

December 2013



**NEWSLETTER
FOR SENIORS**

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

Find the **Christmas Decorations** words listed at the bottom in the Christmas Decorations word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each Christmas Decorations word may be used in more than one word. **When the Christmas Decorations Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about a traditional Christmas Decoration.**

Christmas Decorations Word Search Puzzle

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

ANGEL	MISTLETOE
BEAD ROPE	NAVITY SCENE
BELLS	NUTCRACKER
BOWS	ORNAMENT BALLS
CANDLES	POINSETTIA
CHRISTMAS TREE	RIBBONS
FIGURINES	STAR
GARLAND	STOCKINGS
HOLLY	TINSEL
LIGHTS	WREATH

WARREN-HAMILTON COUNTIES
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MEMO

TO: SENIOR CLUBS AND CENTERS, WARREN COUNTY
COUNCIL MEMBERS, MEALSITES, ETC.
FROM: CHRISTIE SABO, DIRECTOR, OFFICE FOR THE AGING
RE: SENIOR CITIZEN OF THE YEAR AND OUTSTANDING
CONTRIBUTION BY A SENIOR NOMINATIONS
DATE: NOVEMBER 13, 2013

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 carefully 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.

I received questions as to the difference between the two awards and the general guideline is the Contribution by a Senior award recognizes a senior who provided a majority of their time and energy on one large project or with one organization. That said many of the same elements are considered when choosing a winner so it is not unreasonable that a nominee's accomplishments could qualify for both awards. It is also possible to nominate a couple as co-nominees. In the past I distributed a nomination form but I think it is best if we allow the nominating individual(s) to send in their own packets detailing accomplishments. At a minimum, the nomination letter should include the award(s) being submitted for, nominees name, address and phone number as well as the name and phone number of the nominating individual or group. The latter is very important as I usually contact the nominating individual listed and offer them the opportunity to notify their winning nominee. Other information to include is a brief biography, the number of years the individual has been volunteering, why they like to volunteer and what others think of their efforts. 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. **I can't stress enough the importance of having as much information as possible to distinguish your nominee.** In the past I received forms with a name and "volunteers every day" written on the form. This year I will not accept applications that do not include the minimum information asked for; I need to be able to contact the nominating individual. Once our winners are selected I submit their names for the New York State awards. The NYS nomination forms change every year, based on an annual theme, and they are not distributed until May. Because of this I may be contacting the nominating individuals of the winners to compile additional information for the state submissions. Last year, for the first year ever, the state asked for a picture to accompany the nomination forms. You may elect to send in a picture with your forms or wait to see if your nominee is chosen. **Please submit your nominees with completed background information to the Office for the Aging, at the address above, by March 5, 2014.**

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! As in past years, all winners will be honored at the annual luncheon in May.

Why Experts Don't Want All Seniors to Get Screened for Dementia

By [Anne-Marie Botek](#), November 15, 2013

Should all older adults undergo regular memory screening as part of their primary care regimen?

Probably not, says a government-appointed panel, after they failed to find enough proof in favor of—or against—conducting regular mental assessments on most elderly individuals.

“There is a critical gap in the evidence,” says Douglas Owens, M.D., M.S., a member of the task force. “More research is needed so we can better understand the benefits and risks of screening and understand the impact early detection can have on the lives of patients and their families.”

Every Medicare beneficiary is legally eligible to obtain no-cost screening for cognitive impairment during the annual “wellness” visit—a mandate that’s unlikely to change as a result of the panel’s ruling. But most aging adults don’t actively seek out this benefit unless they (or their family members) notice problems with memory or mental processing.

A physician who suspects an elder has cognitive impairment typically administers a series of written and oral exams to both the senior and their family member(s). This enables the primary care doctor to get a good sense for the aging adult’s overall health. Depending on the doctor’s determination, they may decide to refer the elder to a specialist, such as a neurologist or neuropsychiatrist, for further evaluation.

Questioning the benefits of early detection

Experts agree that the earlier a source of cognitive impairment can be identified, the more impactful any intervention—medicinal or

otherwise—will be; yet nearly 50 percent of people with dementia remain undiagnosed, according to the Alzheimer’s Association.

