

September 2021 - ALTERED Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 Salisbury Steak Sweet Potato Mixed Veggies Dump Cake	September 2 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	September 3 Labor Day BBQ BBQ Pork Rib on a Bun Baked Beans Roasted Potato Bites Labor Day Dessert
September 6  Meal Site Closed	September 7 Lemon Baked Fish Roasted Red Potatoes Broccoli Mandarin Oranges	September 8 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	September 9 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	September 10 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
September 13 Chicken Alfredo over Pasta California Medley Tropical Fruit Chilled Pineapple	September 14 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit Cup	September 15 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	September 16 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	September 17 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
September 20 CHEF's CHOICE	September 21 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	September 22 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	September 23 Meatloaf Mashed Potatoes Spinach Chilled Pears	September 24 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/ Frosting Happy Birthday!!
September 27 BBQ Chicken Potato of the Day Beets Mandarin Oranges	September 28 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	September 29 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	September 30 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	

Meal site numbers:

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

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

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



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347
Toll Free Number 1-888-553-4994
NY Connects 1-866-805-3931

SUMMER EDITION

2021

JULY, AUGUST, SEPTEMBER

Office Staff

Deanna "Dee" Park - Director

Catherine Bearor - Services Specialist

Hanna Hall - Services Specialist

Dinah Kawaguchi - Keyboard Specialist

Rose Ann O'Rourke - Coordinator of Services

Jami Rivers - Receptionist

Jeffery Haines - Fiscal Coordinator

Catherine -Keating - Stauch -Registered Dietician /Menu

Mary Ann McCarthy - Volunteer Coordinator



Newsletters are available online at:

www.warrencountyny.gov/ofa/newsletters.php

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

FARMERS MARKET 2021 Distribution Plan

The Farmers Market Check Program offers \$20 toward local fruits and vegetables, redeemable at participating farmers markets through November 30th, 2021. This year, the distribution plan will be a little different due to COVID-19. We will be replacing outreach events with the following 3 options:

For those who normally come to the office to pick the checks up, you will be able to do that again this year. If you are not vaccinated, please make sure you wear a mask. The office is open Monday - Friday, from 8AM until 4PM, excluding holidays.

For eligible clients that live in Cronin Hi-Rise, Stichman Towers, White Water Manor, Solomon Heights, Village Green Apartments, Broad St. Commons or Indian Lake Senior Housing, we will be working with the manager of these complexes to get you the checks.

If you do not live in the senior housing complexes listed above and are unable to pick them up at the Office for the Aging, we can also provide the checks to you through the mail following the steps below:

1. Call the office to speak with an OFA employee. We will go over the eligibility guidelines to make sure you qualify.
2. If you do qualify, we will send you the forms that will need to be completed and sent back to OFA through mail, email or with your Home Delivered Meals if applicable.
3. Please send these forms back to us:- Mail to: Warren County Municipal Center, OFA, 1340 State Route 9, Lake George, NY 12845;

- Fax to PH# (518)761-6344;

- Email to: parkd@warrencountyny.gov; OR

- Send back with your Home Delivered Meal Driver.

4. We will then send the check booklet and other important documents to you.

Eligibility Guidelines:

60 Years of age or older Gross Income: 1 person household \$1,986/month; 2 person household \$2,686/mo.

Using Checks:

Please note, if you are concerned about going to the farmer's market in person, you can arrange for someone to go on your behalf.

**WARREN/HAMILTON COUNTIES OFA CLIENT'S
STATISTICAL INFORMATION FORM**

This information will be tallied and sent to NY State OFA for statistical purposes. No personal information will be forwarded.

