

**NEWSLETTER
FOR SENIORS**

August 2012



WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347 PHONE
DIRECTOR- CHRISTIE SABO
Toll Free Number 1(888)553-4994

Summer Fest 2012

Fri. August 24th at 5pm

At the Queensbury Center
A Musical Variety Show & BBQ Dinner



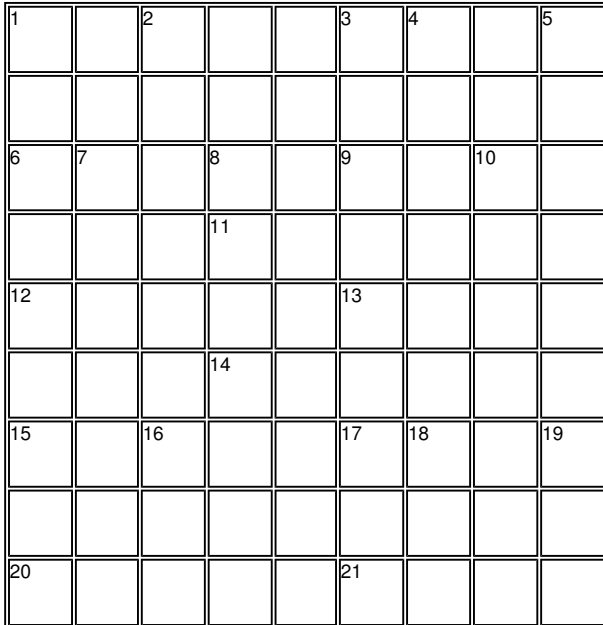
Call 761-8224 or 745-4439 for info.

Sponsored by

Neighbors NY

In-Home Senior Assistance & Care Solutions
& Queensbury Senior Citizens Inc.

9x9 Crossword #1



Across

1. Location
3. Tins
6. Busy flying insects
9. Not the front or back
11. Small insect; lives in colonies
12. Belonging to Ida
13. Earth spins in its _____
14. Earth's closest star
15. In an idle manner
17. A doe is this animal
20. Not west
21. You do this with a book

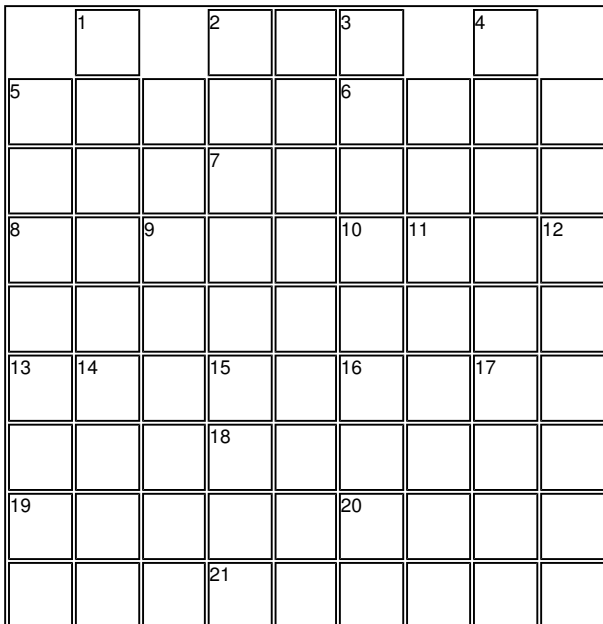
Down

1. Short for submarine
2. Peg for a golf ball
4. Boxer, Mohammed _____
5. What you do with eyes
7. Finished
8. Disrespectful; talking back
9. Don't sit
10. What you do with a car
15. Short for "I have"
16. _____ Angeles
18. New Year's _____
19. Colour of blood

Answers to 9x9 Crossword #2:

Across: 2.sew, 5.last, 6.room, 7.ape, 8.bear, 10.narf, 13.deed, 16.same, 18.rot, 19.tree, 20.undo, 21.wad
Down: 1.dare, 2.star, 3.wren, 4.sour, 8.bad, 9.are, 11.era, 12.fee, 14.earn, 15.drew, 16.stud, 17.made

9x9 Crossword #2



Across

2. Stitch with needle and thread
5. Not first
6. A divided space in a house
7. Large primate
8. The grizzly or panda
10. A variety of foam toys
13. Do a good _____
16. Not different
18. Decay
19. Tall leafy plant
20. Opposite of redo
21. Large mouthful of gum