In some cases, dementia is a reversible condition brought on by one of several potential culprits, including: [drug interactions](#), a malfunctioning thyroid, poor nutrition, depression, etc. Once the root cause has been treated, an individual’s cognitive issues are often resolved.

Other forms of dementia, such as Alzheimer’s and Lewy Body, don’t yet have truly effective treatments.

Especially in these instances, the benefits of early detection must be weighed against the emotional, social and financial costs that can result from a false positive diagnosis. A misdiagnosis of Alzheimer’s disease can cost a family upwards of \$14,000 per year in additional healthcare costs and the stigma of Alzheimer’s places a heavy burden on those living with the disease.

Yet, even the experts can’t say for certain whether early detection of Alzheimer’s and other incurable types of dementia would truly be helpful for elders and their families.

For now, the task force recommends that people who are experiencing cognitive issues seek further evaluation from their doctor, while those whose minds still seem sharp should hold off. Caregivers and other family members can also help by keeping their eyes out for [warning signs that an elderly family member needs help](#).

What do you think? Should all adults beyond a certain age receive regular cognitive exams, or should we wait until a cure or therapy for Alzheimer’s and other forms of dementia is discovered?

Keeping Safe During Winter

Colder temperatures can present safety challenges, especially for older adults.

It's important to be aware of seasonal hazards:

- **Hypothermia.** Exposure to cold may result in a dangerous drop in body temperature. As we grow older, we become more sensitive to the cold. Common health conditions and some medications raise the risk for seniors. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.
- **Increased risk of falls.** Slipping on icy steps or a snowy walkway can result in serious injury. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- **Preventing Carbon monoxide Poisoning.** Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.
- **Seasonal depression.** Inactivity and isolation may result when cold weather means fewer opportunities for exercise and social contact. Stay positive by filling up your social calendar, keeping in regular touch with family and friends and make it a priority to get exercise. On the rare sunny winter days, go outside and take a brisk walk so you get the mood benefits of sunlight as well as exercise.
- **Prevent the Flu.** It's not too late to get vaccinated! Seniors are at especially high risk for developing complications from the flu. According to Flu.gov, ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people aged 65 and older. The flu vaccine is widely available this year and free under Medicare.
- **Winter Nutrition.** Because winter weather is so unpredictable, you should keep extra food on hand in the freezer, as well as bottled or canned fruit juices and non-fat dry milk powder, in case of emergencies when they are unable to venture out to the store. Yogurt, eggs and cheese keep in the refrigerator for a while and are good sources of protein.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Skillet Beef Stew

Makes: 8 servings Prep 25 mins Cook 55 mins



Ingredients

- **2** tablespoons cooking oil
- **2** pounds beef stew meat, cut into 1-inch cubes
- **2** teaspoons dried thyme or oregano, crushed
- **6** medium carrots, peeled and quartered
- **4** stalks celery, cut in 2-inch lengths
- **2** medium onions, cut in 1/2-inch slices
- **6** cups lower-sodium beef broth
- **1/3** cup all-purpose flour
- **1** recipe Potato Mashers

Directions

1. In 12-inch skillet brown beef in hot oil over medium-high heat with thyme and 1/4 teaspoon each salt and pepper. Remove, set aside. Add carrots, celery, and onions to skillet, cook and stir 5 minutes. Return beef to skillet. In bowl whisk together broth and flour; add to skillet. Bring to boiling; reduce heat. Simmer, covered, 45 minutes. Uncover; simmer 10 minutes or until meat is tender. Serve with potatoes. Makes 8 servings.

Potato Mashers

Ingredients

- **8** Yukon gold potatoes (about 23 pounds)
- **1** cup milk
- **1/2** teaspoon salt
- **1/2** teaspoon black pepper

Directions

1. In microwave-safe bowl, microcook potatoes, half at a time, on high (100 percent power) 8 minutes, covering bowl with vented microwave-safe plastic wrap. Mash potatoes with milk, salt, and black pepper.

