senior Should Know About

Plenty of organizations provide seniors with free or low-cost help with meals, transportation, housing, finances and more.

You can still live independently, even if there are certain tasks you can't do around the house.

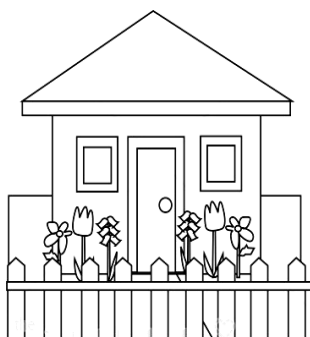
### Key Takeaways

Look for local transit services in your area if you no longer feel comfortable driving.

National organizations like Meals on Wheels and Catholic Charities will provide help with food and meals.

Most of us would prefer to live independently for as long as we can before going to an assisted living facility. And while that's not always possible, sometimes all it takes is one simple

solution for seniors to remain in their homes, says Edwin Walker, deputy assistant secretary for aging at the Administration on Aging within the U.S. Department of Health and Human Services.



Whether they need help preparing meals, seek rides to the doctor's office, or could use some assistance with light chores around the house, these 10 places can help seniors get the care they need, for either little or no cost at all.

**1. Your local agency on aging.** "They're a wealth of knowledge. (The agencies don't provide direct services, but they can direct you to the organizations that do.) Assistance for seniors can vary from agency to agency, but case managers can

usually arrange for meal delivery, transportation to and from appointments, and in-house services like housekeeping, medication management, and personal care. They can also recommend family caregiver support programs in your area. Find the agency in your ZIP code via the Administration on Aging's website, or by calling 800-677-1116 to speak to a specialist.

**2. Eldercare Locator.** This web tool provides plenty of other resources, too: It connects older people and caregivers with local organizations and trustworthy sources of information. Services also vary depending on where you live, but case managers can often help you find legal services, transportation, housing alternatives, employment services, financial assistance, and more. To find out what's available in your area, call 800-677-1116, or visit Eldercare Locator Monday through Friday from 9 a.m. to 8 p.m. EST to chat with a specialist.

**3. Catholic Charities.** This organization is a national network that serves people regardless of their religious, social, or economic backgrounds. Members can provide seniors with nutritious meals, adult day care, and more. Find an agency in your area at CatholicCharitiesUSA.org.

**4. A local religious establishment.** It doesn't have to be the one you attend. *Continued after recipes.*

## Honey Mustard Grilled Chicken

Prep 15 minutes Cook 20 minutes Ready In 35 minutes

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons mayonnaise
- 1 teaspoon steak sauce
- 4 skinless, boneless chicken breast halves

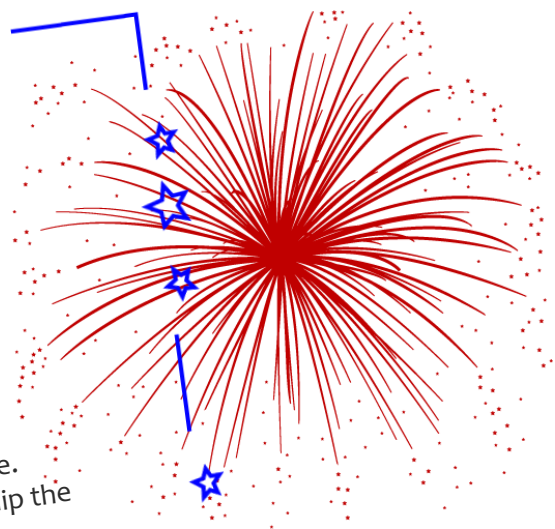
Preheat the grill for medium heat.

In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce.

Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.

Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!

Adopted By: Allrecipes.com



## Penne with Roasted Summer Vegetables and Ricotta Salata

- |                                |   |
|--------------------------------|---|
| 1 small eggplant, diced        | Freshly ground pepper                               |
| 1 medium squash, diced         | 12 oz. penne pasta                                  |
| 1/2 pt. grape tomatoes, halved | 3/4 c. grated ricotta salata, plus more for serving |
| 3 tbsp. extra-virgin olive oil | 1/4 c. finely chopped basil, plus more for serving  |
| Sea salt                       |   |

Preheat oven to 425 degrees F.

Arrange eggplant on one half of baking sheet and zucchini on other half. On another baking sheet, arrange tomatoes. Drizzle vegetables with olive oil and season with salt and pepper. Toss to combine. Roast vegetables until golden, about 20 minutes, stirring halfway through.

Meanwhile, bring large pot of salted water to boil. Cook penne according to package directions. Drain, reserving 1 cup cooking liquid, then return drained pasta to pot.

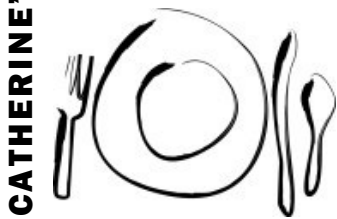
Remove vegetables from oven and scrape into pasta using spatula. Add ricotta salata and 1/2 cup of pasta water, stirring to combine. (Add an additional 1/4 cup liquid to create a creamier pasta, if desired.) Stir in chopped basil and season with salt and pepper.

