

## March 2020

Warren/Hamilton Counties Office for the Aging

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 2</b> Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	<b>March 3</b> Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake	<b>March 4</b> Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Mandarin Oranges	<b>March 5</b> Sheppard Pie with Mashed Potatoes & Veggie, Peas & Onions Tropical Fruit	<b>March 6</b> Baked Fish Scandia Red Roasted Potatoes Spinach Rice Pudding/topping
<b>March 9</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	<b>March 10</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	<b>March 11</b> Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Diet	<b>March 12</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>March 13</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>March 16</b> Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	<b>March 17</b> <b>St. Patrick's Day</b> Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	<b>March 18</b> Greek Penne and Chicken Peas & Onions Mandarin Orange	<b>March 19</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler	<b>March 20</b>  <b>CHEF'S CHOICE</b>
<b>March 23</b> Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	<b>March 24</b> Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	<b>March 25</b> Beef Stew / Biscuit Boiled Potatoes Cauliflower Fresh Fruit	<b>March 26</b> Chicken & Stuffing Casserole Peas California Medley Fruited Jello	<b>March 27</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>
<b>March 30</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	<b>March 31</b> Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Chilled Peaches			<b>Age 60+ Suggested contribution is \$3</b>  <b>Under age 60, re- quired contribution is \$5</b>

### Meal site numbers:

Bolton: (518)644-2368  
Cedars: (518)832-1705  
cedars@warrencountyny.gov  
Chestertown: (518)494-3119

Johnsburg: (518)251-2711  
Long Lake: (518)624-5221  
Warrensburg: (518)623- 2653  
Lake Pleasant: (518)548-4941  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls &  
Solomon Heights, Queensbury:  
(518)832-1705  
Wells: (518)924-4066



# 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

## WINTER EDITION

2020

### January, February & March

#### Office Staff

Deanna "Dee" Park - *Director*  
Catherine Bearor -  
*Services Specialist*

Susan Dornan -  
*NY Connects Coordinator*  
Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Keyboard  
Specialist*

Tammy Morehouse -  
*Aging Services Assistant*

Rose Ann O'Rourke -  
*Coordinator of Services*

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Mary Ann McCarthy -  
*Volunteer Coordinator*

Catherine Keating - Stauch -  
*Registered Dietician / Menu*



**Newsletters are available  
online at:**

[www.warrencountyny.gov/ofa/  
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact Mary Ann at  
761-6347 to be added to our  
email list.



## Volunteers Needed!

**Fill your Time, Fill your Heart.**

- Deliver noon time meals to seniors in your Community.
- When local schools are closed due to bad weather we DO NOT deliver meals.
  - Mileage is reimbursed
- Call and Schedule a ride along to see if it is a good fit for you. Call Office for the Aging **518-761-6347**.

### Winter Reminders for Home Delivered Meals

- ◆ Please be sure that your sidewalks, driveways and porches are free from snow and ice. Volunteers will not deliver meals if conditions are not safe.
- ◆ On the occasion that you need to cancel meals please contact the meal site as early as possible. The phone numbers for each meal site are on the last page of the Newsletter at the bottom.
- ◆ If the local schools are closed in your area due to bad weather the Meal Sites are closed also. Follow your local TV or radio to determine if the meal site is closed.
- ◆ We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers, oatmeal.



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



**Have you heard about NY Connects Long Term Care Council?**

**Our Council is a group of over 220 people!**

**Our Council would like you to join us!**

**No membership fee to become a member.**

**Our purpose is to plan and develop our long term care system so it will meet the needs in each county. We do this by having meetings in Warren, Hamilton, and Washington counties throughout the year. We value your participation!**

**THURSDAY, March 12, 2020 NY Connects Long Term Care Council Meeting**

When: 9:30-10am Refreshments and our meeting will begin at 10a.m.

Where: Warren County Human Services Building, 1340 State Route 9, Lake George

Topics/Agencies planned to present include: Legal Aid Society of Northeastern NY, Northern Rivers Mobile Crisis Unit, L.E. A. P. and Glens Falls Transit.

