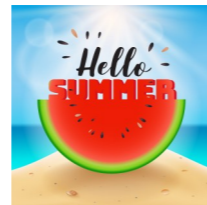




June 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	June 3 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	June 4 Meat Lasagna Green Beans California Medley Mandarin Oranges	June 4 CHEF'S CHOICE	June 5 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
June 9 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	June 10 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	June 11 Pork Chops Sweet Potatoes California Medley Chilled Pears	June 12 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	June 13 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
June 16 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	June 17 American Goulash Broccoli Corn Chilled Pineapple	June 18 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	June 19 Juneteenth Meal site closed 	June 20 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
June 23 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	June 24 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	June 25 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	June 26 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	June 27 Cold Plate Chef Salad – (Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/ Frosting Happy Birthday!!
June 30 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding				

Menus are subject to change without notice!

All meals are served with 1% milk, bread, and margarine. (Congregate site only-coffee, tea, and juice.) Diabetic desserts are available for those with diabetes. Meals should be eaten when delivered or immediately refrigerated and reheated to 165 degrees.

Frozen dinner heating instructions: Oven: Loosen aluminum foil or puncture film seal, heat on 350 degrees for 30-45 min. or until food has reached 165 degrees. Microwave: Loosen film seal, heat on high 5-6 min. or until food has reached 165 degrees. Stir content half way through cooking cycle. Let stand for 2-3 minutes prior to serving.

Caution contents will be hot.

NEWSLETTER FOR SENIORS

Warren/Hamilton Counties Office for the Aging



1340 State Route 9, Lake George, NY 12845
 Office 518-761-6347
 Toll Free 888-553-4994
 NY Connects 866-805-3931

SPRING EDITION

2025

APRIL, MAY, JUNE

OFA Office Staff

- Deanna "Dee" Park-Director
- Roseann Taft-Coordinator of Services
- Sherry Hanchett
- Jeffrey Haines
- Stephanie Belden
- Cindy Cabana
- Catherine Keating
- Hanna Hall
- Cathy Bearor
- Cindy Coulter
- Lisa Pratt

Meal Site Staff

- Ruth Mumblow
- Berniece Cummins
- Christine Kostolni
- Fawn Millington
- Linda Johnson
- Lisa Barrett
- Dalton Arenas
- Colleen Smith
- Lauren Church
- Kellie Aldous
- Connie Howk
- Isabella Simola

What Do We Offer?

- Nutrition Program:
 - Congregate Meals
 - Home Delivered Meals
 - Nutrition Counseling
 - Nutrition Education
- Transportation
 - Medical/Social
- NY Connects-Connecting
 - Seniors to Available Resources
- Legal Aid Referrals
- HIICAP-Health Insurance
 - Information, Counseling and Assistance Program
- Application Assistance
- Interpretation Services
- EISEP-Expanded In-home Services for Elderly Program
- Services for the Blind
- Call the Office for Details



Newsletter is available online at:
www.warrencountyny.gov/ofa/newsletters

Or contact the office to be added to the mailing list.

*Programs made possible through funding from the U.S. Dept. of Health and Human Services-ACL, NYSOFA, Warren County, and Hamilton County

Age in Place... Is It The Way To Go?



You can Age in Place- BE PROACTIVE!

- ◆ Establish a support network including doctors, family, friends, your local senior center, and other local resources
- ◆ Making proper home modifications like grab bars in bathroom or a ramp
- ◆ Know your financial resources in case you need a caregiver
- ◆ Complete important documents such as Power of Attorney /Health Care Proxy

Studies show that remaining in your home as you age can improve your mental and physical well-being and keep you close to the friends and family you love. Despite this, aging in place only reaps these benefits if you can do so safely and mostly independently.

Important Reminder for Home Delivered Meals Clients

In order to receive Home Delivered Meals, clients must be home at the time of delivery. Meals cannot be left outside if no one is home. One of the most important jobs of the volunteer is to ensure the client is safe. If clients are not home for delivery, the volunteer will notify the meal site and OFA.