Down

1. Truth or _____
2. Our sun is one
3. A small songbird
4. Not sweet
8. Not good
9. He is, we _____
11. Earner Run Average
12. Amount charged for a service
14. To gain from working
15. Past tense of draw
16. Large headed nail
17. Past tense of make

Answers to 9x9 Crossword #1:

Across: 1.site, 3.cans, 6.bees, 9.side, 11.ant, 12.idas, 13.axis, 14.sun, 15.idly, 17.deer, 20.east, 21.read
Down: 1.sub, 2.tee, 4.ali, 5.see, 7.ended, 8.sassy, 9.stand, 10.drive, 15.I've, 16.los, 18.eve, 19.red



Virginia Beach Featuring Colonial Williamsburg Sept. 17th - 21st 2012

4 Nights Beach Front Accommodations
4 Breakfasts, 4 Dinners including Spirit of
Norfolk Dinner Cruise
Guided Tour of Colonial Williamsburg
Riding Tour of Norfolk Naval Base
Visit to MacArthur Memorial, Nauticus,
Norfolk Botanical Gardens,
& Chrysler Museum of Art.
Free time at beach & boardwalk
Evening Entertainment
Motor Coach Transportation
Gratuities & baggage handling included.

Trip Insurance available

Cost \$489pp dbl
\$589 Single



Sign up ASAP!
Final Payment Due:
Aug 10th

Friday Sept. 7th Quechee Gorge, Calvin Coolidge State Historic Site & Vermont Institute of Natural Sciences (VINS)



VINS has been a leader in environmental education and wildlife conservation since 1972. Get up close to live eagles, falcons and owls and experience rehab in action. Visit The Calvin Coolidge State Historic Site in Plymouth Vt. and take in the beautiful scenery at Vermont's deepest gorge with a brief stop at Quechee village for homemade Vermont products. Lunch is included at Sherpard's Pie Restaurant.

Deadline: Fri. August 10th
Cost \$57

Call 745-4439 for more information

You are Invited

I had a nice chance to visit with some of you during my July lunches. Below are my scheduled site visits for August. Please feel free to stop in to the meal site and share any questions, comments or concerns you may have. I would love to hear from you.

*I will be bringing **FARMERS MARKET COUPONS!***

AUGUST 6th LAKE PLEASANT

AUGUST 8th CHESTERTOWN

AUGUST 24th LONG LAKE

AUGUST 29th JOHNSBURG

Hope to see you in August!

Christie Sabo

Director

Warren/Hamilton Counties Office for the Aging



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 Fax 793-7640 E-Mail: agreaterglensf@nycap.rr.com
 Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements.....
 Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Wed-8/1	Floating Classroom-Lake George-Scientific experiments-\$18 gas/admission	9:15 a.m.
Thurs-8/2	"Fame", the Musical-Lake George Youtheatre-LG High School-call immediately-\$10	9:30 a.m.
Fri-8/3	Lunch Bunch-Skene Manor, Whitehall-\$18 lunch/gas	12:00 p.m.
Mon-8/6	Bowling League Mtg.-New bowlers needed	1:00 p.m.
Tues-8/7	"Secret Life Of Animals"-film	1:00 p.m.
Wed-8/8	Michigan Rummy-bring lots of pennies	1:00 p.m.
Mon-8/13	One Stroke Painting Class-Cost: \$15 completed project	12:30 p.m.
Tues-8/14	Game day-Ice Cream Social-sign up in office	1:00 p.m.
Wed-8/15	Crandall Park picnic-food/games/fun-Cost: \$7	12:00 p.m.
Thurs-8/16	Third Thursday Art Walk-local artist	4-7 p.m.
Fri-8/17	Philadelphia Orchestra-SPAC	8:00 p.m.
Mon-8/20	Special Bingo-refreshments/lots of games, prizes	1:15 p.m.
Tues-8/21	Craft session for Operation Christmas Child	1:00 p.m.
Wed-8/22	Defensive Driving Class-AARP sponsored-Cost: \$17 members/\$19 non members	9-5 p.m.
Wed-8/22	Little Theater On The Farm show-Fort Edward-call to reserve	2:00 p.m.
Mon-8/27	"War Horse" movie-free	1:00 p.m.
Tues-8/28	Quilt show-Old Fort Museum-Fort Edward-free	1:00 p.m.
Fri-8/31	Center Closed today	
Monday- Friday	Thrift Shop/new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon.-Thurs.	Osteo exercise program- Monday-Thursday	9-10:30 a.m.
Every Friday	Tai Chi Class	9:00 a.m.-10:00 a.m.-Cost: \$6

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes, performing line dancing, beginning line dancing, Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

Some Trips included- See attached list

**Call Center for pricing and information on the upcoming events!
 Don't be lonely- come and participate in "YOUR SENIOR CENTER".
 TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

Interested in Joining and receiving more information:

Name: _____

Address: _____ Phone: _____

**ALWAYS NEEDED- HOUSEHOLD ITEMS, BOOKS & JEWELRY
 COME AND JOIN THE SENIOR CENTER-BRING A FRIEND**

About Us...