Client Name				
Address				
Phone #		DOB:		
Soc. Sec. #	XXX-XX-	Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Frail/Disabled:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Veteran:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Living Status/Client Lives: <input type="checkbox"/> Alone <input type="checkbox"/> With Spouse <input type="checkbox"/> With Others				
Race/Ethnicity	<input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> Hispanic <input type="checkbox"/> White			
Is Client? Yes or No				
<input type="checkbox"/> Oxygen Dependent				
<input type="checkbox"/> Insulin Dependent				
<input type="checkbox"/> On Dialysis				

PLEASE CIRCLE ONE:

Household Size	100%	125%	150%	185%
	Annual	Annual	Annual	Annual
1	\$12,880	\$16,100	\$19,320	\$23,828
2	\$17,420	\$21,775	\$26,130	\$32,227
3	\$21,960	\$27,450	\$32,940	\$40,626
4	\$26,500	\$33,125	\$39,750	\$49,025

**August 2021 - Altered Delivery Schedule
Warren/Hamilton Counties Office for the Aging**

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or until food has reached 165 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.** **Age 60+ suggested contribution is \$3.per meal, under Age 60 required contribution is \$5.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2 Swedish Meatballs Over Noodles Tomato & Zucchini Yogurt/ Berries & Granola	August 3 Lemon Baked Fish Roasted Red Potatoes Broccoli Tropical Fruit	August 4 Ziti w/Meat Sauce Green Beans Italian Veggies Pudding	August 5 Chicken & Biscuit Sweet Potato Broccoli Fresh Fruit	August 6 Cold Plate Sliced Roast Beef Potato Salad Coleslaw Peach Cobbler
August 9 Chicken Alfredo over Pasta California Medley Chilled Pineapple	August 10 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	August 11 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	August 12 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	August 13 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
August 16 CHEF'S CHOICE	August 17 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	August 18 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	August 19 Meatloaf Mashed Potatoes Spinach Chilled Pears	August 20 Cold Plate Tuna Salad Hot Dog Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
August 23 BBQ Chicken Potato of the Day Beets Mandarin Oranges	August 24 Veal Parmesan Penne Pasta/Marinara Sauce Cauliflower Fresh Fruit	August 25 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	August 26 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	August 27 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Rice Pudding
August 30 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	August 31 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches			


July 2021 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change** **Frozen Dinner Heating Instructions: Oven:** 350 degrees for 30-45 min or until food has reached 165 degree (Loosen aluminum foil top or puncture film seal)

Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

Age 60+ suggested contribution is \$3.per meal, under age 60 required contribution is \$5.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			July 1 Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	July 2 4th of July Picnic Hot Dog/Bun Hot German Potato Salad Baked Beans Independence Day Dessert
July 5 Independence Day  Meal Site Closed	July 6 Chicken Parmesan Spaghetti/ Marinara Scandinavian Veggies Tropical Fruit	July 7 Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Brussel Sprouts Fruited Gelatin	July 8 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Mandarin Orange	July 9 Cold Plate Chef Salad: Turkey, Ham & Swiss Cheese on Lettuce Marinated Veggies Brownies
July 12 CHEF's CHOICE	July 13 Stuffed Shells w/ Marinara Meat Sauce Oriental Veggies Peas Chilled Pineapple	July 14 Chicken & Stuffing Casserole Brown Rice Italian Veggies Tropical Fruit Cup	July 15 Meatloaf Mashed Potatoes Spinach Chilled Pears	July 16 Cold Plate Tuna Salad/Bun Cottage Cheese Broccoli Salad Birthday Cake/Frosting Happy Birthday!!
July 19 BBQ Chicken Potato of the Day Beets Mandarin Oranges	July 20 Veal Parmesan Penne Pasta/Marinara Sauce Cauliflower Fresh Fruit	July 21 Roast Pork/Gravy Mashed Potatoes Peas & Onions Strawberry Shortcake Dinner Roll	July 22 Beef Florentine Scandinavian Veggies Tropical Fruit Cup	July 23 Cold Plate Egg Salad/Bun Lettuce/Tomatoes Broccoli/ Mandarin Orange Salad Rice Pudding
July 26 Sloppy Joe on a Bun Roasted Potato Bites Corn Mandarin Orange	July 27 Creamy Parmesan Fish Sweet Potatoes California Veggies Chilled Peaches	July 28 Salisbury Steak Sweet Potato Mixed Veggies Chilled Pears	July 29 Apple N' Onion Chicken Mashed Potatoes Carrots Fruited Gelatin	July 30 Cold Plate Chicken Salad on a bed of Romaine Salad Pasta Salad Tomato, Onion & Cucumber Salad Dump Cake

Meal site numbers:

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

Johnsburg: (518)251-2711
Long Lake: (518)624-5221
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Indian Lake: (518)648-5412

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

Client must initial each section that applies and sign at the end. Worker must complete attestation.