In the event the client is not home, we will try calling the client and/or their emergency contacts. If the client cannot be located and the hospital cannot confirm admission, the Sheriff will be notified for a welfare check.

After 3 failed delivery attempts within one year, meal service will be discontinued.

Please notify the meal site to hold your meals when you will not be home. Thank you for your continued support towards making our Nutrition Program a success!

Meal Site Numbers:

Cedars: (Glens Falls/Queensbury) 518-832-1705

Bolton Landing: 518-644-2368

Johnsburg: 518-251-2711

Lake Luzerne: 518-696-2200

Solomon Heights: 518-832-1705

Congregate Site Open 10:30-12:30

Indian Lake: 518-648-5412

Lake Pleasant/Wells: 518-924-4066

Long Lake: 518-624-5221

Warrensburg: 518-824-6662



May 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			May 1 CHEF'S CHOICE	May 2 Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
May 5 Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	May 6 Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	May 7 Pork Chops Sweet Potatoes California Medley Chilled Pears	May 8 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	May 9 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
May 12 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	May 13 American Goulash Broccoli Corn Chilled Pineapple	May 14 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	May 15 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	May 16 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
May 19 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	May 20 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	May 21 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	May 22 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	May 23 Memorial Day BBQ Hot Dog/Bun Baked Beans Hot German Potato Salad Memorial Day Dessert
May 26 Meal site Closed 	May 27 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	May 28 Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	May 29 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	May 30 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches

Menus are subject to change without notice!

All meals are served with 1% milk, bread, and margarine. (Congregate site only-coffee, tea, and juice.) Diabetic desserts are available for those with diabetes. Meals should be eaten when delivered or immediately refrigerated and reheated to 165 degrees.

Frozen dinner heating instructions: Oven: Loosen aluminum foil or puncture film seal, heat on 350 degrees for 30-45 min. or until food has reached 165 degrees. Microwave: Loosen film seal, heat on high 5-6 min. or until food has reached 165 degrees. Stir content half way through cooking cycle. Let stand for 2-3 minutes prior to serving.


Caution contents will be hot.



April 2025

Warren/Hamilton Counties Office for the Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	April 1 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	April 2 Pork Chops Sweet Potatoes California Medley Chilled Pears	April 3 Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	April 4 Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
April 7 Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	April 8 American Goulash Broccoli Corn Chilled Pineapple	April 9 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake	April 10 Meatloaf Mashed Potatoes Winter Squash Apple Crisp	April 11 Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange
April 14 Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	April 15 Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	April 16 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Dinner Roll Easter Dessert	April 17 Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	April 18 Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches
April 21 Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	April 22 Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	April 23 Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	April 24 Staff Training Meal Site Closed 	April 25 Cold Plate Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches
April 28 Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	April 29 Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	April 30 Meat Lasagna Green Beans California Medley Mandarin Oranges		

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Caution contents will be hot.


National Volunteer Week

April 27th — May 4th, 2025



*Volunteering is a
Work of Heart!
WHCOFA Thanks You!*

Volunteer opportunities are available including drivers for medical transportation and Home Deliver Meals. Call the Office for the Aging or your local meal site.



Happy Birthday
to our
Volunteers!

April Dorothy Petrie-6th
Karen Hutchins-7th
Bernice Mennis-7th
Sharon Clark-20th
Kathy Hutchins-29th

May Diane Collins 6th
Tom Ives-9th
Kathy Simons-10th
Gary Brown-22nd
Nancy Stedman-24th
Gary Constant-27th

June Janet Early-2nd
Seth Vanderkar-5th
Lloyd Burch-25th
Mary Osbourne-25th
Tom Judkins-27th
Francis Angelo-28th

Not all volunteers are listed—but all are appreciated!