The Greater Glens Falls Senior Citizens Center
Located at: 380 Glen Street, Glens Falls, NY 12801

Phone 793-2189 Fax 793-7640

E-mail: agreaterglensf@nycap.rr.com

Rene Clements, Executive Director

Shiela Satterlee, Assistant Director

Lauren Tompkins, Senior Services

Joan Counter, Administrative Assistant

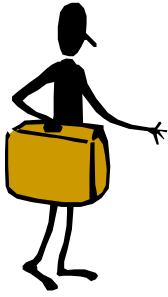


Mission: The Senior Center seeks to improve quality of life for those 55 and older in the Greater Glens Falls area by offering a wide range of educational, health, and recreational related activities and services both at the Center and in the Community. The Center is centrally located, handicapped accessible, and open 5 days a week from 9-4.. The program is implemented by a professional staff that treats all who participate with dignity and respect and a warm welcome. The First Presbyterian Church of GF generously provides the building to serve the Senior Community. Weekly calendar published in "Post Star" helps to keep all community members abreast of educational, health and recreational activities. See our newsletter on the web at www.cityofglensfalls.com click on Senior Center on the left.

About the Center:

Membership to the Center is **free and open** to anyone 55 and older. Join by filling out a simple application available in the office. **Membership in the Corporation that sponsors the Center begins at \$15.00 and is open to anyone of any age.** **Parking** is available behind the Center. **Newsletter** with **information** on programs, trips, services and Outreach is published monthly. The newsletter includes a calendar of daily events and sports and club news, memorials and menus for luncheons. **Accessibility** is made possible by a ramp on the north side of the building, a chairlift to the second floor, and an assisted listening system to help the hearing impaired. **Variety Tues. brings** our more frail members into the Center every Tuesday afternoon for socialization and special programs. Volunteers help with transportation and refreshments. **Call the Center if you know someone or you yourself would benefit from this program.** **Bowling League** in SGF play begins in September, new bowlers are welcome throughout the season - call the office for information. **Cards/Games** on Monday afternoon Wednesday morning.. Bring a foursome and join the fun. **Computer Instruction** on Tuesday and other days by appointment. Computers are available during the week for practice. Internet access is available on a limited basis. Call to sign up. **Craft Classes** – special projects with instruction, varies throughout the year. **Duplicate Bridge** on Friday afternoons. **Educational Programs** throughout the year. **Golf** begins in April at *Sunnyside Par 3*, informal league play, anyone interested ask in the office for fees and schedule. **Good Books Club** meets monthly to discuss current fiction. **Great Books** meets twice a month to discuss classic literature. **Lunch Bunch** meets monthly at area restaurants, call center for time and place. **Recreational Programs** throughout the year. **Strength Training** daily, three classes meet twice a week, you must commit for six months, there is no fee please get Doctors approval to join. **Transportation** is available daily for medical appointments and Center activities must call in advance. **Woodshop** is available Wednesday and Thursday mornings with instructors to help you with your projects. **Notary Public Service** is available by appointment, call ahead to be sure the notary is in. **Tax Assistance** provided by trained AARP Tax Aides who will assist you with State and Federal Tax forms. They are at Center on Wednesdays, Thursdays & Fridays from February through April 15. This is a free service, call for an appointment. **Defensive Driving Classes** are scheduled monthly (except December and January) throughout the year, sponsored by AARP, sign-up in advance. **Copier** service available at 10 cents a copy. **Information and Referral** available by calling the Center with your question or problem. We will find the answer or refer you to someone who can help you.

Outreach Program- Senior Services- offered daily 9-4. A friendly resource for seniors and family members of the Glens Falls/Queensbury Community. Assistance is provided with day-to-day concerns and specific problems. Provides information about services, programs, and benefits available to seniors, assistance with applications and forms, advocacy, referrals and support. Can meet at the Senior Center or in your home if you are homebound. Partial support made possible by Warren/Hamilton Counties Office for the Aging.