Nutrition Facts (Skillet Beef Stew) Servings Per Recipe 8, cal. (kcal) 380, Fat, total (g) 10, chol. (mg) 64, sat. fat (g) 3, carb. (g) 40, fiber (g) 6, pro. (g) 31, vit. A (IU) 7629, vit. C (mg) 35, Folate (µg) 73, sodium (mg) 739, Potassium (mg) 1316, calcium (mg) 101, iron (mg) 4, Percent Daily Values are based on a 2,000 calorie diet All Recipes courtesy: BHG Magazine

Tortellini Florentine Soup

Makes: 6 servings Start to Finish 30 mins



Ingredients

- **1** 9 ounce package refrigerated three-cheese tortellini
- **2** 14 ounce cans reduced-sodium chicken broth
- **1** 10 ounce container refrigerated light Alfredo pasta sauce
- **2** cups shredded deli-roasted chicken
- **1/2** cup oil-packed dried tomato strips, drained
- **1/2** 5 ounce package (about 3 cups) fresh baby spinach
- Shaved or shredded Parmesan cheese (optional)

Directions

- 1.** In a 4-quart Dutch oven cook tortellini according to package directions; drain and set aside.
- 2.** In the same Dutch oven combine broth and pasta sauce. Stir in chicken and dried tomatoes. Bring just to boiling; reduce heat. Simmer, uncovered for 5 minutes.
- 3.** Stir in cooked tortellini and spinach. Cook for 1 to 2 minutes or just until tortellini is heated through and spinach is wilted. If desired, top each serving with cheese.

Nutrition Facts (Tortellini Florentine Soup) Servings Per Recipe 6, cal. (kcal) 286, Fat, total (g) 15, chol. (mg) 77, sat. fat (g) 6, carb.21 (g) Monosaturated fat (g) 1, fiber (g) 1, sugar (g) 4, pro. (g) 20, vit. A (IU) 1652, vit. C (mg) 14, Niacin (mg) 2, Folate (μ g) 32, sodium (mg) 94, Potassium (mg) 247, calcium (mg) 172, iron (mg) 2. Percent Daily Values are based on a 2,000 calorie diet

Catherine Keating RD CDN

Warren/Hamilton Co.'s OFA

All Recipes courtesy: BHG Magazine

The Christmas Music Quiz

1. Neither composer nor lyricist would have approved of which famous Christmas carol, assembled after their deaths?

Answer: Hark! The Herald Angels Sing!

2. Which carol may have been written by cowboy singer Montana Slim?

Answer: Jolly Old St. Nicholas

3. Which carol (melody) was composed by an editor and critic for the New York Tribune?

Answer: It Came Upon A Midnight Clear

4. Which beautiful carol was frowned upon by church authorities who denounced it for lack of musical taste and "total absence of the spirit of religion"? [Hint: It's composer is most famous for his ballet Giselle.]

Answer: Cantique de Noel (O Holy Night)

5. Which carol was originally composed for guitar, along with two voices, and choir, because, according to some, the church organ was broken? [It was composed on Christmas Eve and ready in time for Midnight Mass!]

Answer: Silent Night

6. When Scrooge hears this song in Dicken's "A Christmas Carol," he grabs a ruler and the singer flees in terror. Which carol is it?

Answer: God Rest You Merry Gentlemen

7. Which carol gets its melody from a song that is mentioned in Shakespeare's "Merry Wives of Windsor"?

Answer: What Child Is This

8. Which song was originally written for a Thanksgiving program?

Answer: Jingle Bells

Whats New with HIICAP. . .

A Readers Guide to *Medicare & You* Guide

During early September all Medicare recipients receive a publication from the Centers of Medicare & Medicaid Services entitled *Medicare & You*. I hope I am wrong, but I would guess that many of these publications are either immediately placed on to the shelf or into the trash to be recycled. If you have never read this publication I would urge you read it once from cover to cover. Once you have read the publication once completely, you really only need to read your latest edition for changes and new material. This article provides with a quick reading guide.

While the format and layout of most chapters may change, the basic content remains the same from year to year. Each year there is an attempt to make the chapters more readable and easy to follow through these formatting changes. Because of these formatting changes, the page numbers change every year. So, let's review this important publication and what changes you will find this year.