\*Please RSVP to Susan Dornan, NY Connects LTCC Secretary at 1-866-805-3931 or 711 New York Relay Service.

NY Connects is here to provide information and assistance on long term care options available for people of any age having a long term care need. We can help you make a plan for situations that may happen; are you the primary caregiver and needing to be hospitalized for an upcoming surgery? Maybe you need someone to explain the process of applying for Medicaid so you can have insurance needed to cover the cost of in-home care, day care, assisted living, or a skilled nursing facility. We can answer your questions; give us a call at 1-866-805-3931 and if an appointment is needed, we can schedule one at our Office for the Aging in Lake George or do a home visit.

Winter Activity: If you live independently and may need additional assistance during an emergency, you can enroll in the Registry for People with Access and Functional Needs at [www.warrencountyny.gov/emergency/registry/](http://www.warrencountyny.gov/emergency/registry/) or by calling 518-761-6580 to register.

Looking for Housing Options?

The Conkling Center has an online housing directory. Their website is [www.TheConklingCenter.org](http://www.TheConklingCenter.org).

Or search NY Connects online Resource Directory at: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

If you don't use the internet, give NY Connects a call at 1-866-805-3931 and we will assist you.

**February 2020**

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**).

Diabetic desserts are available for those with diabetes. **Menus subject to change. Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes.

Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>February 3</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	<b>February 4</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	<b>February 5</b> Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin/Diet	<b>February 6</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>February 7</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>February 10</b> Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	<b>February 11</b> Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	<b>February 12</b> Greek Penne and Chicken Peas & Onions Mandarin Orange	<b>February 13</b> <b>CHEF'S CHOICE</b>	<b>February 14</b> <b>Happy Valentine's Day</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
<b>February 17</b> <b>Meal Site Closed</b> 	<b>February 18</b> Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	<b>February 19</b> Beef Stew / Biscuit Boiled Potatoes Cauliflower Fresh Fruit	<b>February 20</b> Chicken & Stuffing Casserole Peas California Medley Fruited Jello	<b>February 21</b> Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Birthday Cake <b>Happy Birthday</b>
<b>February 24</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	<b>February 25</b> Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Chilled Peaches	<b>February 26</b> <b>Ash Wednesday</b> Macaroni & Cheese Stewed Tomatoes Broccoli Fruited Gelatin	<b>February 27</b> Chicken & Biscuit Brown Rice Italian Veggies Yogurt w/Berries	<b>February 28</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Brownie

# January 2020

## Warren/Hamilton Counties Office for the Aging

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60+ Suggested contribution \$3  Under 60, required contribution is \$5		<b>January 1</b>  <b>Meal site Closed</b>	<b>January 2</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>January 3</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>January 6</b> Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	<b>January 7</b> Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	<b>January 8</b> Greek Penne and Chicken Peas & Onions Mandarin Orange	<b>January 9</b>  <b>CHEF'S CHOICE</b>	<b>January 10</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
<b>January 13</b> Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	<b>January 14</b> Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	<b>January 15</b> Beef Stew / Biscuit Boiled Potatoes Cauliflower Fresh Fruit	<b>January 16</b> Chicken & Stuffing Casserole Peas California Medley Fruited Jello	<b>January 17</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>
<b>January 20</b>  <b>Meal site Closed</b>	<b>January 21</b> Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Chilled Peaches	<b>January 22</b> Macaroni & Cheese Stewed Tomatoes Broccoli Fruited Gelatin	<b>January 23</b> Chicken & Biscuit Brown Rice Italian Veggies Yogurt w/Berries	<b>January 24</b> Soup of the Day (at congregate site only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie

Dear OFA,

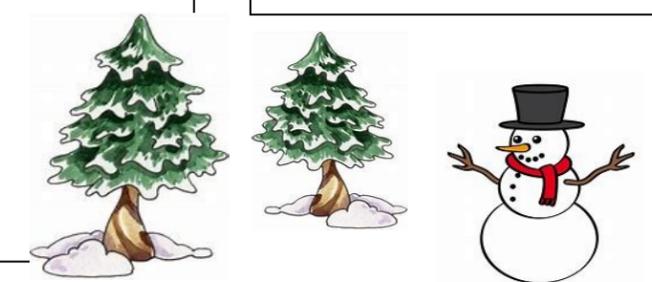
My spouse recently passed away so I am seriously considering relocating to housing where I can get some assistance with personal care because although I use a walker, I have fallen a few times recently. I don't like being so isolated and far away from others. I'm still driving though at age 85 my eyesight is poor and my reaction time is not as quick as in my earlier years. Our house was put into a trust about 8 years ago and I have less than fifteen thousand dollars in assets. My monthly income is about fourteen hundred dollars. What are some options?  
Almost Ready in Riparius

Dear Almost Ready,

There are a few options to consider. Countryside Adult Home in Warrensburg has private and semi-private rooms with assistance with bathing, showering and provides 3 meals and snacks daily as well as transportation to stores, the bank, etc. For admission criteria call Amy at 518-623-3451 or go to: <https://www.warrencountyny.gov/cs/placement.php>

Another option could be Cedars Senior Living Community located in Queensbury, for people age 55 and older with rent based on income. Each apartment is leased with a one-year rental agreement and pets are not allowed. It is one of our congregate meal sites so you could socialize while having lunch with others Monday-Friday in the dining area. Transportation is not provided however there are options available for transportation such as "On the Go", Office for the Aging and Glens Falls Association for the Blind & Visually Impaired. Personal care assistance is not provided however you could apply for assistance through the EISEP program at Office for the Aging. Based on your income and that you only need a few hours of help, this may be a good option for you. OFA contracts with licensed home care agencies for EISEP services. Please contact NY Connects at 1-866-805-3931 between the hours of 8a.m. and 4p.m. to speak with us about these and other options. NY Connects can reserve a room to meet with you (and your family members/friends if you'd like) at our Office for the Aging or schedule a home visit to review options.

Sincerely,  
Office for the Aging



Have a question for us?

Email it to our newsletter editor, Mary Ann @ [McCarthyM@warrencountyny.gov](mailto:McCarthyM@warrencountyny.gov)

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

### **NORTH COUNTRY MINISTRY**

**518-623-2829**

**WE PROVIDE DONATED, USED FURNITURE TO ANYONE IN NEED.**

**OUR FURNITURE BARN IS LOCATED IN NORTH CREEK. WE HAVE AN EMERGENCY ASSISTANCE FUND FOR SHORT TERM HELP WITH BASIC NEEDS.**

# SENIOR OF THE YEAR 2020

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.  
 FROM: Deanna Park, Director, Office for the Aging  
 Warren-Hamilton Counties  
 Phone: 518-761-6347  
 Fax: 518-761-6344  
 1340 State Route 9, Lake George, NY 12845  
 RE: **NOMINATIONS FOR SENIOR OF THE YEAR**  
 DATE: November 15, 2019

It's that time of the year again, and the Office for the Aging asks for your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is **not** required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration. The state will no longer accept the nomination of a couple for a single award. If you wish to nominate a couple they will need to be nominated separately.

I have enclosed a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office [roversj@warrencountyny.gov](mailto:roversj@warrencountyny.gov). Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination to me, Deanna Park or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by **Friday, February 7<sup>th</sup>**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. **Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Friday, February 7<sup>th</sup>.**

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me.