TRIPS! TRIPS! TRIPS!
Greater Glens Falls Senior Citizens Center
380 Glen Street- Glens Falls, NY 12801
(518) 793-2189



70's/80's MUSICAL REVIEW
Wednesday, August 22, 2:00 p.m.

Sign up by August 15. Little Theater On The Farm.

50's/60's SHOW
Wednesday, September 12, 2:00 p.m.

Little Theater On The Farm, Fort Edward. Sign up by September 5. Van trip.

LAKE GEORGE DINNER THEATRE
Thursday, September 13, 11:15 a.m.

Holiday Inn, Lake George-**"The Love List"**- How do you find the ideal woman? You make a wish list and discover "you get what you wish for". Specify choice of meal when you call to sign up by August 10-beef, salmon, pork, veggie pasta. Room for 10 in van. Sign up by August 15.

HOPE CEMETERY, BARRE, VERMONT
Thursday September 20,

Mostly created by Italian artists, tour Rock of Ages granite operation, and lunch. Sign up by August 1.

FINGER LAKES TRIP
Monday, September 24-Wednesday, September 26

One night- Finger Lakes region, one- Turning Stone, wine lovers tour, dinner at the Wine Cellar. Sign up by August 1.

FALL FOLIAGE /VT. TRAIN
Saturday, October 6,

Connecticut River train ride, lunch at Coolidge Inn, mystery stop. Waiting list available.

GHOSTS OF GETTYSBURG
Monday-Wednesday, October 15-17

2 nights-1863 Gettysburg Inn, 1776 Dobins House-living history dinner/Battlefield tour, ghost tour, Shriver House, Lincoln Train Station. Sign up by August 8.

WICKED/PROCTORS
Thursday, November 15, 2:00 p.m.
Call to reserve/ \$50 deposit now.

NOTE!

The sign up deadline for overnight and extended trips may seem early but tour companies **MUST** cancel two months in advance of the trip, so signing up early may ensure the trip will go. We need 30 plus people for a one-day trip.

Van trips are limited to 10 people unless carpooling is available.



Call 745-4439 for more information



Grand Alaska Experience

Scheduled for May 11-22 2013

12days /11 nights

With Holland America & Tours of Distinction

Presentation Date:

Thursday July 26th @ 1pm

At the Queensbury Center

Tour Highlights

Prince William Sound Glacier Cruise

Denali National Park Tour

Gold Dredge No.8

White Pass & Yukon Route Railroad

2-Night stay in Anchorage

1-Night stay in Denali National Park

1- Night Stay in White Horse

Mckinley Explorer Domed Railcar

Sternwheeler Discovery

Yukon Rendezvous Dinner Show

Sled Dog Experience

2-Night Stay in Fairbanks

1-Night stay in Beaver Creek

4-Night Holland America Cruise

Complete Itinerary available at the Queensbury Center

August, 2010 Bizarre and Unique Holidays

Month:

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Water Quality Month
- National Picnic Month

Weekly Events:

- Week 1 National Simplify your Life Week
- Week 2 National Smile Week
- Week 3 Friendship Week
- Week 4 Be Kind to Humankind Week

Daily:

1st Friendship Day

1st International Forgiveness Day

1st National Raspberry Cream Pie Day

1st National Mustard Day

2nd National Ice Cream Sandwich Day

2nd Sisters Day

2nd American Family Day

3rd National Watermelon Day

4th U.S. Coast Guard Day

4th National Chocolate Chip Day

5th Work Like a Dog Day

6th Wiggle Your Toes Day

7th National Lighthouse Day

7th National Mustard Day

8th Dollar Day

9th Book Lover's Day

10th Lazy Day

10th National S'mores Day

11th Presidential Joke Day

11th Son and Daughter Day

12th Middle Child's Day

13th Blame Someone Else Day

- | | |
|--|--|
| 13th <u>First Friday the 13th of the year.</u> | 13th <u>Left Hander's Day</u> |
| 14th <u>National Creamsicle Day</u> | 15th <u>Relaxation Day</u> |
| 16th <u>Chinese Valentine's Day/Daughter's Day</u> | 16th <u>National Tell a Joke Day</u> |
| 17th <u>National Thriftshop Day</u> | 18th <u>Bad Poetry Day</u> |
| 19th <u>Aviation Day</u> | 20th <u>National Radio Day</u> |
| 21st <u>Senior Citizen's Day</u> | 22nd <u>Be an Angel Day</u> |
| 22nd <u>National Tooth Fairy Day</u> | 23rd <u>Ride the Wind Day</u> |
| 24th <u>Vesuvius Day</u> | 24th <u>Strange Music Day</u> |
| 25th <u>Kiss and Make Up Day</u> | 26th <u>National Dog Day</u> |
| 26th <u>Women's Equality Day</u> | 27th <u>Global Forgiveness Day</u> |
| 27th <u>Just Because Day</u> | 28th <u>National Cherry Turnover Day</u> |
| 29th <u>More Herbs, Less Salt Day</u> | 30th <u>Frankenstein Day</u> |
| 30th <u>Toasted Marshmallow Day</u> | 31st <u>National Trail Mix Day</u> |