- Section 1 – *Learn How Medicare Works*. No changes.
- Section 2 – *Signing Up for Medicare Part A & Part B*. The one change that will appear each year in the chapter is the Part B premium for the year. This year the standard Part B premium is expected to increase from \$99.90 to \$104.90 per month. Although published, Congress has the power to change the premium and has in the past. Changes such as this are permitted and covered by the disclaimer on the inside cover: “Information was correct when it was printed. . . “Medicare & You” isn’t a legal document . . .”
- Section 3 – *Find Out if Medicare Covers Your Test, Service, or Item*. This is a chapter that you should always review looking for a particular procedure or service that you will use this year to see if there are any changes in the coverage. On page 55 there is an updated chart that you can use to keep track of your preventive services. While there is a column for labeled “I need, yes/no” you can also enter dates in the column to help you keep track of when you may be due for a covered preventive service.
- Section 4 – *Choose Your Health & Prescription Drug Coverage*. No changes.
- Section 5 – *Get Information about Your Medicare Health Coverage Choices*. There are few changes in this section. On page 69 there slight increases in the out-of-pocket expense limits for K Plans (\$4,800 up from \$4,660) and L Plans (\$2,400 up from \$2,330) Medigap plans. There is also some clarification on the 5-Star Plans special enrollment period (see page 81).

- Section 6 – *Get Information about Prescription Drug Coverage*. Because the Affordable Care Act (ACA) is reducing the coverage-gap, commonly known as the “donut hole,” there will be changes to this chapter every year between now and 2020. This change is first acknowledged at the bottom of page 92 (marked with symbol NEW!). On page 93 the calculations that appear in the Table have been changed to reflect the fact that the reductions in deductibles and co-pays for 2014. Also, on page 98 there is a new section on automatic prescription refills. You should check this chapter for changes every year.
- Section 7 – *Get Help Paying Your Health & Prescription Drug Costs*. On page 103 it is noted that the limits on receiving extra help have been increased this year from an income of less than \$16,775 and resources of less than \$13,070 to \$17,235 and \$13,300 respectively for a single person. For a married person living with a spouse, the levels are now less than \$23,265 and resources less than \$26,580. If you feel you might now qualify for extra help you should contact the Warren-Hamilton Counties HIICAP Program at 518-761-6347.
- Section 8 – *Know Your Rights* . . . No changes.
- Section 9 – *Plan Ahead for Long Term Care*. Also no change.
- Section 10 – *Get More Information*. On page 137 there is a description of a new Comprehensive Primary Care Initiative. If your primary physician is participating you will receive a notice in the mail. Some Capital Region physicians are part of this initiative.
- Section 11- *Definitions*. No changes.
- Section 12 – *Compare Health & Prescription Drug Plans in Your Area*. There are potentially important changes every year in this chapter. The charges are fairly easy to read and you should always find your coverage to see if there are any changes in such things as premiums, limits or co-pays for your coverage, including prescription drugs. If there are changes you may want to call the HIICAP program to seek advice about possibly making a change in your plan during the fall open enrollment period.

In summary, once you have read *Medicare and You* through once it should not be necessary to read the full document again. Always check the lower left hand corner of the front cover for a quick reference to the changes. If you do not want to continue to receive the publication in paper you can go to the MyMedicare.gov site and sign up to receive it via e-mail or have it sent to an e-reader.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly series on health insurance related issues.



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 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