Informed Consent to Collect and Record Personal Information

I consent to the Warren-Hamilton Counties Office for the Aging saving personal information provided by me or my authorized representative in the Client Data System maintained by the New York State Office for the Aging (NYSOFA). Saving my information like this allows other agencies that use the Client Data System to see my information if a referral is made, but this will only happen with my permission.

I understand that this information is being collected to help in providing services under the State Office for the Aging and local Offices for the Aging. It also helps to identify other services that I may need. I understand that this information is needed in order for some services to be provided. The authority to provide these services and to collect my information for these purposes is found in the Older Americans Act and the New York State Elder Law.

I understand that, per New York State's Personal Privacy Protection Law, my personal information will be kept confidential. It will not be shared without my permission.

I understand what information will be recorded, the need for the information, and that there are laws and regulations protecting my information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

Client Initial _____

Informed Consent to Refer and Share Personal Information

I request and consent to the release by Warren-Hamilton Counties Office for the Aging of all requested records, including but not limited to, personal information, health information, and any other information concerning me that I have provided to Warren-Hamilton Counties Office for the Aging to the following entities so they can make referrals for services that I may need, or for the purposes identified as follows:

<input type="checkbox"/> Warren County DSS; <input type="checkbox"/> Warren County Public Health; <input checked="" type="checkbox"/> Farmer's Market; <input type="checkbox"/> Hamilton County DSS; <input type="checkbox"/> Hamilton County Public Health; <input type="checkbox"/> HIICAP; <input type="checkbox"/> NY Connects; <input type="checkbox"/> HEAP; <input type="checkbox"/> NYS Office of Temporary & Disability Assistance; <input type="checkbox"/> Other(s) _____

I understand what information will be released, the need for the information and that there are laws and regulations protecting the confidentiality of this information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

Informed Consent to Share Certain Information in the event of a Disaster or Emergency

In the event of a disaster or emergency, I consent to the release of information about services I receive, my housing situation and who I live with, medical equipment or services needed daily, prescription medications taken daily, special dietary needs, special communication needs, blindness or other visual impairments, and information about my general condition and mobility.

I understand that this information will only be given to those who will use it to respond to an emergency, such as government agencies, law enforcement, or those acting on their behalf if there is a disaster or emergency situation.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

I consent to actions above where I have initialed. The authorizations provided shall not expire unless revoked.

Signature of individual or legal representative

Date

Individual's name (Print)

If legal representative, provide name and relationship to individual

----- FOR OFFICE USE ONLY -----

ATTESTATION

To be completed by worker

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

Signature

Date

Print

Looking Forward

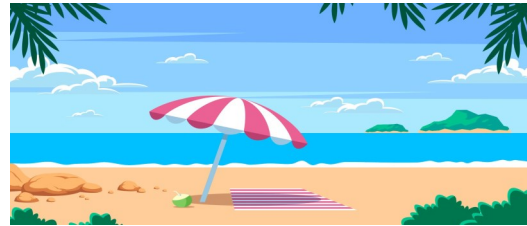
As we approach our summer months it feels good to be outside. Restrictions have been lifted and we are able to do more things with a little more ease.

With that said we are still giving COVID-19 vaccines. Getting vaccinated is the best way to rid the world of this devastating disease. But it takes time and we at Warren County Public Health offer vaccines to anyone who requests vaccination. We have done community and home visits to help ensure all can be vaccinated.

If you haven't gotten your vaccine yet or know someone who is looking for a vaccine please call us at Warren County Public Health. We can help....518-761-6580.



SUMMER WORD SEARCH



NY Connects
Your Link to Long Term
Services and Supports

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

- | | | | |
|------------|-----------|----------------|---------------|
| SEASHELL | SUNSCREEN | SEA TURTLES | BEACH BLANKET |
| SUNGLASSES | UMBRELLA | SEAHORSE | SAILBOAT |
| SAND | VISOR | HORSESHOE CRAB | SUN |
| WAVES | SUNHAT | FISH | BEACH HOUSE |
| OCEAN | DOLOPHINS | JELLYFISH | VIBURNUM |



LONG-TERM CARE OMBUDSMAN PROGRAM

What You Must Know

WHAT IS THE LONG-TERM CARE OMBUDSMAN PROGRAM (LTCOP)?