About the month of August

August is the eighth month of the year in the Gregorian Calendar and one of seven Gregorian months with the length of 31 days. August begins (astrologically) with the sun in the sign of Leo and ends in the sign of Virgo. Astronomically speaking, the sun begins in the constellation of Cancer and ends in the constellation of Leo.

This month was originally named Sextilis in Latin, because it was the sixth month in the ancient Roman calendar, which started in March about 750 BC under Romulus. It became the eighth month either when January and February were added to the beginning of the year by King Numa Pompilius about 700 BC or when those two months were moved from the end to the beginning of the year by the decemvirs about 450 BC (Roman writers disagree). It was renamed in honor of Augustus in 8 BC because several of the most significant events in his rise to power, culminating in the fall of Alexandria, which fell in this month. Lore claims August originally had 29 days in the Roman Republican calendar. Augustus took two days from February and gave it to August when Sextilis was renamed in his honor. This commonly believed lore was proven wrong.

Watermelon Gazpacho



Quick Info: 6 Servings

Prep Time: 20 mins **Total Time:** 20 mins

Ingredients

- 8 cup(s) watermelon, seedless
- 1 medium cucumber(s)
- 1/2 medium pepper(s), red, bell
- 1/4 cup(s) basil, fresh
- 1/4 cup(s) parsley, flat-leaf
- 3 tablespoon vinegar, red wine
- 2 tablespoon shallot(s)
- 2 tablespoon oil, olive, extra virgin
- 3/4 teaspoon salt

Preparation

1. Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl.
2. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl.
3. Stir in the remaining diced mixture. Serve at room temperature or chilled.

Nutritional Info (Per serving): Calories: 116, Saturated Fat: 1g, Sodium: 296mg, Dietary Fiber: 2g, Total Fat: 5g, Carbs: 18g, Cholesterol: 0mg, Protein: 2g

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: EatingWell.com

Protect Loved Ones with a Summer Survival Kit



The current heat wave in the northeast is more than unpleasant—for seniors, it is also extremely dangerous.

Seniors are far and away the most at-risk population for serious consequences related to dehydration, heat stroke and exhaustion resulting from abnormal summer temperatures, and it's vitally important that you take necessary precautions and regularly check on loved ones. To safeguard seniors in summer's heat urges families to put together a simple "Senior Summer Survival Kit" that can be assembled in minutes for less than \$25.

The kit is an easy, inexpensive way to make sure seniors have what they need to stay safe and comfortable during hot summer days, especially when family caregivers may be off on vacation.

Whether seniors are traveling themselves or staying on their own while the rest of the family is out of town, it's absolutely vital that seniors have the resources to be safe, happy and healthy.

Quick Facts: Why Heat Is So Dangerous For Seniors

- The amount of water retained by the body decreases substantially with age.

As a result, seniors are at far greater risk of heat-related health problems such as heat stroke, heat exhaustion, severe sunburn and dehydration.

- According to the US Centers for Disease Control and Prevention, over 8,000 Americans have died as a result of heat-related afflictions during the past two decades.

What to Put In the Kit

- Reusable water bottle to maintain hydration
 - Copies of all prescriptions and health insurance cards
- Phone numbers of health care providers and information concerning chronic health problems
 - Sunscreen with at least SPF 30 to protect skin and prevent serious burns
 - Multivitamins to keep the immune systems strong
- Battery operated/hand-held fan in case of power outages and extreme heat

Most heat-related issues for seniors can be avoided through simple planning and precaution. A few minutes of planning and a quick trip to the drug store can make all the difference.

Tomato-Basil Chicken



Full of fresh pesto flavors, this saucy chicken dish rests on a bed of hot fettuccine.