NY Connects
Your Link to Long Term
Services and Supports

Sepsis And Aging

Sepsis: A Life-threatening Emergency

- Sepsis disproportionately impacts older adults with more than 70% of cases occurring in individuals aged 60 or older.
- Adults aged 65 and older are 13 times more likely to be hospitalized with sepsis than people younger than 65.
- Older sepsis survivors (65+) experience on average 1 to 2 new limitations on activities of daily living (e.g., bathing, dressing, managing money) after hospitalization and are 3 times as likely to suffer moderate to severe cognitive impairment.
- Older adults are twice as likely to require a readmission to a hospital.
- Nursing home residents are over 6 times more likely to present with sepsis in the emergency department.

Know the Signs Sepsis: 4 Signs

- 1 Temperature:** high or low temperature.
- 2 Infection:** sepsis happens because of infection, even from a small cut or scrape.
- 3 Mental change:** confusion, mental decline, tiredness, or slurred speech.
- 4 Extreme pain or discomfort:** illness, shortness of breath.



Sepsis is a **life-threatening condition**. It can happen to **anyone**.

If you have any combination of these symptoms, get medical help and ask: "**Could it be sepsis?**"

www.agingandsepsis.org



Catherine Keating, RDN CDN Certified Dietician Nutritionist

June is National Alzheimer's & Brain Awareness Month

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Take charge of your brain health today — it's never too early or too late to start.

Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free

Quit smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Keep your heart healthy

Obesity, high blood pressure, and diabetes are risk factors for cardiovascular disease and can also negatively affect your cognitive health. Eating a balanced diet, exercising regularly and taking medications, if needed, can help you manage or prevent symptoms. A healthcare provider can help you plan for yourself.

Take care of your mental health

Some studies link depression to an increased risk of cognitive decline. Prioritize your mental well-being and seek treatment when you are experiencing signs of depression, anxiety or other mental health concerns.

Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Stay social

Interacting with family, friends and community helps keep your mind active and engaged. Seek activities to stay social and independent such as volunteering or joining a community group.

Adopted by: Alzheimer's Assoc.



May is National Osteoporosis Awareness and Prevention Month

The Bone Health and Osteoporosis Foundation (BHOFF) leads efforts to raise awareness of osteoporosis and promote bone health.

What is osteoporosis?

- Osteoporosis is a chronic condition that weakens bones, making them more likely to fracture.
- It's often called a "silent disease" because bone loss can occur without symptoms.
- People may not know they have osteoporosis until they break a bone.

Who is at risk?

- Women are at higher risk, but men can also develop osteoporosis.

Risk factors include:

- Family history
- Menopause
- Small, thin build
- Ethnicity
- Smoking
- Certain health issues



How can I prevent osteoporosis?

- Get enough calcium and vitamin D
- Exercise regularly
- Eat a variety of dairy, fish, fruits, and vegetables
- Avoid or quit smoking
- Limit alcohol intake

How can I learn more?

- The BHOFF offers resources like webinars, presentations, podcasts, and fitness classes.
- You can also learn more about Medicare's bone mass measurements benefit.

Adopted by: Bone Health and Osteoporosis Foundation (BHOFF)



NY Connects
Your Link to Long Term
Services and Supports

GETTING YOUR AFFAIRS IN ORDER:

Advance Care Planning

Making health care decisions for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

- ⇒ **Start discussions early** with your loved ones while everyone can still help make decisions.
- ⇒ **Create documents** that communicate health care, financial management, and end of life wishes for yourself and the people you care for, with legal advice as needed.
- ⇒ **Review plans regularly** and update documents as circumstances change.
- ⇒ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.
- ⇒ **Make copies** of health care directives to be placed in all medical files, including information on providers.
- ⇒ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.
- ⇒ **Reduce anxiety** about funeral and burial arrangements by planning ahead.

Adopted by: [Getting Your Affairs in Order Checklist: Documents to Prepare for the Future | National Institute on Aging](#)

SUDOKU

Fill each box with a number between 1 & 9 in a manner that the same number does not appear twice in any specific row or column.



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CATHERINE'S CORNER

Catherine Keating, RDN CDN Certified Dietician Nutritionist



WAYS TO EAT AND BE WELL THIS SPRING

PROTEIN

People 65 and older require an increased intake of high-quality protein since, as we age, our bodies are less efficient in utilizing amino acids, the building blocks of protein. Protein is particularly vital for senior's nutrition as it maintains muscle that tends to diminish in mass and strength as we age. Exercise combined with adequate protein intake, can slow this process.