Thank you,  
Dee



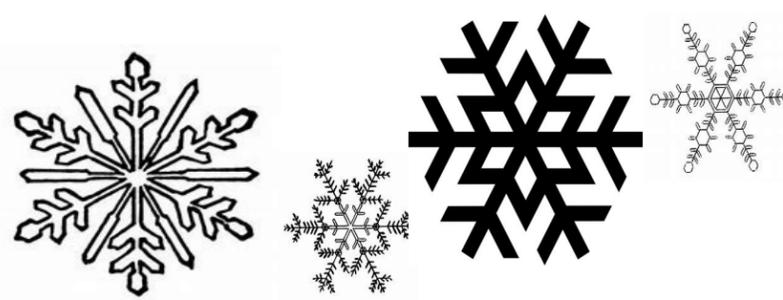
X U R T R J M E S K U E P L  
 O F V E R S C A N O E E C G  
 E A I H A P P Y R E Z N A L  
 P M N I U U V X G I E W T N  
 Y I F R I E N D C Q D O R P  
 L L Y P C I U R E N E W A R  
 F Y S M F O E L H O M E V O  
 E E L A Z X A D V E T U E J  
 R S D N E W H E A L T H L E  
 I L A I T N E T O P T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



- EXERCISE**
- HOME**
- HAPPY**
- HEALTH**
- VISIT**
- NEW**
- RESOLVE**
- FAMILY**
- WONDER**
- HONOR**
- FRIEND**
- PROJECT**
- RENEW**
- TRAVEL**
- POTENTIAL**



# Winter Word Search



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

- SNOW FLAKES
- HIBERNATING
- SKI
- MITTENS
- ICE
- SLED
- FIREPLACE
- SHOVEL
- SNOWSHOE
- FREEZING
- FLURRY
- COOKIES
- HOT COCOA
- BALACLAVA
- EARMUFFS
- FLANNEL
- SKATE
- MEGGLE
- ICICLE
- HOGAMADOG



## 2020 Senior Day

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging.

### NOMINEE'S INFORMATION

First & Last Name:		County:	
Nickname (If Any):		Telephone #:	
Address:		Email Address:	
City:		Pronunciation of Name:	
Zip Code:			
Years of Volunteer Service:		# of Children:	
Previous or Current Profession:		# of Grandchildren:	
Military Branch of Service:		# of Great Grandchildren:	

Organizations for which the nominee currently volunteers/has in the past volunteered:

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Brief Biography of the nominee (i.e., are they a native New Yorker, how long have they lived in New York, where they currently reside, past/present career, family details: (Approximately 100 ) words)

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Details about how the nominee has made a difference in your community through civic engagement: (Approximately 125 words)

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What advice does the nominee have about volunteering for other New Yorkers?: (Approximately 50 words)

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# HIICAP Corner Medicare Information and Updates



*Happy New Year!*

### Medicare reminder for the new year:

If you have an Advantage Plan that is not covering you as expected, Medicare offers a Special Enrollment Period (SEP) to change your plan to another Advantage Plan from January 1 to March 31.

Before making this change, be sure you contact your plan or agent of record to find out if the plan you currently have could be used more efficiently.

### Frequently Asked Questions: Who is eligible for Medicare?

- \* U.S. Citizens turning age 65
- \* Those who are 65 or older with a permanent resident status of 5 years or more
- \* Recipients of Social Security Disability (SSD) who have been receiving the benefit for 24 months
- \* Those with ALS beginning the first month of SSD benefits
- \* Those with End Stage Renal Disease (ESRD)

If you are collecting Social Security Retirement or Disability benefits at the time of your eligibility, you will receive Medicare automatically. Otherwise you will need to apply through the Social Security Administration

### Who can opt out of Medicare?

You could face possible penalties for opting out of Medicare with these exceptions:

- 1) If you are 65 years old or older, you or your spouse are **actively** employed (not a retiree plan), and have insurance through that employer (when the company has 20 or more employees).
- 2) If you are under 65 years old and receiving SSD, you or your spouse or a family member are **actively** employed, and have insurance through that employer (when the company has 100 or more employees).

### Consequences of opting out of Medicare

**Penalty for delaying Part B:** Assessed for every 12 full months you did not have this coverage while eligible. You will be charged 10% of the monthly Part B premium (\$144.60 in 2020 = \$14.46 for each full year) which will be added to the Part B deduction from your Social Security Benefits each month.