Under the federal Older Americans Act (OAA) every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system. Each state has an Office of the State Long-Term Care Ombudsman (Office), headed by a full-time State Long-Term Care Ombudsman (Ombudsman) who directs the program statewide. Across the nation, staff and thousands of volunteers are designated by State Ombudsmen as representatives to directly serve residents.

WHAT DOES THE OMBUDSMAN PROGRAM DO?

The Ombudsman program advocates for residents of nursing homes, board and care homes, assisted living facilities, and other similar adult care facilities. State Ombudsmen and their designated representatives work to resolve problems individual residents face and effect change at the local, state, and national levels to improve quality of care. In addition to identifying, investigating, and resolving complaints, **Ombudsman program responsibilities include:**

- Educating residents, their family and facility staff about residents' rights, good care practices, and similar long-term services and supports resources;
- Ensuring residents have regular and timely access to ombudsman services;
- Providing technical support for the development of resident and family councils;
- Advocating for changes to improve residents' quality of life and care;
- Providing information to the public regarding long-term care facilities and services, residents' rights, and legislative and policy issues;
- Representing resident interests before governmental agencies; and
- Seeking legal, administrative and other remedies to protect residents.

Ombudsman programs do not:

- Conduct licensing and regulatory inspections or investigations;
- Perform Adult Protective Services (APS) investigations; or
- Provide direct care for residents.



RESIDENTS' RIGHTS

Ombudsman programs help residents, family members, and others understand residents' rights and support residents in exercising their rights guaranteed by law. Most nursing homes participate in Medicare and Medicaid, and therefore must meet federal requirements, including facility responsibilities and residents' rights. For more information about residents' rights visit <http://ltcombudsman.org/issues/residents-rights> and <http://theconsumervoic.org/issues/recipients/nursing-home-residents/residents-rights>. Rights and care standards for assisted living/board and care facilities are regulated, licensed or certified at the state level. For more information on assisted living visit <http://ltcombudsman.org/assisted-living> and <http://theconsumervoic.org/issues/recipients/assisted-living>. Regardless of the type of facility all residents have the right to be protected from abuse and mistreatment and facilities are required to ensure the safety of all residents and investigate reports of mistreatment.

FREQUENTLY ASKED QUESTIONS (FAQ)

Who does the Ombudsman program represent?

The Ombudsman program's mandate is to represent the resident and assist at his or her direction. The Older Americans Act (OAA) requires the Ombudsman program to have resident consent prior to investigating a complaint or referring a complaint to another agency. When someone other than the resident files a complaint, the ombudsman must determine, to the extent possible, what the resident wants.

What happens after I bring a concern to the Ombudsman program?

If someone other than a resident contacts the Ombudsman program with a complaint the ombudsman will visit the resident to see if the resident has similar concerns and wants to pursue the complaint. The ombudsman will explain the role of the program, the complaint investigation process, share information about residents' rights, ask about the resident's quality of life and care, and seek to understand the resident's capacity to make decisions. Many residents, even residents with dementia, are able to express their wishes. If the resident wants the ombudsman to act on the problem, the ombudsman will investigate the complaint and continue to communicate with the resident throughout the investigation process. If the resident cannot provide consent the ombudsman will work with the resident representative or follow program policies and procedures if the resident does not have a representative.

What types of complaints does the Ombudsman program investigate?

Ombudsmen handle a variety of complaints about quality of life and care. Not all complaints are about the care provided by a facility, some complaints are about outside agencies, services or individuals (e.g., Medicaid or Medicare benefits). They can also receive and respond to complaints from individuals other than the resident (e.g. family member), but still need resident permission to investigate or share information.

Do ombudsmen investigate complaints involving allegations of abuse, neglect, and exploitation?