Older adults should aim to consume at least 1 to 1.2 grams of protein per kilogram of body weight. To determine your weight in kilograms, divide your weight in pounds by 2.2. Therefore, the average individual should try to consume approximately 15-25 grams of protein at each meal.

NUTRITIONAL SPRING FOODS

Spring brings fresh produce to grocery stores and farmer's markets. Freshness adds to nutritive content and provides local producers with markets for their product. Seasonal foods could include:



- Cabbage
- Artichokes
- Broccoli
- Peas
- Shallots
- Eggplants
- Strawberries
- Peppers
- Carrots
- Asparagus
- Spinach
- Radishes
- Avocados
- Pears
- Berries
- Melon
- Corn
- Green Beans
- Kale
- Peppers
- Cucumbers

Variety is key when eating a healthy diet. Focus on foods high in antioxidants such as fruits and vegetables, nuts, seeds, and whole grains to help reduce excess inflammation and promote healthy cellular production. And make sure to include some sort of exercise into your daily routine to help maintain muscle mass.

DRINK ENOUGH FLUIDS

As we age, our body's natural cues to hydrate diminish. A decreased intake of fluids puts seniors at an increased risk for low blood pressure and urinary tract infections. As the weather warms this spring and summer, the need for adequate hydration becomes even more important.

MAKE ONE HEALTHY CHANGE A DAY

Even a small tweak, such as having an extra serving of fruit or vegetables or choosing nuts instead of chips for a snack can significantly boost your health.

Use the beginning of spring to make smart choices and enjoy the foods you choose to eat in a new, healthier lifestyle.

Adopted by: Bethesda Health Group



Legal Aid Society of Northeastern NY

Provides free civil legal services to low-income seniors in collaboration with Warren & Hamilton Counties

Warren County 518-587-5188
Saratoga County 518-563-4022
www.lasnny.org

Please call the Office for the Aging for more information and/or to start the referral process. 518-761-6347



Attention Veterans & Surviving Spouses

ARE YOU ELIGIBLE...

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

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

WARREN COUNTY
VETERAN'S SERVICES
518-761-6342





Strawberry Upside-Down Cake

June is part of strawberry season, and the full moon in June is called the Strawberry Moon. April, May, and June are typically strawberry season, when most varieties are available to pick. The exact peak picking time varies by region and weather.

Prep Time: 15 mins Bake Time: 40 mins Cool Time: 25 mins Total Time: 1 hr. 20 mins

Ingredients

- ¾ cup granulated sugar
- 3 tablespoons cornstarch
- 6 ½ cups fresh strawberries halved or quartered if large (about 1 ½ pounds)
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 (15.25 to 16.25-ounce) package (2-layer-size) yellow cake mix, plus ingredients on box to make cake
- 2 tablespoons lemon juice



Directions

1. Preheat oven to 350°F. Grease the bottom and sides of a 13x9-inch baking pan. Line bottom of pan with parchment paper; set pan aside.
2. Make Strawberry Mixture - In a large bowl combine sugar and cornstarch. Add strawberries, vanilla, and lemon zest; toss to coat evenly. Transfer strawberry mixture to prepared pan spreading evenly.
3. Prepare cake mix according to package directions. Beat in lemon juice until combined. Pour cake batter over strawberry layer and smooth evenly.
4. Bake about 40 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Loosen sides of cake; invert onto a serving plate. Let cool at least 15 minutes before serving. Serve warm or cooled.

How to Store Strawberry Upside-Down Cake

If you have leftover strawberry upside-down cake, wrap it with plastic wrap and place it in an airtight container in the fridge. It will last for 3-4 days, but it's best eaten within a day or two.

Servings: 16

Senior Centers/Organizations

Senior centers provide structured social activities, health programs, and educational opportunities that address isolation among older Americans. These community spaces offer more than basic social interaction – they serve as vital hubs connecting seniors to essential services and support networks.