**Penalty for delaying Part D:** Assessed for every month you did not have this (or other creditable drug coverage) while eligible. You will be charged 1% of the benchmark amount for a Part D plan (in 2020 \$32.74 = \$.327 for each month not covered by Part D) which will be added to your Part D premium each month.

**Billing Issues:** When Medicare is primary and you use only a secondary insurance, the secondary insurance may refuse to pay medical claims or request reimbursement when they learn Medicare is primary.

### Eliminating Penalty

The Medicare Savings Program: Income eligible beneficiaries (gross income under \$1426/month single or \$1923 couple) can apply through Department of Social Services for help with Medicare premiums and penalties.



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program



# Office Bulletin Board



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 Ann Blanchard.....8  
 Frank O'Keefe.....14  
 JoAnn Holmes.....23  
 Mollie Milkiewicz.....24  
 Bruce Imrie.....27

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 Tom Barton.....6  
 Leon Steves.....11  
 Jim Goodspeed.....12  
 Pat Sennett.....13  
 Philip Nadig.....18

## MARCH

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 Judy Barton.....3  
 Angela Braggs.....8  
 Lisa Truax.....8  
 Mike Goodwin.....15  
 Sarah Husa.....20  
 Jody Meyer.....24



## Attention Meal Recipients:



### The Meal Sites will be closed on the following dates:

**New Year's Day, Wednesday, January 1**

**Dr. Martin Luther King Jr. Day, Monday, January 20**

**Presidents' Day, Monday, February 17**



# Hamilton County

## Hamilton County

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.



## HEAP



Reminder that the 2019-2020 Home Energy Assistance Program (HEAP) opened November 12th, 2019 and is scheduled to close March 16th, 2020. Your household may be eligible if you receive SNAP benefits or meet the other requirements below.

### Eligibility for a regular benefit:

- \* You and household members are US Citizens or qualified aliens
- \* You household's monthly gross income is at or below limits below

Household of 1: \$2494/month Gross  
 Household of 2: \$3262/month Gross  
 Household of 3: \$4030/month Gross  
 Household of 4: \$4797/month Gross

### Emergency HEAP

Beginning January 2nd, if you have already received your regular HEAP benefit for the 2019-2020 Program year and are in danger of running out of fuel or having your utility service shut off, you may request an emergency HEAP benefit.

### Eligibility for an emergency benefit:

- \* Must have received regular HEAP benefit for the current season
- \* Gross income at or below the guidelines listed above
- \* Heating and/or electric bill is in your name
- \* Household resources below \$2000 if no household members under 60
- \* Household resources below \$3000 if any household member over 60



**January 9th 1pm-2:30pm**  
Activity with Susan Rollings

**February 13th 1pm-2:30pm**  
Making Valentine Treats

**March 12th 1pm-2:30pm**  
Massage with Terry Fluri

**What is a Memory Café?**  
A Memory Café provides a gathering place for friends with Alzheimer's disease or other Dementia and their caregivers and families to relax and enjoy social events, refreshments, and entertainment.



**Indian Lake Senior Citizen Center**  
6358 State Route 30  
Indian Lake, NY

**wehelpcaregivers.com**  
The Caregiver Support Initiative  
SUNY Plattsburgh

For more information about our FREE events or to RSVP call Stacey Barcomb at (518) 832-4992

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



Try this vegetarian Chili dish for your Meatless Monday entrée.

## Three-Bean Chili With Chunky Tomatoes

Spice is nice, especially on a chilly night!