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

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-12/2	Good Books Club- <i>"The Brothers Emanuel"</i> -by Ezekiel Emanuel	1:00 p.m.
Tues-12/3	Comedy Day-come and laugh	1:00 p.m.
Wed-12/4	HEAP applications session	10-11 a.m.
Wed-12/4	Special Bingo-large cards, refreshments	1:15 p.m.
Thurs-12/5	Festival of Trees Senior lunch-Cost: \$18-call to reserve	11:30 a.m.
Mon-12/9	One Stroke Painting Class-holiday project-Cost: \$15 all material provided	12:30-2 p.m.
Tues-12/10	Banquet party favor session	1:00 p.m.
Wed-12/11	Annual Christmas Banquet-Queensbury Hotel-Cost: \$23-call to reserve by Dec. 2	12:00 p.m.
Mon-12/16	Tea and Scones-Cost: \$4-call to sign up by December 13	1:00 p.m.
Tues-12/17	Anne Granger-Christmas Concert	1:00 p.m.
Wed-12/18	Sing along with Adolf	1:00 p.m.
Thurs-12/19	Dr. Bill Tackett-Simple Healthy Lifestyle tips	1:00 p.m.
Mon-12/23	Michigan Rummy	1:00 p.m.
Tues-12/24	Christmas stories, photos, sharing tradition	1:00 p.m.
Mon-12/30	Christmas film/popcorn	1:00 p.m.
Monday- Friday	Thrift Shop/Boutique-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-Sponsored by RSVP	9:00-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/Performing Line Dancing/Woodshop/Golf/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

Call Center for pricing and information on the upcoming trips and 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: _____



Greater Glens Falls Senior Center Presents

The Christmas Boutique
Saturday, November 23, 9 a.m.-2 p.m.

**Come, Shop and Experience
Christmas at Sherman House**

Baked Goods

Jewelry

Holiday Decorations

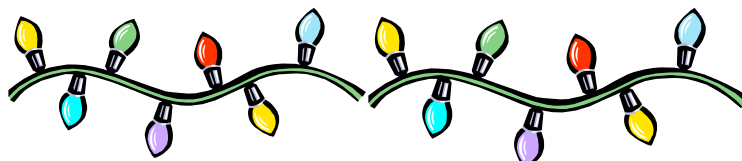
visit with Mrs. Santa Claus

Gifts Galore

**380 Glen Street
Glens Falls, NY 12801**

Phone: (518)793-2189 Fax: (518) 793-2189

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



We are now accepting Christmas donations!!

Who are we?

The Long Term Care Council is made up of providers, individuals receiving services and their caregivers, and many agencies that work together to problem solve.

We assess needs, identify gaps in long term care, and work to improve service delivery for all consumers.



Long Term Care Council meets quarterly and is open to all community members.

**WE MEET QUARTERLY
TO
DISCUSS CURRENT
ISSUES ABOUT LONG
TERM CARE.**

**PARTICIPATION BY
COMMUNITY MEMBERS
IS IMPORTANT!**

**WE MEET DURING THE
DAY AND THERE IS NO
COST TO JOIN US!**

**WASHINGTON,
WARREN,
AND
HAMILTON
COUNTIES**

**LONG
TERM
CARE
COUNCIL**



**OPEN TO ALL
COMMUNITY
MEMBERS**

**For more information:
1-866-805-3931 or
518-746-2420**

NY Connects: Choices for Long Term Care

NY Connects is a statewide, locally based point of entry system that provides one stop access to free, objective, and comprehensive information and assistance on long term care.

A long term care council must exist in each county to conduct long term care system planning and development in order to ensure achievement of the goals and objectives of the NY Connects.

This council must report their activities and recommendations to the lead agency, who are required to report directly to the county chief elected official, legislative board, or their designee.

Our members include:

Community members
Senior Citizens
Persons with a disability
Faith Communities
Home Health Care
Assisted Living
Senior Citizen Centers
Retirement Communities
Hospice
Veteran's Services
Community Action Agencies
Independent Living Center
Caregivers
Nursing Home & Rehabs
Advocacy Groups
Office for the Aging
Social Services
Public Health
Adult Homes
Office of Community Service
Volunteers

MEETING DATES

NOV 26, 2013 9AM-12

**@ WARREN COUNTY
MUNICIPAL CENTER
HUMAN SERVICES
BUILDING, FIRST FLOOR,
1340 STATE ROUTE 9,
LAKE GEORGE**

JAN 15, 2014 10AM-12

**@WASHINGTON COUNTY
MUNICIPAL
CENTER, BUILDING B,
BASEMENT TRAINING
ROOM 1, FT. EDWARD**

APRIL 8, 2014 10AM-12

**@THE GLEN AT HILAND
MEADOWS, 39 LONGVIEW
DR, QUEENSBURY**

JULY 16, 2014 10AM-12

**HAMILTON COUNTY
PUBLIC HEALTH, WHITE
BIRCH LANE, INDIAN
LAKE**



HOUSE OF GRACE OF THE ADIRONDACKS
VOLUNTEER RECRUITMENT

FIRST THURSDAY OF EVERY MONTH
GLENS FALLS HOSPITAL'S CANCER CENTER LIBRARY
6:00 – 7:00PM

CALL ELAINE AT 793-8509 FOR MORE INFORMATION

NY Connects: Choices for Long Term Care



What is the difference between a HHA, PCA, CNA and Sitter/Companion?