Bolton Landing Senior Citizens Inc. 12 Cross St, Bolton Landing 518-644-3340	Lake George Senior Citizens Club Schuyler St, Lake George 518-668-5722
Johnsburg Senior Citizens Association 3584 State 28, North Creek 518-251-4199	Lake Pleasant Senior Citizens Group 2881 State Route 8, Speculator 518-548-7638
Greater Glens Falls Senior Citizens Center 380 Glen Street, Glens Falls 518-793-2186 Website: gfseniors.com	Tri-Town Senior Citizens Club 539 Lake Ave, Lake Luzerne 518-654-2506 Website: townoflakeluzerne.com/senior.asp
Horicon Senior Citizens, Inc 518-538-3901	Queensbury Senior Citizens, Inc. 742 Bay Rd, Queensbury 518-745-4439
Hague Senior Citizens Club, Inc. Graphite Mountain Rd, Hague 518-543-6161	Wells Senior Club 105 Buttermilk Hill Rd, Wells 518-775-6804
Indian Lake/Blue Mountain Senior Citizens 518-352-7784	Senior Adult Community Center 6307 US 9, Chestertown 518-801-6297



GET INVOLVED!

In your Community



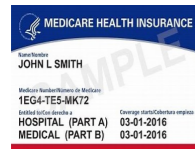
May
Mental Health
Awareness Month

Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one.

Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety. Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

www.nimh.nih.gov



HIICAP Corner

Medicare Information and Updates



Frequently Asked Questions:

- * What happens if I need to change my plan during the coverage year?
- * How can I save on my prescription and medical costs?

If you want to make a change to your plan, or have lost coverage outside the Annual Enrollment Period from 10/15-12/7 each year, you will need a **Special Enrollment Period** (SEP). Special Enrollment Periods are exceptions to the Medicare Initial Enrollment Period (the 7 months surrounding your Medicare start date) and Annual Enrollment Period. A full list of SEPs can be found at www.Medicare.gov, but the following are a few of those most commonly used:

- *You lose creditable prescription coverage (loss of employer plan, plan leaves coverage area, etc.): you will have 63 days from the date of termination to enroll in a new plan.
- *You are enrolled in, or disenrolled from, your State Prescription Assistance Program (in NY this is EPIC, see below): You have a one-time per year SEP to change coverage.
- *You gain, lose, or have change in your Medicaid, MSP or Extra Help eligibility status: You have one time SEP to switch your Medicare Advantage or Part D Drug Plan within 3 months of notification.

To save on Medical expenses:

Contact your Medicare plan to ask about preferred pharmacies and/or facilities, such as labs and diagnostic centers, that may reduce your out of pocket costs. Review Medicare Preventative Services (CMS Product No. 10110) for available no, or low cost medical screening options.

To save on Prescription expenses:

Medicare Savings Program-Helps by paying your monthly Part B premium (\$185.00) and automatically enrolls recipients into Extra Help. Apply through Dept. of Social Services. 2025 Gross Monthly Income Limits: \$2446 Individual; \$3299 Couple (no resource test).

Extra Help-Federal Program that assists with prescription premiums, deductibles and copays. Lowers prescriptions costs to \$0-\$12.15 for all medications on your plan's formulary.

EPIC (Elderly Pharmaceutical Insurance Coverage)-NYS Prescription Assistance Program, for beneficiaries with annual incomes below \$75,000 (\$100,000 married). Provides copay assistance, benefit varies depending on income level. Call 1-800-332-3742 or apply online (search NYEPIC).

Medicare Prescription Payment Plan (M3P) - New in 2025, replaces Donut Hole, see next page.

This publication was supported in part by a grant from the U.S. Administration for Community Living



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

May is National Osteoporosis Month

Salmon Patties with Dill Sauce



Salmon croquettes are a savory way to get more calcium. And canned salmon offers 10-20 times more calcium than fillets. Whip up a creamy dill sauce with nonfat Greek yogurt for 425 milligrams of calcium in two cakes.