Prep time Cook time Yields Serving Size  
10 minutes 20 minutes 4 servings 2 C chili

### Ingredients

2 Tbsp. canola oil  
1 C onion, coarsely chopped  
½ C celery, rinsed and chopped  
1 C green bell pepper, rinsed and diced  
1 can (15½ oz.) low-sodium black beans, drained and rinsed  
1 can (15½ oz.) low-sodium red kidney beans, drained and rinsed  
1 can (15½ oz.) low-sodium pinto beans, drained and rinsed  
2 cans (14½ oz. each) no-salt-added diced tomatoes with basil, garlic, and oregano  
1 Tbsp. ground cumin  
1 Tbsp. chili powder

calories	443
Total fat	8 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	331 mg
Total fiber	16 g
Protein	22 g
Carbohydrates	73 g
Potassium	1,411 mg



### Directions

- 1 In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes.
- 2 Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.
- 3 Add drained and rinsed beans to pot.
- 4 Stir in tomatoes, cumin, and chili powder.
- 5 Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors.
- 6 Serve immediately.

*Tip:* Delicious with rice or a side of cornbread

*Note:* If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.

Recipe Source: *Deliciously Healthy Dinners*



**January 17th** from 1pm-2:30pm

**Massage with Terry Fluri**

Caregiver Support Initiative

357 Bay Rd Suite 8, Queensbury

**February 21st** from 1pm-2:30pm

**Music by Max McDonnell**

The Glen at Hiland Meadows

39 Longview Drive, Queensbury

**March 20th** from 1pm-2:30pm

**Acentertainment**

The Verve

30 LaCross Street, Hudson Falls

**Walk-ins are welcome,  
but RSVP is appreciated  
for the FREE Memory Café**

For more information or to RSVP,  
call Stacey Barcomb (518) 832-4992

### What is a Memory Café?

A Memory Café provides a gathering place for friends with Alzheimer's disease or other dementias and their caregivers and families to relax and enjoy social events, refreshments, and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

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



*Do you enjoy driving? Do you have a reliable vehicle? Does your schedule allow for using your vehicle to help seniors, who do not have access to a car or the ability to drive? Do you enjoy that rewarding feeling of doing a good deed for someone in need?*

*If you said YES to these questions, we have need of you!*

Won't you call us at RSVP and arrange an interview? We will help you fill this need, and we look forward to talking with you!

**518-743-9158 or [rsvp@tricountyunitedway.org](mailto:rsvp@tricountyunitedway.org)**



## Creamy Squash Soup With Shredded Apples

- 2 boxes (16 oz. each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 Tbsp. olive oil
- ½ tsp pumpkin pie spice
- 2 cans (12 oz. each) fat-free evaporated milk
- ¼ tsp salt
- ⅛ tsp ground black pepper

calories	334
Total fat	4 g
Saturated fat	1 g
Cholesterol	7 mg
Sodium	370 mg
Total fiber	5 g
Protein	18 g
Carbohydrates	62 g
Potassium	1,142 mg

- 1 Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
- 2 Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
- 3 Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
- 4 Stir in thawed squash and pumpkin pie spice.
- 5 Add the evaporated milk about ½ cup at a time, stirring after each addition.
- 6 Season with salt and pepper.
- 7 Cook and stir over high heat just until soup is about to boil.
- 8 Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice, if desired.

Recipe Source: *Deliciously Healthy Dinners*



### Legal Aid is Here to Serve Warren and Hamilton Counties

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).