Home health aides (HHAs) carry out health care tasks in a patient's home under the supervision of a registered nurse or licensed therapist and may also provide assistance with personal hygiene, housekeeping and other related supportive tasks. HHAs are required to be under professional supervision by the home care agency.

Personal care aides (PCAs) provide patients assistance with nutritional and environmental support and personal hygiene, feeding and dressing and/or, as an extension of self-directed patients, select health-related tasks. PCAs are required to be under professional supervision by the home care agency.

Certified nurse aides (CNAs) provide the vast majority of direct personal care to nursing home residents. Working under the supervision of nursing and medical staff, nurse aides answer residents' call bells, deliver messages, serve meals, make beds, and help residents eat, dress and bathe.

Sitter/Companions provide companionship and environmental care (housekeeping, shopping and errands). Sitter/Companions are not certified and therefore not permitted to provide personal care (bathing, dressing, toileting); they may or may not be working for a licensed agency/organization.

Call 1-866-805-3931 to speak with Susan Dornan, NY Connects Coordinator at Warren/Hamilton Counties Office for the Aging for more information on licensed and/or private home care options.

A Fellow Alzheimer's Traveler

By [David Hilfiker](#), October 29, 2013

I recently visited my daughter and her family in Napa, CA. On the train trip there, I met Kalju (pronounced "Kal-you"), a seventy-nine-year-old immigrant from Estonia who regaled me with stories of his past.

Kalju was seventeen when, early in World War II, the Soviet army occupied Estonia. He was about to be shipped off to Siberia when his Soviet employer notified authorities that he'd been servicing army trucks and was therefore vital to the war effort. Shortly after, when the Germans drove the Soviets out and occupied Estonia, Kalju was sent to a work camp in southern Germany.

After the war, he immigrated to Winnipeg, Manitoba, where he worked as a laborer. He was transferred for a while to Churchill in the far north on Hudson Bay. He worked his way through high school until he immigrated to Chicago, where he was educated as a social worker and ultimately worked with African-American children in a Chicago ghetto for twenty years.

During the 1968 riots, young African American men rolled his car over one-and-a-half times and left him upside down in the car; on another occasion he was almost hammered to death until others intervened.

He was accompanied on the train by Judy, a 46-year-old author, and her daughter. Judy had known Kalju for decades and recently decided to write his biography. They've become close friends. Judy and her daughter accompany him in his frequent travels, in part because they enjoy his company, in part because he needs their help.

I had talked with Kalju for an hour before I recognized his dementia. We'd been on the train for over 24 hours, yet he asked Judy for the directions to the bathroom, which was on the first level of the same car. A few minutes afterwards, he came back to ask directions again.

I later talked with Judy. Kalju's symptoms, she said, can be pronounced but are extremely variable. He recognizes his poor memory and his reliance on Judy and her daughter for orientation, yet he denies any general cognitive impairment.

When I mentioned my Alzheimer's to him, he said he was glad he didn't have anything like that: His head simply had too much information, and there wasn't room for anything new.

Shortly after meeting Kalju and deciding to write his biography, Judy realized that, while he told wonderful stories, he repeated them frequently. She's now heard each of his few stories many times and realized she can't write an autobiography with so little material.

Kalju can be quite disoriented indoors, she tells me. In a hotel room, for instance, Kalju has to ask every day where the bathroom is. Outdoors, however, he can go for long walks, even in unfamiliar environments, and never get lost.

Judy has witnessed personality changes too, like when Kalju explodes in anger for no apparent reason. Often he apologizes but may later deny that the incident happened.