The major sources: Canned salmon (6 ounces): 366 milligrams calcium
Greek yogurt (2 tablespoons): 59 milligrams calcium

Prep Time: 15 mins Cook Time: 10 mins Total Time: 25 mins Servings: 2

Ingredients

- | | | |
|-----------------|--|--|
| Salmon Patties: | <ul style="list-style-type: none"> • 1 (5 ounce) can salmon, drained and flaked • 1/2 cup dry bread crumbs • 2 tablespoons minced onion • 1 tablespoon Dijon mustard | <ul style="list-style-type: none"> • 1 large egg, lightly beaten • 1 teaspoon lemon juice • Sea salt and ground pepper to taste • 1 tablespoon olive oil, or as needed |
| Dill Sauce: | <ul style="list-style-type: none"> • 1/4 cup light sour cream • 1 teaspoon dill weed | <ul style="list-style-type: none"> • 1/4 teaspoon garlic powder • Sea salt to taste |

Directions

1. Make the patties: Mix salmon, bread crumbs, onion, Dijon, egg, and lemon juice together in a bowl. Form into two patties.
2. Heat oil in a skillet over medium-high heat. Add patties and season with salt and pepper; cook until lightly browned on the bottom, about 4 minutes.
3. Meanwhile, make the sauce: Mix sour cream, dill, garlic powder, and salt together in a bowl.
4. Flip patties, season again with salt and pepper, and continue to cook until the other side is lightly browned, about 4 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Serve with sauce.

Cook's Note - We make our own bread crumbs with the food processor and whole wheat bread. I usually double the dill sauce and refrigerate any leftovers to cut down on prep time for the next round.

Nutrition facts: (per serving) calories 378, protein 25g, Calcium 263, total fat 20g, sodium 1010mg
Adopted by: Allrecipe

Beef and Broccoli in a Slow Cooker

Celebrate the spring with this delicious spring crock pot meal, guaranteed to help you usher in a new season of fresh produce and warm weather. Flank and bottom round steaks are inexpensive cuts that become deliciously tender in the slow cooker.

Hands On Time: 15 mins Total Time: 8 hrs. 45 mins Servings: 6

Ingredients

- 2 cup sliced yellow onion
 - 1 ½ - 1 ¾ pound beef flank steak or beef bottom round steak, cut across the grain into 4 to 6 portions
 - ½ cup reduced-sodium beef broth
 - ½ cup reduced-sodium soy sauce
 - 3 tablespoon hoisin sauce
 - 2 tablespoon packed dark brown sugar
 - 1 tablespoon rice wine vinegar or cider vinegar
 - 1 tablespoon grated fresh ginger
 - 5 cloves garlic minced
 - 3 tablespoon water
 - 1 tablespoon cornstarch
 - 4 cup fresh broccoli florets
- Toasted sesame seeds (optional)



Directions

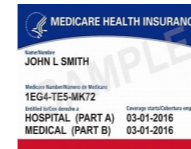
Slow Cooker: Combine Ingredients and Cook

1. Place onion and meat in a 3 1/2- to 4-qt. slow cooker. In a small bowl combine broth, soy sauce, hoisin, brown sugar, vinegar, ginger, and garlic; pour over meat mixture. Cover; cook on low 8 to 10 hours. Remove meat, reserving onion and cooking liquid in cooker. Cover meat to keep warm.

2. In a small bowl combine 3 tbsp. water and the cornstarch. Turn heat setting to high. Stir into cooking liquid. Add broccoli. Cover; cook about 15 minutes more or until cooking liquid is thickened and bubbly and broccoli is crisp-tender.

3. Slice meat thinly across the grain. Stir into broccoli mixture. If desired, top with sesame seeds. Serve over noodles or rice. Serves 6.

Adopted By BHG Test Kitchen



HIICAP Corner Medicare Information and Updates



Albany Med and CDPHP Reach Agreement

The Albany Med Health System (AMHS) and Capital District Physicians Health Plan (CDPHP) announced on February 6, 2025 that the two have agreed on a new two year contract, which would run through 2026, ensuring the Albany Med Health System remains in-network and avoids any disruption in care for CDPHP members.

