

March 2023 - Altered Delivery Schedule

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.**

Frozen Dinner Heating Instructions: **Oven:** 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60+ suggested contributions is \$3 Per meal, under 60 years old required contribution is \$5		March 1 Beef Stew with Boiled Potatoes & Carrots Cauliflower Biscuit Fresh Fruit	March 2 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	March 3 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Marinated Veggies Brownie
March 6 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	March 7 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	March 8 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	March 9 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	March 10 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding
March 13 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	March 14 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	March 15 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	March 16 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	March 17 St. Patrick's Day Corned Beef & Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert
March 20 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	March 21 Swedish Meatballs Over Noodles California Veggies Cookie	March 22 Greek Penne and Chicken Peas & Onions Mandarin Orange	March 23 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	March 24 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange Peach Cobbler
March 27 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	March 28 CHEF'S CHOICE	March 29 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Fresh Fruit	March 30 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	March 31 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday

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)623-3451
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

Please Note: Contact your Mealsite to request a substitution if you do not care for Fish or Liver. The meal site Phone Numbers are listed above.



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

2023

JANUARY, FEBRUARY AND MARCH

OFFICE STAFF

Deanna "Dee" Park-Director

Rose Ann Taft-Coordinator of Services

Catherine Bearor-Services Specialist

Hanna Hall-Services Specialist

Sherry Hanchett-Reception/ Services Assistant

Dinah Kawaguchi-Keyboards Specialist

Cindy Cabana-Aging Services Assistant

Cindy Coulter-Aging Services Assistant

Stephanie Belden-Aging Services Assistant

Catherine Keating-Stauch-Registered Dietician / Menu

Jeffrey Haines-Fiscal Coordinator

Mary Ann McCarthy-Services Assistant ,
Volunteer Coordinator/ Newsletter



Newsletters are available online at: www.warrencountyny.gov/ofa/newsletters.php Or contact Mary Ann at 761-6347 to be added to our email list.



Are you interested in Volunteering?

One of the best ways to spend your time and give back to your Community is Volunteering. Are you tired of doing the same old thing every day? When you could be helping the people in our community. The Office for the Aging is looking for Volunteers to deliver meals and drive people to medical appointments in our community. Many of our Volunteers are heading to warmer climates for the winter. Currently, we are delivering meals only 3 days a week. We would like to increase meal delivery to 5 days a week Monday through Friday and we need your help. Call Office for the Aging at 518-761-6347 to Volunteer and offer a helping hand.

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



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Winter Reminders for Home Delivered Meals

- ◆ Please be sure that your sidewalks, driveways and porches are free from snow, ice and any clutter that will make it difficult for the Volunteers to deliver meals. Volunteers can 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.
- ◆ We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers, oatmeal.



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Age 60 +suggested contribution is \$3. Per meal under the age of 60 required contribution is \$5		February 1 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	February 2 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	February 3 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding
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February 20 Meal Site Closed 	February 21 CHEF'S CHOICE	February 22 <i>Ash Wednesday</i> Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries	February 23 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	February 24 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
February 27 Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	February 28 Chili with Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit			

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SENIOR OF THE YEAR 2023

January 2023 - Altered Delivery Schedule

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2  Meal site Closed	January 3 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	January 4 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	January 5 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	January 6 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
January 9 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	January 10 Swedish Meatballs Over Noodles California Veggies Cookie	January 11 Greek Penne and Chicken Peas & Onions Mandarin Orange	January 12 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	January 13 Stuffed Shells/ Marinara Meat Sauce Green Beans Carrots Peach Cobbler
January 16  Meal Site Closed	January 17 CHEF'S CHOICE	January 18 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	January 19 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	January 20 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
January 23 Chicken Parmesan Penne Pasta with Marinara Sauce Carrots Tropical Fruit	January 24 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	January 25 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries	January 26 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	January 27 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
January 30 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	January 31 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple		Age 60+ suggested contribution \$3 Per Meal. Under age 60 required contribution is \$5	

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TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.
FROM: Deanna Park, Director, Office for the Aging
RE: NOMINATIONS FOR SENIOR OF THE YEAR
DATE: December 1, 2022

It's that time of the year again, and the Office for the Aging asks 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 attached 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 using the following parkd@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 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 24th**.