His judgment is sometimes impaired. They were once on a city bus riding through a poor, inner-city ghetto. Although the bus was full of African Americans, Kalju began talking loudly about the two times in Chicago he'd been attacked by young black men.

She has also noticed that, in the moment, he'll recognize his poor memory, his disorientation and his need for assistance, but, when the moment is past, he doesn't seem to remember these episodes of confusion, adamantly denying any impairment.

As I discovered when I engaged him in conversations, his impairment is not immediately evident and he can be quite lucid: I might never have realized he had dementia had I not witnessed his repeated asking for directions to the same place.

He doesn't fit into the stereotype of Alzheimer's. He is able to maintain good relationships. He can go on long walks outdoors without getting lost or disoriented. His life appears full.

He helped me to see that life with Alzheimer's – even when symptoms are becoming more evident – does not have to lead to early isolation. It's comforting.

A retired physician and accomplished author, Dr. Hilfiker was diagnosed in 2012 with a progressive mild cognitive impairment, which he says is almost certainly Alzheimer's disease. His voice offers a profound perspective that will help AgingCare.com caregivers to better understand what it's like from inside the diseased mind.

Famous Birthdays!

3rd – Anna Chlumsky –
young actress was features
in two “My Girl” movies



5th – Walt Disney –
Imaginative creator of
Mickey Mouse and Disneyland

21st – Ray Romano –
Sportswriter Ray Barone on
“Everybody Loves Raymond”



25th – Sir Isaac Newton –
Mathematician formulated
three basic laws of motion

Joke of the Month!



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Volunteer Birthdays!

Lynelle Mykins – 1st

Gene Casella – 6th

Joan Morris – 6th

Gail Conner – 12th

Bob Diamond – 13th

Peter Cartier – 19th

Steve Ives – 20th

Joan Bovee – 25th

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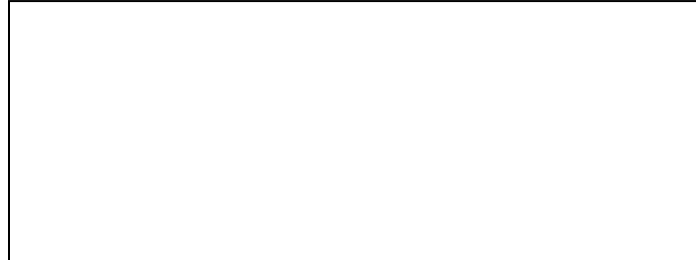
December 2013

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2 Quiche of the Day Mixed Veggies Muffin of the Day Pears	December 3 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Fruited Gelatin	December 4 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Pumpkin Bar	December 5 Cheeseburger Pie Coleslaw Winter Squash Mandarin Oranges	December 6 Apple N' Onion Chicken Sweet Potatoes California Medley Birthday Cake
December 9 Lemon Baked Fish Potato of the Day Scandinavian Veggies Tropical Fruit Cup	December 10 Juice of the Day Chicken & Biscuit Brussels Sprouts Chilled Pineapple	December 11 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day California Medley Chilled Peaches	December 12 Roast Pork Loin/Gravy Roasted Red Potatoes Winter Squash Apple Crisp	December 13 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Strawberry Shortcake
December 16 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Pudding of the Day	December 17 Meatloaf/Gravy Mashed Potatoes Mixed Veggies Mandarin Orange	December 18 CHEF'S CHOICE	December 19 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 20 Chicken & Stuffing Casserole Long Grain & Wild Rice Italian Mixed Veggies Fresh Fruit
December 23 Baked Fish Scandia Scalloped Potatoes Carrots Chilled Apricots	December 24 Beef Stroganoff over Noodles Spinach Pineapple Up-side Down Cake	December 25  Meal Site Closed	December 26 Eggplant Parmesan Spaghetti/Marinara sauce Peas & Onions Tropical Fruit Salad*	December 27 Shepherd Pie with Mashed Potatoes & Corn Green Beans Peach Cobbler
December 30 Salisbury Steak/Gravy Mashed Potato California Medley Chilled Pineapple	December 31 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange			

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

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
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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.warrencountyny.gov/ofa

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