Prep Time: 20 Minutes **Total Time:** 20 Minutes **Makes** 4 servings (1 1/2 cups each)

Ingredients

8 oz uncooked whole wheat fettuccine	2 cups cubed cooked chicken or turkey breast
2 teaspoons olive or vegetable oil	3 tablespoons chopped fresh or 1 teaspoon dried basil leaves
1 medium onion, finely chopped (1/2 cup)	1/2 teaspoon salt
1 clove garlic, finely chopped	1/8 teaspoon red pepper sauce
3 medium tomatoes, chopped (2 1/2 cups)	

Directions

1. Cook and drain fettuccine as directed on package. Cover to keep warm.
2. Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat. Cook onion and garlic in oil, stirring occasionally, until onion is crisp-tender. Stir in remaining ingredients except fettuccine; reduce heat to medium.
3. Cover; cook about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft. Serve over fettuccine.

Wild about Whole Wheat

Whole wheat flour is a great way to help fill your day with fiber. Fiber works to maintain your digestive system by keeping things moving.

Substitution

No fresh tomatoes? Two cans (14.5 oz each) diced tomatoes, drained, make a great substitute. Keep a stash of canned tomatoes so you can make this quick dinner anytime!

Did You Know?

Many different olive oils are available. Extra-virgin, from the first pressing of the olives, has a fruity flavor that doesn't take well to heat. Go ahead and use the less-expensive pure olive oil when heating the oil.

Nutrition Information: 1 Serving Calories 360 (Calories from Fat 60), Total Fat 6g (Saturated Fat 1 1/2g, Trans Fat 0g), Cholesterol 55mg; Sodium 540mg; Total Carbohydrate 47g (Dietary Fiber 6g, Sugars 5g), Protein 30g; Percent Daily Value*: Vitamin A 20 %; Vitamin C 15 %; Calcium 6 %; Iron 15 %;

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA
Adopted By: eatbetteramerica.

Find the words about **swimming**, listed below, in the word search grid. Circle each letter one by one. Each letter of the swimming word search grid may be used in more than one word. **When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about recreational swimming.**

Swimming Word Search Puzzle

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

SWIMMING WORD LIST

BREASTSTROKE	POOL
DIVE	RIVER
DOG PADDLE	SCUBA
FINS	SIDE STROKE
FLOATING	SNORKEL
FRONT CRAWL	SPLASH
HORSEPLAY	SUMMER
LAKE	SURFING
LIFEGUARD	SWIMSUIT
OCEAN	WATER

Famous Birthdays

3rd MARTHA STEWART

Domestic diva built an empire of products for the home

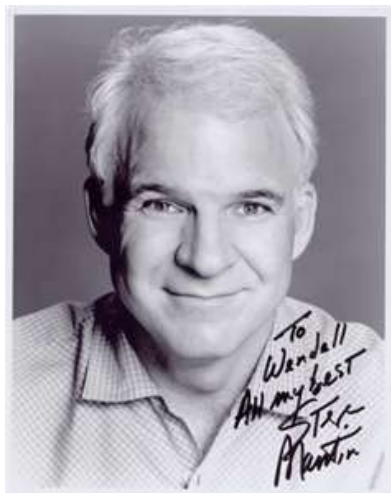


7th CARL ALFALFA SWITZER (1927-1959)

Member of the original "Our Gang" kids comedy cast

11th HULK HOGAN

Pro wrestler preached training, prayers, and vitamins



14th STEVE MARTIN

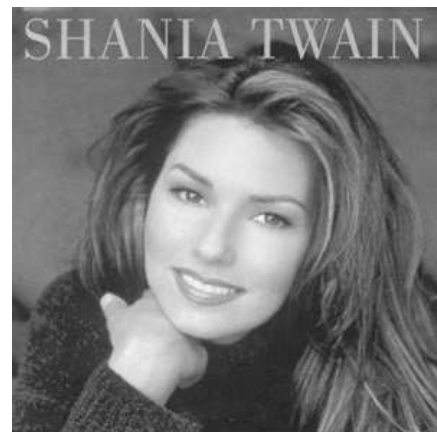
Comedian/actor's films included "Father of the Bride" (1991)

18th PATRICK SWAYZE
(1952-2009) Famous as
Instructor Johnny Castle in
"Dirty Dancing"



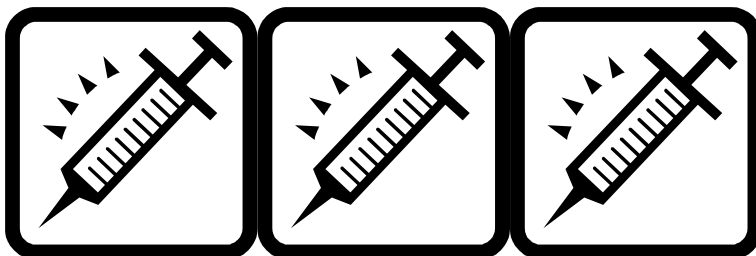
24th VINCE MCMAHON
WWE Chairman who
learned the wrestling
business from his dad

28th SHANIA TWAIN
Award-winning singer/
songwriter hit with
"Come On Over"



31st BUDDY HACKETT
(1924-2003) Playful actor
in "The Music Man" and
many comedies

August is National Immunization Awareness Month



Medicare pays 100% for your Hepatitis B Shot!