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 24th.**

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,
Deanna

2023 Senior of the Year

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	
Zip Code:			
Years of Volunteer		# of Children:	
Previous or Cur-		# of Grandchildren:	
Military Branch of		# of Great Grand-	

Organizations for which the nominee volunteers/has volunteered:

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)

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

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

Winter Word Search



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

SKIING	DECEMBER	SHOVEL	BOOTS
COCOA	BLIZZARD	COAT	SNOWSUIT
FLEECE	CHIMNEY	ICE SLOPE	MURUANEQ
SPICE	FREEZING	SLEET	INVERNO
SLED	GLOVES	SQUALL ₂₁	PIPON



Cinnamon Sweet Tortilla Chips with Fruit Salsa

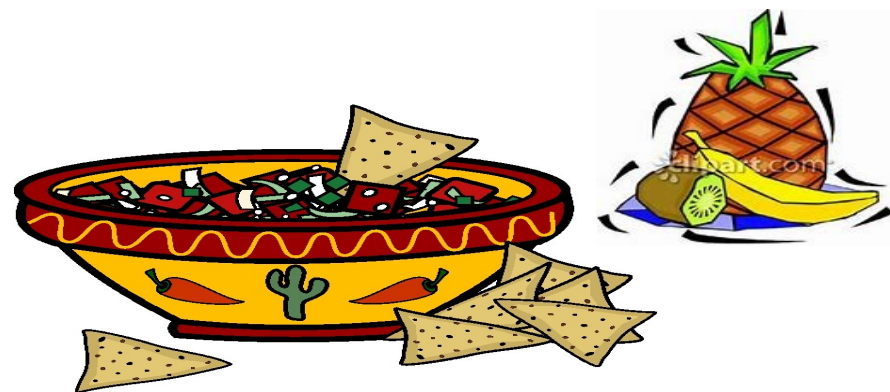
The tropical flavor of the fruit salsa teams well with the crunchy texture of cinnamon sweetened tortilla chips.

- Cooking spray
- 2 teaspoons olive oil
- 12 drops cinnamon-flavored liquid stevia sweetener
- ½ packet stevia sweetener or ¼ teaspoon stevia sweetener
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 8 6-inch corn tortillas, each cut into 6 wedges
- 1 medium orange peeled and diced
- ½ cup diced mango (from ½ of a medium mango)
- 1 medium kiwifruit peeled and diced
- ¼ cup pineapple tidbits, canned in their own juice, drained
- ¼ cup diced strawberries (about 2 large)
- 1 tablespoon chopped cilantro
- 1 teaspoon grated lime zest
- 2 squeezes tropical punch-flavored stevia water enhancer

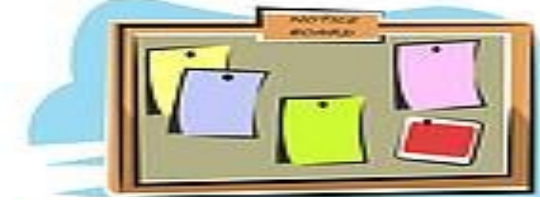
Directions

Tip: Click on step to mark as complete.

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
 2. In a small bowl, stir together the oil, liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
 3. Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
 4. Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes.
 5. Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
- Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and stevia water enhancer. Serve with the tortilla chips.



Office Bulletin Board



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Spotlight on

Volunteer's Name : Diane Collins

Age: 82

How Long have you been a Volunteer for WHCOFA? 5+ years

Why did you decide to Volunteer for WHCOFA? An elderly neighbor asked me to replace her

What do you enjoy most about Volunteering? Volunteering brightens my day

What has been your most rewarding volunteer experience with WHCOFA? Well each time receiving smiles and gratitude from the Clients.

What do you do when not volunteering for WHCOFA? Climate action advocacy, wild flower photography and designing booklets.

Happy New Year!

In 2023 Medicare has made a few changes for new as well as existing beneficiaries, including cost shares, Part B start dates for new enrollees, and income limit increases for the Medicare Savings Program and Medicaid.