Part D Prescription Drug Cost Cap

As of 2025, the maximum out-of-pocket cost for Medicare Part D prescriptions is \$2,000 per year. This means that once your prescription drug cost reach \$2,000, beneficiaries will no longer have to pay copays or coinsurance for covered Part D drugs for the rest of the year. The “donut hole” in Medicare Part D coverage is eliminated with this \$2,000 cap.

Medicare Prescription Payment Plan or M3P

The Medicare Prescription Payment Plan or M3P is a new program that allows Medicare prescription drug plan enrollees the option to pay prescription drug costs over the course of the year.

How does M3P work?

- M3P spreads out prescription drug costs into monthly payments instead of paying all at once at the pharmacy.
- This can be helpful for people with high out-of-pocket costs early in the year.
- If you opt into M3P, your plan covers prescriptions and sends you the bill. You will not pay for your prescriptions at the pharmacy at the time of pick up.

Who can use M3P?

- Anyone with a Medicare drug plan or Medicare health plan with drug coverage can use M3P.
- This includes Medicare Advantage plans and stand-alone Medicare prescription drug plans.

To enroll into M3P, call your Medicare prescription drug plan or 1-877-234-1240 for help enrolling in M3P.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program



SPRING Word Search



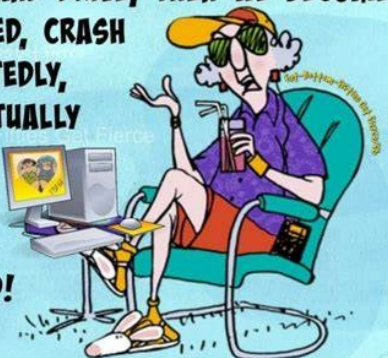
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| BLOSSOM | EASTER | GROWTH | PLANTS | REFRESHING |
| BUDS | FLOWERS | HONEYBEE | POLLEN | SPROUT |
| BUTTERFLY | GARDEN | PICNIC | PUDDLE | TREES |

THE OLDER I GET, THE MORE I HAVE
 IN COMMON WITH COMPUTERS.
 WE BOTH START OUT WITH LOTS OF
 MEMORY AND DRIVE, THEN WE BECOME
 OUTDATED, CRASH
 UNEXPECTEDLY,
 AND EVENTUALLY
 HAVE TO
 HAVE OUR
 PARTS
 REPLACED!



MEAL SITES ARE CLOSED ON THE FOLLOWING DAYS:

- Thursday, April 24th-Staff Training
- Monday, May 26th-Memorial Day
- Thursday, June 19th-Juneteenth Day



2024

WHCOFA A Year In Review!

- 114,949 Meals served to our seniors
- 54 Trips in collaboration with the VA Office, providing social transportation in northern towns of Warren County
- 186 Trips for medical transportation provided by volunteers
- 2,941 Individual HICAP client contacts
- 47 Legal Aid referrals made
- 21 Personal Emergency Response (PERS) units provided
- 7,159 Hours provided to clients for Personal Care & Respite
- 48 EISEP referrals made for in-home services

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 of friendship, fun,
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 our community.

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QUEENSBURY Senior Citizens

A Combined Force!

Warren/Hamilton Counties Office for the Aging
and your Local Sheriff's Office



Project Lifesaver is a program designed to protect and locate missing persons who wandering off, such as those with Alzheimer's and related dementias. Project Lifesaver is designed to provide comfort for the family while safely guarding the client.

The program consists of a band and transmitter, which is not much larger than a wristwatch, typically placed on the ankle or wrist. This transmitter is assigned to each client which can be located by trained Sheriff Officers during an incident, using special equipment.

Client information is stored confidentially at the County 911 Communication Center for quick access. Upon notification of an incident, trained members of the Sheriff's Project Lifesaver Team will responded with receivers designed to locate the project lifesaver transmitter. The average rescue time is less than 30 minutes.