Serve pasta in bowls, garnished with more ricotta salata and basil.

**Ricotta salata**- ricotta's saltier cousin- adds a sharp tang to this summer pasta dish.

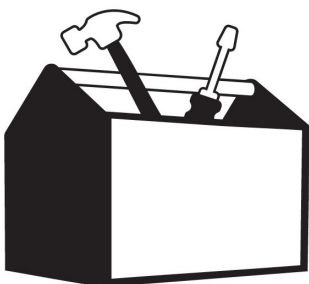
TOTAL TIME: 0:35  
PREP: 0:15  
COOK: 0:20  
LEVEL: EASY  
SERVES: 4

Adopted By: Delish



Continued from previous page

Churches tend to know who can provide services that the elderly might need, such as snow removal, home repairs, or transportation to appointments. And the Association of Jewish

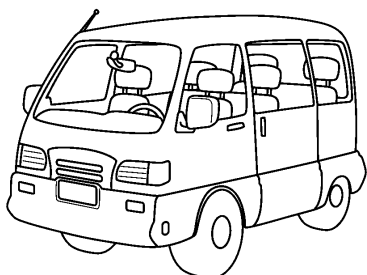


Family & Children's Agencies also provide assistance in many communities, which you can find through their online directory.

**5. Your public library.** Looking for a little research help? Try visiting the local library. Most provide free Internet access and have staff members who can help you search for resources that will help you live independently.



**6. Local transit services.** Many cities offer some type of help to seniors with transportation needs. For instance, elders who live in New York City can get free van service to and from medical appointments and meals, planned activities at senior centers, and more through Project Cart.



Other cities offer help as well. In Austin, Texas, West Austin Caregivers has compiled a list of transportation services for seniors; in Southern California, the Jewish

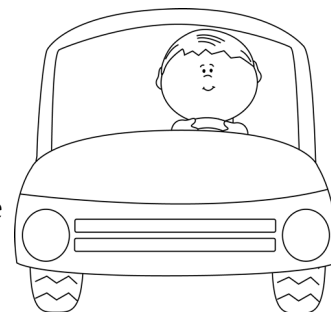
Family Service of San Diego offers a host of transportation options for people in their area.

**7. AARP.** It's one of the best-known foundations in the country, and for good reason: Its members can connect you with the sources you need to find help with local housing, health care, and meals. Visit the AARP's website, or call 888-OUR-AARP (888-687-2277), to find assistance in your state.

**8. State Health Insurance Assistance Program (SHIP).** SHIP provides free health benefits counseling services for Medicare beneficiaries and their families or caregivers. (SHIP isn't affiliated with the insurance industry.) "Its mission is to educate and counsel seniors so they can make informed healthcare benefit decisions. Visit their website for more information about your state's program.

**9. The American Bar Association.** Its local branches can help you find legal assistance that will help elders manage their finances, or offer them additional protection if they've been a victim of fraud or abuse.

**10. Meals on Wheels.** This organization provides nutritious meals to homebound people in almost every community across the country. Volunteers not only deliver meals to residents' homes, but they will also check in on shut-ins and provide them with companionship. Some programs will even lend seniors assistance with home repairs and transportation. Find out what's available near you at [MealsonWheels.org](http://MealsonWheels.org), or by calling 888-998-6325.







# NY Connects

Your Link to Long Term Services and Supports

## According to the Cystic Fibrosis Foundation Patient Registry, in the United States:

- More than 33,000 people are living with cystic fibrosis (more than 70,000 worldwide).
- Approximately 1,000 new cases of CF are diagnosed each year.
- More than 75 percent of people with CF are diagnosed by age 2.

More than half of the CF population is age 18 or older.

### Northeastern New York Cystic Fibrosis Chapter

455 Patroon Creek Blvd,  
Ste 108, Albany, NY 12206

**Phone: 518-453-3583**

**Email: [ne-ny@cff.org](mailto:ne-ny@cff.org)**

**Executive Director:**

Donna Clark



## Meet with your NY Connects Coordinator

from  
Warren/Hamilton Counties  
Office for the Aging

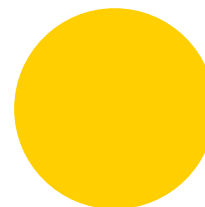
### Medicare Prevention and Wellness & Medicare Savings Program

Chestertown Senior Meal Site

Thursday, July 7  
11:30am to 1pm

Long Lake Senior Meal Site

Thursday, July 14  
11:30am to 1pm



## Yellow Dot Program:

*A Project of the New York State Sheriffs' Association*

To help emergency responders provide prompt care in the event of an accident, a completed card is placed in your car's glove compartment. You would complete one card for each person who regularly occupies the vehicle. You place the **Yellow Dot** decal on the rear driver's side window to alert emergency responders to look in the glove compartment for your emergency medical information.