Hepatitis B vaccine is recommended for those with risk factors.

You are at risk for hepatitis B virus infection if you:

Age and Health

- live with a person who has life-long hepatitis B
- **have end-stage kidney disease or will be on kidney dialysis**
- **have diabetes**
- **have chronic liver disease**
- have HIV infection
- have sought care in a clinic for a sexually transmitted disease

Travel, Occupation, and Family History

- travel outside of the U.S. to areas with intermediate or high rates of hepatitis B*
- **are a healthcare or public safety worker who is exposed to blood**
- **are a staff member or client in an institution for the developmentally disabled**

Other

- inject street drugs
- are a sex partner of a person with hepatitis B
- have had more than one sex partner during a 6-month period
- are a man who has sex with men

Contact Susan Dornan, NY Connects Program Coordinator toll free at 1-866-805-3931 for more information or questions you may have.

NY Connects is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Department of Social Services, Warren County Health Services & Department of Social Services providing free information and assistance on long term care.



NY Connects Presents:
Protecting Yourself
September 12 3-4:30pm
at
The Glen at Hiland Meadows

The New York Department of State's Division of Consumer Protection offers tips on how to respond when your identity or financial accounts have been compromised in addition, we educate on how to spot a scam and what to do if you have been victimized. Scammers use creative approaches to encourage consumers to part with their hard-earned money and/or their personally identifying information. Understanding how scams work, and knowing how to avoid them, can help protect consumers from falling victim.

**FARMERS' MARKET COUPONS ARE
HERE**



**THIS IS A FREE \$20.00/HOUSEHOLD
BOOK OF COUPONS TO SPEND AS CASH
FOR FRUITS AND VEGETABLES AT ANY
FARMER'S MARKET**

- MUST BE 60 OR OLDER**
- MUST CURRENTLY BE RECEIVING
SSI, PUBLIC ASSISTANCE, FOOD
STAMPS, OR SECTION 8 HOUSING
SUBSIDY OR**
- MONTHLY INCOME IF SINGLE
MUST BE NO MORE THAN \$1723.00**
- MONTHLY INCOME IF MARRIED
MUST BE NO MORE THAN \$2333.00**

- PLEASE CALL OFFICE FOR THE
AGING 761-6347 WITH ANY
QUESTIONS OR STOP IN TO PICK UP
YOUR COUPONS**

Joanie Fiore Flanagan's 2012 Bike MS Begging Letter

Why I Fight MS

I believe that I can do something about Multiple Sclerosis. Life itself is unpredictable, but having MS makes that uncertainty even worse. Imagine dealing with the thought that maybe one day, you will wake up with partial blindness, or your memory will fail you for no apparent reason, or you may not always be able to walk. When I ride or fundraise, I am helping make at least one thing certain-that people with MS will continue to have hope for a cure and finding its cause.

Why I Ride

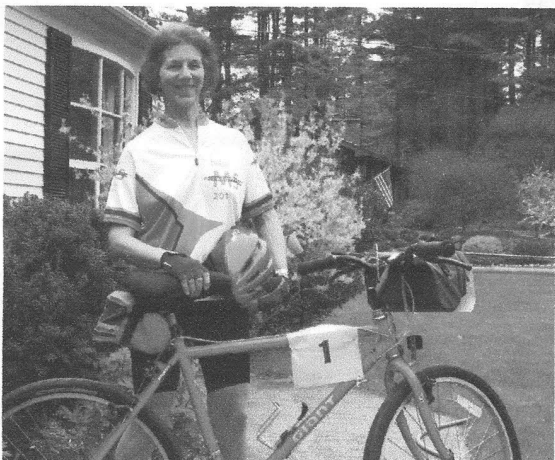
My husband Bob and I love riding in Bike MS. We focus on fundraising and look forward to meeting our goals and the challenge of riding in the event year after year. Riding in Bike MS is what I can do to prevent more people from learning what it means to live with this disease.