Medicare Cost Share Updates for 2023

Medicare Part B standard monthly premium-	\$164.90 (2022: \$170.10)
Medicare Part B annual deductible-	\$226.00 (2022: \$233.00)
Medicare Part A inpatient deductible-	\$1,600.00 (2022: \$1,556.00)
Social Security Cost of Living increase-	8.7%

Medicare Part B General Enrollment Period (GEP)

Beneficiaries who did not get Medicare Part B during their Initial Enrollment Period (IEP) can enroll through Social Security between January 1st and March 31st during the GEP. Beginning in 2023, Part B coverage will start the first of the month following enrollment (previously coverage was delayed until July 1st). In addition, beneficiaries who sign up for Part B during the last 3 months of their IEP will also have coverage starting the 1st of the following month (previously coverage was delayed up to 3 months depending on month of application during IEP).

Medicare Savings Program and Medicaid

The following page outlines new income limits for the Medicare Savings Program and Medicaid for NY State Medicare beneficiaries. This is an opportunity to get assistance with Medicare costs, including medical and Part D prescription drugs.

QI-1 (Qualified Individual): coverage of Part B premium and Extra Help

QMB (Qualified Medicare Beneficiary): Coverage of Part A and Part B premiums, deductibles, copays, and coinsurance as well as Extra Help

Medicaid: Health coverage for those with limited income/assets, pays after Medicare

Portobello Pot Roast

Health-conscious readers picked this recipe as one of their favorite online heart-healthy recipes. Meaty portobellos stand in for beef in this vegetarian portobello pot roast that's as rich as the classic but cooks in a fraction of the time. **Hands on Time:** 15 mins **Total Time:** 1 hr **Serves:** 4

Ingredients

- 12-ounce baby yellow potatoes halved if large
- 8 4-inch portobello mushrooms, stemmed and, if desired, gills removed
- 1 Vidalia onion cut into 8 wedges
- 12-ounce baby carrots with 1/2-inch tops, scrubbed
- 3 cloves garlic sliced
- 1/2 cup dry white wine

Directions

Preheat oven to 375°F. In a 6-quart Dutch oven layer potatoes, mushrooms, onion, carrots, and garlic. Add white wine. Sprinkle with oregano. Drizzle with oil; sprinkle with 1 teaspoon salt and 1/2 teaspoon black pepper. Bake, covered, 45 to 60 minutes or until vegetables are tender, stirring once or twice.

Transfer Dutch oven to stove top. Using a slotted spoon, transfer vegetables to a serving platter. Bring cooking liquid to boiling. Boil gently, uncovered, 5 minutes until reduced by half. Pour liquid over vegetables on platter; sprinkle with horseradish. Season to taste. Makes 4 to 6 servings.



Spinach & Chicken Italian Casserole

Here is an inexpensive, healthy recipe, for you to use and share with your family, friends, and neighbors. **Prep time:** 5 MIN **Cook time:** 30 MIN
Yield: 7 Servings **Serving Size:** 1 cup

Ingredients:

- 1 cup tomato pasta sauce
- 1-pound chicken breast cut or pounded into 1/2-inch thick slices
- 1/4 teaspoon each salt and pepper
- 1 package frozen spinach thawed and drained or 4 cups fresh spinach leaves
- 3/4 cup shredded mozzarella cheese

Directions:

1. Preheat oven to 350 degrees.
2. Pour 1/2 cup of pasta sauce in a large baking dish.
3. Sprinkle salt and pepper over chicken and add to the dish.
4. Top with remaining 1/2 cup of pasta sauce, spinach and mozzarella.
5. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to brown.

Notes:

- Refrigerate leftovers within 2 hours.
- Add additional vegetables, such as broccoli or cauliflower.
- Serve with a whole grain like brown rice or whole wheat pasta
- Keep it tasty and healthy. Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading meat or poultry, which adds calories.
- Keep chicken lean! Chicken is a source of lean protein—remove the skin to avoid eating excess amounts of saturated fat to keep your heart healthy and cholesterol at healthy levels.

Cost of meal: \$9.56 PER RECIPE, \$1.37 PER SERVING Adopted by: Maine Snap-Ed



Have a Healthy Heart

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

5 INTERESTING FACTS ABOUT HEART HEALTH

1. It supplies blood to every cell

Apart from the cornea, every cell in the human body gets blood from the heart.

2. It works really hard

In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute.