- The program is open to persons that reside in Warren County and have a history of wandering or significant concern of wandering.
- A Project Lifesaver certified member will schedule a meeting with the caregiver and the client to discuss the program.
- Once the program is established, an officer will visit every 60 days to replace the battery and band and discuss any possible changes that may have occurred.
- The caregiver will be asked to test the transmitter on a daily basis to ensure it is working.
- Project lifesaver is a tool to assist in locating someone that has wandered away and their location is unknown. It does not replace the need for the client to be properly supervised.
- If the client is to travel, the profile can be forwarded to a participating agency to ensure the safety if the client is to wander while traveling.
- If a client is missing it's important for the caretaker to call 911 immediately to report the incident.

For more information or to inquire about signing up a loved one, please contact Warren County Sheriff's Office (518) 743-2500 or Hamilton County Sheriff's Office (518) 548-3113

Adopted by: <https://www.warrencountyny.gov/Sheriff>

Happy Mother's Day
May 11th

Happy Father's Day
June 15th

Age is an issue of mind over matter. If you don't mind, it doesn't matter!



FREE MEDICAL CLINIC
Get the medical care you need at our **FREE MEDICAL CLINIC** coming to **HUDSON FALLS, NY**

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SERVICES AVAILABLE:

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Hudson Falls High School
East Labarge Street
Hudson Falls, NY 12839

FOR MORE INFORMATION: RAMUSA.ORG | 865.579.1530

The Caregiver Column

Self-Care for Caregivers

*Take care of yourself
while taking care of your loved one!*

- Get organized. Make to-do lists, and set a daily routine.
- ♦ Ask for help. Make a list of ways others can help. For instance, someone might pick up groceries or sit with the person while you do errands.
- ♦ Take breaks each day, and spend time with your friends.
- ♦ Keep up with your hobbies and interests.
- ♦ Join a caregiver's support group. Meeting other caregivers may give you a chance to exchange stories and ideas.
- ♦ Eat healthy foods, and exercise as often as you can.
- ♦ See your doctor regularly. Be sure to tell your health care provider that you're a caregiver, and mention if you have symptoms of depression or sickness.
- ♦ Build your skills.

Find out more about maintaining your own wellbeing as well as services available to caregivers at:

<https://www.nyscr.org>



NEW!!

Caregiver Support Group

Join us on the 4th Wednesday of every month to find out about resources in your community to assist you in caring for your loved one while developing connections with others who are on their own caregiver journey.

Date/time:

March 26th @ 2:00 pm

Place:

Office for the Aging at the Warren County Municipal Center*

To register, please call OFA and leave your name, number, and email address.

**A virtual option is available.*

“Self-care is not an act of selfishness... When we are kind and generous with ourselves, we can pour kindness and love into others.”



~Anita Ojeda

EISEP

Expanded In-Home Services for Elderly Program

Do you need a helping hand with household chores?

Do you need some assistance when showering?

Would it be helpful for you to have a Personal Emergency button in the event of a fall or other health crisis?

If you answered yes to any of these questions, EISEP may be the program for you! Fees are based on a sliding scale and are determined by income, housing expenses, and other factors. EISEP offers a variety of services for residents of Warren and Hamilton counties who meet the following criteria:

- ⇒ Are at least 60 years of age;
- ⇒ Have a functional impairment needing the assistance of another individual in at least one activity of daily living (bathing, dressing, toileting, transferring, walking, and eating) or two instrumental activities of daily living (housekeeping, shopping, preparing meals, managing money, laundry, using transportation, telephoning and taking medication);
- ⇒ Have an unmet need for such assistance;
- ⇒ Are not eligible for the same services through Medicaid;
- ⇒ Are able to remain safely in your home environment with these supports.

EISEP can provide you with:

- ⇒ Case Management Services
- ⇒ Home and Personal Care
- ⇒ Assistive Devices

For more information, or to find out if you qualify, contact the Office for the Aging and ask to speak to our EISEP coordinator.