Help me reach my goal again this year

The only thing I love more than riding in Bike MS is when people I know and care about say "Yes, I will sponsor you," then hand me a check or cash. It makes me know that people out there do want to help create a world free of the baffling disease. It also makes me realize how lucky I am to be able to count on you year after year. Every dollar you sponsor is appreciated, as I strive to be a substantial fundraiser. Last year, through the support of my friends, family and business contacts, I was the top fundraiser for North Country Bike MS. My total for 2011 was over \$9,297. Thank you in advance for your continued support. Help me meet my goal of \$12,000 in 2012!

The bike ride is Sept 22, 2012 at Burch Hill, Schodak, NY.
Please make checks payable to NMSS,
(National Multiple Sclerosis Society) and send to me

Joan Fiore Flanagan
22 Nottingham Dr.
Queensbury NY, 12804
793-7427




To donate on line

please go to the MS web site at www.msupstateny.org, click "bike ms", then "Donate", then "Hudson River Ramble". Type in "Joan" and "Flanagan" as my names and click "Find a participant", click Joan Flanagan again for the 2012 ride and click "Donate to participant" beneath the thermometer and add your name.

August 2012

Warren/Hamilton Counties Office for the Aging

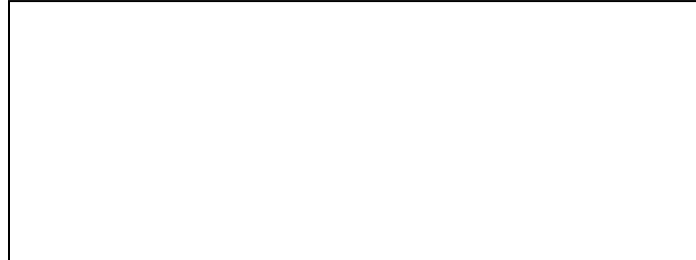
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 1 Sausage Pasta Green Beans Garlic Bread Mandarin Orange	August 2 Cold Plate Chopped Salad with Grilled Chicken Dinner Roll Cubed Cantaloupe Gingerbread/Topping	August 3 Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana
August 6 Breaded Haddock on a Bun Au gratin Potatoes Spinach Rice Pudding	August 7 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Tropical Fruit Salad	August 8 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Summer Squash & Zucchini Brownies	August 9 American Goulash Tossed Salad Asparagus Peaches	August 10 Chef's Choice
August 13 Chicken Reuben Rice Veggie Casserole Broccoli Chilled Pears	August 14 Pork Chops Sweet Potatoes Brussels Sprouts Mandarin Orange	August 15 Meatloaf Mashed Potatoes Mixed Veggies Peach Cobbler	August 16 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Marinated Veggies Birthday Cake	August 17 Stuffed Shells with Marinara Meat Sauce Tossed Salad Carrots Fresh Fruit
August 20 Salisbury Steak Potato of the Day Scandinavian Veggies Sliced Pineapple	August 21 Baked Fish Scandia Orange Rice Pilaf Spinach Tropical Fruit Cup	August 22 Sloppy Joes on a Bun Italian Mix Veggies Corn Strawberry Shortcake	August 23 Cold Plate Chef Salad - Turkey/ Ham/ Swiss Cheese/ on Tossed Salad Fresh Tomato Salad Cookie Bar	August 24 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Fresh Fruit
August 27 Juice of the Day Chicken & Biscuit Oriental Veggies Mandarin Orange	August 28 Beef Stroganoff over Noodles Carrots Chilled Peaches	August 29 Apple n' Onion Chicken Sweet Potatoes Peas & Onions Ice Cream Sundae	August 30 Spaghetti & Meatballs Marinara Sauce Cauliflower Tossed Salad Tropical Fruit Salad	August 31 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crunch

All meals served with 1% milk, bread, margarine, **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.

WARREN COUNTY OFFICE FOR THE AGING
1340 State Rte 9
Lake George , N.Y. 12845



Newsletters now available online at
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call
Kayla @ 824-8824

**“If your local school district is closed due to a snow
day, your meal site is also closed.”**

Staff:

WARREN COUNTY

CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
CHRIS LITTLE – COORDINATOR OF SERVICES
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING
CINDY CABANA – AGING SERVICES ASSISTANT
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO- DIRECTOR

(518) 761-6347 PHONE

Web site- www.co.warren.ny.us/

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsbury-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066
Toll Free Number 1(888)553-4994