3. Heart attacks can be silent

One in five heart attacks occurs without the person even knowing they had one.

4. Heart attacks affect women differently

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting. Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

5. It is psychologically influenced

Happiness and a strong sense of emotional vitality help lower the risk of heart disease.

National Heart Healthy Month FAQs

Does smoking affect the heart?

Yes, the chemicals in tobacco smoke can harm your blood cells. They can also damage the effective functioning of your heart and blood vessels.

Can exercise reduce heart blockage?

Cardiovascular exercise improves the pumping and circulation of blood, which may help reduce the chances of developing blockages or clots in the arteries.

What is the size of the heart?

It is 5 inches (12 cm) long, 3.5 inches (8-9 cm) wide and 2.5 inches (6 cm) from front to back and is roughly the size of your fist. The average weight of a female human heart is 9 ounces and a male's heart is 10.5 ounces. The heart comprises less than 0.5 percent of the total body weight.

Adopted By: national today

HIICAP Corner Medicare Information and Updates



Medicare Savings Program and Medicaid Expansion in NY State

Medicare beneficiaries in NY State with limited income may be newly eligible for the Medicare Savings Program (MSP) or Medicaid in 2023. Beneficiaries already enrolled may receive more comprehensive benefits in 2023.

Medicare Savings Programs (MSPs): help pay for your Part B premium. If you enroll in an MSP, you will also automatically get Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) costs.

Medicaid: provides health coverage for certain people with limited income and assets. For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurance and copayments. It also may cover services Medicare does not cover, like vision or dental.

If you meet the estimated income limits below, you can request an application through your Department of Social Services (DSS) or Office for the Aging. Income estimates are based on 2022 Federal Poverty Level (FPL) and will not be finalized until the release of the 2023 FPL. If your income is close to the limit, it is often worth applying.

Program	2023 NY gross monthly income limits		2023 NY asset limits	
	Individuals	Couples	Individuals	Couples
QI-1	\$2,107	\$2,839	No limit	No limit
QMB	\$1,563	\$2,106	No limit	No limit
Medicaid	\$1,563	\$2,106	\$28,134	\$37,908



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NY Connects
Your Link to Long Term
Services and Supports

Planning for Your Future Care in 5 Steps

Future-care planning involves ensuring your health decisions will be followed if you become ill and cannot make your wishes known. It's easy to drag our feet on creating such a plan, but taking ownership of your potential future health conditions is a wise choice.

You might consider planning for your future care as an insurance policy—proactive decision-making for “what-if” situations.

What Is Future-Care Planning?

Most people age 60 and older have done little or no planning for their care needs. It might be easier in the short term to avoid this process, but future-care planning can be empowering.

Future-care planning discussions should be driven by your comfort level. You might want to:

- Work through the preliminary decision-making on your own, then discuss those decisions with friends and family.
- Involve your family from the start, asking for ideas and feedback and incorporating them into a plan.

As you begin planning for your future care, here's a bit more information to consider:

1. Decide who should be involved.

Most likely, those involved in your care will be immediate family members, but the choice is yours. If you have anyone else involved in your care that you trust—such as a professional caregiver who provides occasional care services—it might be helpful to include their expertise.

CORNER



CATHERINE'S

February National Heart Month



Catherine Keating-Stauch, RDN CDN Certified Dietitian

February is National Heart Healthy Month

The human heart is a vital organ that pumps blood throughout the body, supplying oxygen and nutrients to the tissues and removing carbon dioxide and other metabolic wastes.

You are encouraged to actively participate in the activities of this month, from preparing heart-healthy meals, work out, and mainly develop healthier habits. Having a proper understanding of heart conditions is quite complex, but that is just what the month has been set aside for.

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Adopted By: national today



Eating on a Budget

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist
If your New Year's resolution is to eat better and save money, follow the

Top ten Tips for Eating Better on a Budget

Here are our top 10 Tips to help you shop, cook, and eat healthy on a budget:
shop healthy on a budget

1) See what you already have. Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money and reduce food waste by using these items in the upcoming week's meals.

2) Create a list of recipes to try. Search for recipe ideas online for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are inexpensive or on sale. Check the grocery store's flyer for weekly deals on ingredients.

3) Think about your schedule. Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days when you have more time.