To get your **Yellow Dot**:  
[www.nysheriffs.org/yellowdot](http://www.nysheriffs.org/yellowdot)

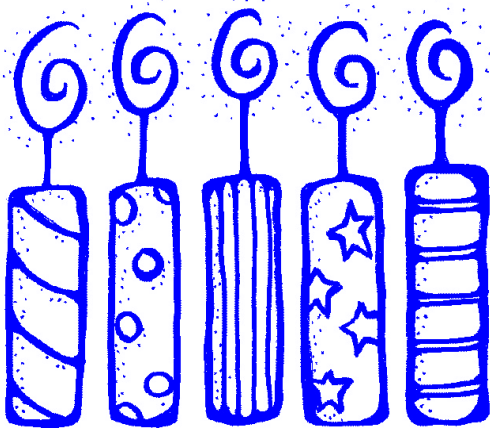
NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

*Call Susan @ 1-866-805-3931. For information about services in other counties, the State NY Connects # is 1-800-342-9871.*



# Volunteer Board Bulletin

*Happy Birthday*



*to our Volunteers celebrating in*

*July!*

Jane Ross.....	6
Rick Hussa .....	9
Margaret Iverson.....	16
Jackie Dzedzic .....	20
Alice Sullivan.....	25
Fran Cartmell .....	26

## July 4th Fun Facts!

★ The stars on the original American flag were arranged in a circle to ensure that all colonies were equal. The design of the flag has been officially modified 26 times since it was created in 1777.

★ Benjamin Franklin proposed the wild turkey as the national bird, but was overruled by John Adams and Thomas Jefferson, who wanted the bald eagle. Regarding the bald eagle, Franklin wrote: “... he is a bird of bad moral character, he does not get his living honestly...”

★ The first Fourth of July party held at the White House was in 1801 while John Adams was President.

★ Each year, the U. S. spends more than \$200 million importing fireworks from China.

★ Sadly, the majority of our nation’s flags and patriotic paraphernalia in relation to the Fourth of July are actually made in China and Mexico, not the U.S.

★ The famous Fourth of July event, Nathan’s Hot Dog Eating Contest, started back in 1916. It was supposedly started as a way to settle a dispute among four immigrants as to who was the most patriotic.

★ Samuel Wilson was a meat packer who provided food for U.S. soldiers in the early 1800’s. He stamped the initials U.S. on his packaged products and supposedly some soldiers began to joke that it stood for Uncle Sam, giving way to the symbolic “Uncle Sam” of the United States government.

**Cedars Volunteers:**

If you have a schedule change or question regarding the schedule please call Suzanne at **OFA 761-6347**

**The kitchen will be closed**

**MONDAY, JULY 4TH!**

Enjoy the holiday weekend!

## Word Search

BLUE  
CELEBRATE  
FIREWORKS  
FLAG  
FREEDOM  
INDEPENDENCE  
JULY  
PARADE  
RED  
STATES  
UNITED  
WHITE






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

# July 2016

Warren/Hamilton Counties Office for the Aging

Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Suggested Contribution Per Meal: \$3</b>				<b>July 1 July Picnic</b> BBQ Chicken Hot German Potato Salad Baked Beans Independence Day Dessert
<b>July 4 Independence Day</b>  <b>Meal Site Closed</b>	<b>July 5</b> Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	<b>July 6</b> Meatloaf Mashed Potatoes Peas & Onions Peach Cobbler	<b>July 7 Cold Plate</b> Chicken Salad / Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Birthday Cake	<b>July 8</b> Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
<b>July 11</b> Salisbury Steak Potato of the Day Broccoli Sliced Pears	<b>July 12</b> Baked Fish Scandia Orange Rice Pilaf Italian Veggies Pineapple Upside Down Cake	<b>July 13</b> Sloppy Joes on a Bun Corn Coleslaw Mandarin Orange	<b>July 14 Cold Plate</b> Chef Salad (Turkey, Ham, Swiss, Lettuce) Marinated Veggies Strawberry Shortcake	<b>July 15</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
<b>July 18 Brunch</b> Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	<b>July 19</b> Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	<b>July 20</b> Spanish Rice Broccoli Corn Bread Rice Pudding	<b>July 21</b> Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	<b>July 22 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp
<b>July 25</b> Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	<b>July 26</b> Beef Tomato Florentine w/Noodles Scandinavian Veggies Garlic Bread Chilled Peaches	<b>July 27</b> Roast Pork w/Gravy Mashed Potato Spinach Carrot Cake	<b>July 28 Cold Plate</b> Tuna Salad on a Bun Macaroni Salad Broccoli Salad Cookie of the Day	<b>July 29</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Peas Fresh Fruit

**Meal site numbers:** \_\_\_\_\_

Bolton: 644-2368

Cedars: 832-1705

cedars@warrencountyny.gov

Chestertown: 494-3119

Johnsburg: 251-2711

Long Lake: 624-5221

Warrensburg: 623- 2653

Lake Pleasant: 548-4941

Indian Lake: 648-5412

Lake Luzerne: 696-2200

First Presb. Church Glens Falls & Solomon Heights, Queensbury:

832-1705

Wells: 924-4066