### 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**

# March is National Nutrition Month



New Members Are Welcome Come Join our Family

### HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Thurs-1/2	Undecorating party after pot luck lunch	12 pm
Fri-1/3	Special Bingo-Large cards available, prizes, refreshments	1 pm
Mon-1/6	Chair Yoga-great exercise	10 am
Tues-1/7	Bingo-large cards available, come join in on the fun	10 am
Wed-1/8	Scrabble/Bridge	10 am
Wed-1/8	Game day-Mahjongg, Mexican train	1 pm
Thurs-1/9	Mayor Dan Hall will talk about renovations and changes in our Glens Falls	1 pm
Fri-1/10	Let's Talk-bring your thoughts and ideas about changes, trips, activities	1 pm
Mon-1/13	Walmart Shopping	9:30 am
Tues-1/14	Bingo-large cards, join the fun	10 am
Wed-1/15	Scrabble/Bridge	1 pm
Wed-1/15	Game day-Mahjongg, Mexican Train	1 pm
Thurs-1/16	Program on Chronic Disease	1 pm
Fri-1/17	Let It Snow Lunch	12 pm
Wed-1/23	Chronic Disease program series	1 pm
Thurs-1/24	Grandma Jo's	1 pm
Mon-1/27	Lunch Bunch	12 pm
Tues-1/28	Let's Travel French/Italian Rivera	1 pm
Wed-1/29	Scrabble/Bridge	10 am
Wed-1/29	Game Day-Mahjongg, Mexican Train	1 pm
Wed-1/30	Chronic Disease series	1 pm
Fri-1/31	Movie and Popcorn	1 pm
<b>Ongoing Activities at a Glance:</b>		
Mon-Fri.	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Friday	Chair Yoga	8 am
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9-10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

**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.

### Here are some suggestions to help you get started:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as *MyPlate* encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

\*Sources: Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org),



National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics.

The campaign focuses attention on the **importance of making informed food choices and developing sound eating and physical activity habits.**

Each one of us has our own individual food preferences, cultural traditions, and most importantly, "relationship" with food. But sometimes the choices we make are not fostering the healthiest person we can be. And March as National Nutrition

Month®, it is an excellent time to become informed about the importance of good nutrition for overall health and well-being.

This year the theme is "bite by bite" which also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming





## Healthy New Year's Resolutions for Older Adults

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Many of us make *New Year's resolutions* with the goal to improve our lives, like exercising more or eating healthier. These types of goals can really be helpful in preventing illness and injury—especially for older adults.

To increase your chances of success, set small, attainable goals throughout the year. That way, you can fulfill one of your *New Year's resolutions* while improving your health and happiness in 2020. Here are a few *New Year's resolutions* that older adults should consider adopting in 2020 to stay healthy, fit and happy:

**Start a New Exercise Regimen:** For older adults, exercising is essential to staying fit and healthy. This year, make a commitment and plan out a new workout regimen that fits your needs. For example, there are many exercises available for seniors with arthritis that can help relieve pain and strengthen joints.

**Eat Healthier: Eating healthy** is as important as exercising. What you put in your body fuels your day and helps to keep your mind sharp. **Avoid processed foods** and make a promise to eat more fresh fruits and vegetables. As well as:

- Fiber-rich whole grains
- Heart-healthy fish
- Low-fat meats like chicken and turkey

**Improve Your Balance:** Falls are one of the leading causes of injuries among older adults. This year, empower yourself to improve your balance and help prevent falling. Exercises that strengthen your muscles are a good first step.

**Boost Your Brain:** Mental health is an important aspect of healthy living. The more you use your mind, the more the brain is stimulated, which improves memory and brain function and reduces the risk of cognitive diseases. There are several “brain-boosting” activities to challenge and exercise your brain like:

- Puzzles
- Word games
- **Learning to play a musical instrument**
- Learning a second language

**Manage Your Medications:** When you see your doctor, discuss your current medication list. As people age, they tend to be on more and more medications, but not all of them may be necessary. Review your medications and verify that you still need them. Some drugs can cause serious side effects that impact quality of life, while others can cause adverse side effects.

Adopted by: Bethesda Health



## February is American Heart Month Keep Your Heart Healthy



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Heart disease is the leading cause of death for men and women in the US Take steps today to lower your risk of heart disease

### 4 Ways to Take Control of Your Heart Health

1. Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.
2. Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.
3. Make heart-healthy eating changes. Eat foods low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.
4. Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

**Am I at risk for heart disease? Everyone is at risk. But you are at a higher risk if you:**

- Have high cholesterol or high blood pressure
- Smoke
- Are overweight or obese

**Your age and family history also affect your risk for heart disease. Your risk is higher if:**

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

Adopted by: CDC