4) Plan to use leftovers. Think about larger recipes with enough servings for multiple meals.

5) Stick to your list. Plan your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to skip the tempting snack foods

6) Buy in season. Buying fruits and vegetables in season can lower the cost and add to the freshness! For example, look for fresh strawberries in June/July. If you are not going to use them all right away, buy some that still need time to ripen. Freeze fresh berries when they are on sale to have ripe, delicious berries year round.

7) Convenience costs...go back to the basics. Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

8) Cook once...eat all week! Prepare a large batch of favorite recipes on your day off and double or triple the recipe. Freeze in individual containers. Use them throughout the week, and you won't have to spend money on take-out meals. Eat healthy on a budget

9) Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients and help promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, broccoli, and leafy greens!

10) Drink water. Stay hydrated by drinking water instead of sugary drinks such as soda or sports drinks. Keep a reusable water bottle with you to always have water on hand.

Adopted By: Maine SNAP-Ed



2. Decide what you don't want to happen.

Create a list of things you would prefer **NOT** to happen if you were to become ill or incapacitated. For instance, if you would not want to be admitted to a hospital or receive life support in a worst-case scenario, you would include these items on the list.

3. Create a list of considerations that should be factored into your future care.

Next, list out specific requirements for your care, including:

- Preferences for care based on religious or spiritual beliefs.
- Where you would prefer to be cared for if you can no longer live alone.
- Who will look after your pets, house, or children, if applicable.
- The cost of at-home care or living in a community setting.

4. Establish a power of attorney.

Consider the legally binding aspects. By establishing a power of attorney (POA), you give another person the legal authority to make financial decisions on your behalf. Your POA can be a family member, such as a spouse, adult child, or other relative. They can also be a professional, such as an attorney.

5. Consider a community that provides a continuum of care.

Senior living communities offer what is referred to as a continuum of care, which provides various living options tailored to your needs. This approach to community living ensures an easy transition from one level of living to the next, if necessary.





Helping you navigate through a sea of information

DID YOU KNOW that you can combine military benefits (VA, CHAMPVA and Tricare for Life) with Medicare?

- Veterans will not lose their VA or Tricare for Life benefits
- Medicare plans provide benefits that are not typically available to all Veterans and their eligible spouses.
- All our Veterans Initiatives Program specialists are trained and certified in the combination of military and Medicare benefits.



JOIN US!

**JANUARY 12TH, 2023
5:00PM EST**

**American Legion
Post 374**

3932 NY-9L Lake George, NY 12845

For more information, contact
Licensed Insurance Agent,

**KELLY BUELL
(518) 429-1030**

GoldenSolutions@cheerful.com

DID YOU KNOW that you could be missing out on benefits such as:

- Dental, Hearing, Vision
 - Transportation
 - Over the Counter Benefits
 - Gym Membership
 - Medicare Part B Giveback
 - and more...
- *Not all benefits are available on all plans

As Veterans, we saw too many of our fellow Veterans and family members struggling with the complexity of both Medicare and Military benefits (VA, Tricare for Life, and CHAMPVA). You have earned both benefits. It can be complicated to navigate the combination of these health care systems in maximizing the benefits and care you deserve. Advocate Health Advisor's Veteran's Initiative Program can help. Our trained and certified representatives provide a no obligation review of your benefits.

ADVOCATEFORVETERANS.COM

This is an advertisement. Licensed Insurance Agents will be on hand to accept applications and answer questions about Medicare products including Medicare Advantage, Prescription Drug Plans and Medicare Supplements. For accommodations of persons with special needs at meetings call (518) 429-1030 TTY User 711.

MIND & BODY WELLNESS DAY JANUARY 3, 2023

Free & Open to the Public

- 10:00 AM ● **Managing Depression & Anxiety**
Kimberly Brayton, PhD, Brayton Psychological Services
- 11:00 AM ● **Healthy Substitutes & Eating for Heart Health**
Sherry Dieffenbach, Glens Falls Nutrition Center
- 12:00 PM ● **10 Benefits of Chiropractic Care**
Todd Rehm, D.C., Rehm Chiropractic
- 12:30 PM ● **Chair Yoga Demonstration**
Jennifer Scoville, Queensbury Parks & Rec.
- 1:30 PM ● **Tai Chi Demonstration**
Sam Ling, Ling's Wing Chun Kung Fu Academy
- 2:15 PM ● **Fall Prevention & Safety**
Capital Area Physical Therapy & Wellness
- 3:00 PM ● **Easy Modifications to Customize Your Exercise Routine**
Ann Giroux, Queensbury Parks & Rec.
- 3:45 PM ● **Intro. to Meditation & Reiki**
Maria Spagnola, Home Instead



**QUEENSBURY
SENIOR CITIZENS**

742 Bay Road,
Queensbury, NY

518-761-8224
www.seniorsonthego.org



We Hope to see you soon!

Queensbury Senior Citizens

Aging well in the Adirondacks!



Programs & Events for the Active Senior

742 Bay Road, Queensbury

www.seniorsonthego.org

518-761-8224



**VOLUNTEER
INCOME TAX
ASSISTANCE**

A Tri-County United Way Collaborative

**Media Contact: Joan Prouty
518-796-1632
tcuwvita@gmail.com**

The Tri County United Way is offering Free Tax classes to potential volunteers joining the Volunteer Income Tax Assistance program. With changes to the Earned Income Credit, Child Tax Credit, and Dependent Care credit more local residents will be looking for assistance completing their tax returns during the 2023 filing season.

Volunteers become IRS Certified Tax Preparers upon successful completion of this training. They then work one or two days/evenings a week in the local communities assisting families and individuals free of charge with completing and e-filing their personal tax returns.

The local VITA team prepares tax returns throughout Washington, Warren and Northern Saratoga Counties during the tax filing season of January – April. Other volunteers are needed to answer phones, make the tax appointments, and serve as greeters at the tax sites.

To learn more and/or register for these free tax classes contact Joan at 518-746-2560 or via email at tcuwvita@gmail.com or visit the website at www.tricountyunitedway.org.

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

Seniors, Stay Physically Active This Winter

As winter approaches many people decide to hunker down and wait for the return of warmer weather. However, staying physically active during the winter months is one of the best ways to maintain your health and to fend off the winter “blues”. Always check with your doctor prior to starting any new fitness program.

Here are some activities and safety tips to help you keep moving during the winter...

Go for a walk – When the weather cooperates get outdoors and enjoy the fresh air. Remember to wear proper footwear. Wear a pair of lightweight tennis shoes or boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.

Take your time. Walks in winter are not a race, and there is no need to hurry. Take small steps, and watch for, and avoid, icy spots. Walk with a friend.

if there are no good places to walk outside find a mall, shopping center or other public place that you can walk in. Sometimes these locations even have special hours for people who want to walk without a crowd. Call and ask.

Attend an Online Fitness Class – Technology can allow you to access fun fitness classes right from your living room. Contact local fitness clubs, senior centers or the County Office for the Aging and ask about low-impact virtual classes or one-on-one training services using Zoom or other virtual technology.

Find Online Fitness Videos Designed for Seniors – There are plenty of free and low-cost physical activity resources online. If a live online fitness class isn't for you search for recorded physical activity programs that you can do on your own time.

Your Home Can Be Your Gym – Find resources around your home to get a workout. You can use soup cans or bottled water as hand weights. If your home has stairs go up and down them a few extra times. Be sure to remove clutter and use hand rails to prevent falls. Wall push-ups and sit and stand chair exercises can strengthen arm and core muscles.

Depending on your fitness level and mobility try new winter activities like snow shoeing or cross-country skiing. Just remember to dress for the weather. (continued on next page)



When you're being physically active here are some areas to focus on:

- **Endurance** These activities increase your breathing and heart rates. Examples include dancing, climbing stairs and brisk walking.
- **Strength** Strong muscles help seniors remain independent and make everyday activities easier. Examples include lifting weights and using resistance bands.
- **Balance** These activities reduce the risk of falls. Examples include standing with your feet next to each other, standing on one foot and then the other, and tai chi.

Flexibility improves your joints' range of motion and makes daily tasks easier. Chair yoga and stretching can improve flexibility.

For more information about staying physically active year round visit the National institute on Aging <https://www.nia.nih.gov/health/exercise-physical-activity> or contact your local public health department.