Yes. The Ombudsman program investigates and resolves complaints that "relate to action, inaction or decisions that may adversely affect the health, safety, welfare, or rights of the residents" and that includes complaints about abuse, neglect, and exploitation.³ Ombudsmen are directed by resident goals for complaint resolution and limited by federal disclosure requirements. Therefore, the Ombudsman program's role in investigating allegations of abuse is unique and differs from other entities such as, adult protective services and state licensing and certification agencies. Ombudsman programs attempt to resolve complaints to the residents' satisfaction (including those regarding abuse) and do not gather evidence to substantiate that abuse occurred or to determine if a law or regulation was violated in order to enforce a penalty. If necessary, with resident consent or permission of the State Ombudsman if the resident can't consent and does not have a legal representative, the ombudsman will disclose resident-identifying information to the appropriate agency or agencies for regulatory oversight; protective services; access to administrative, legal, or other remedies; and/or law enforcement action about the alleged abuse, neglect or exploitation.⁴

Is the Ombudsman program required to report allegations of abuse?

There are strict federal requirements regarding disclosure of Ombudsman program information. Resident-identifying information cannot be disclosed without resident consent, the consent of the resident representative, or a court order. Therefore, these disclosure requirements prohibit Ombudsman programs from being mandatory reporters of suspected abuse.⁵

How do I find more information about the Ombudsman program and contact an ombudsman?

Mary Keniry, Ombudsman Coordinator

Catholic Charities Senior and Caregiver Support Services

1462 Erie Blvd, 2nd Floor

Schenectady, NY 12305

Work: 518-372-5667

Area Served: Albany, Fulton, Hamilton, Montgomery, Schenectady, Schoharie, Warren and Washington Counties

This fact sheet was completed in association with the National Consumer Voice for Quality Long-Term Care for the National Center on Elder Abuse situated at Keck School of Medicine of USC and is supported in part by a grant (No. 90AB0003-01-01) from the Administration on Aging (AOA), U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or DHHS policy.



Office Board Bulletin

★HAPPY★
BIRTHDAY!

JULY

Rick Hussa 9
Nathaniel Turner.....19
Art Yannotti.....22
Betty Brown22

AUGUST

Susan Brown10
Suzanne Cartier 23
Ellen Farley.....28

SEPTEMBER

Hal Bain.....5
Lorna McCabe.....11
Beatrice Didio16
John Hamilton.....21
Valerie Caron Burlett30



Attention Meal Recipients:

No meals will be delivered on the following dates:

Monday—July 5th (7/4 –Independence Day)

And

Monday— September 6 (Labor Day)





Ground Beef Dinner with Summer Vegetables

- 2 teaspoons olive oil
 - 1 lb. lean ground beef (I used 93% lean)
 - ½ cup diced onion
 - 2 teaspoons minced fresh garlic
 - 10 ounces frozen corn kernels (or 2 cups fresh corn kernels)
 - 1 medium zucchini (about ½ lb. total), diced
 - 1 cup seeded and diced tomato or 1 cup halved cherry tomatoes
 - 1 tablespoon fresh basil, chopped (or 1 teaspoon dried basil leaves)
 - 1 ½ teaspoons chopped fresh thyme leaves (or ½ teaspoon dried thyme leaves)
 - 1 tablespoon salted butter
 - 2 teaspoons Worcestershire sauce
 - Salt and pepper
- Optional garnish: grated Parmesan cheese; additional fresh herbs**

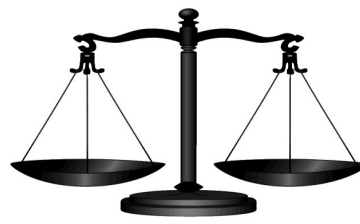
1. Heat oil in a large skillet over medium-high heat. Add the beef, onion, garlic, ½ teaspoon salt and ¼ teaspoon pepper. Cook until the beef is no longer pink (breaking up the meat as it cooks), about 5-7 minutes. Drain.
2. Reduce heat to low; stir in corn, zucchini, tomato, basil, thyme, butter and Worcestershire sauce. Cover and cook, stirring occasionally, for about 10 more minutes (or until the vegetables are tender). Season with additional salt and pepper, to taste.

Notes

- This is a mild dish with simple seasoning such as salt, pepper, garlic, basil and thyme. You can play around with the spices that you use by adding more seasoning for stronger flavor; by mixing up the herbs and using parsley, cilantro, rosemary, or oregano (for example); or by including cayenne or crushed red pepper flakes for a little bit of kick. Additional spices that go well with ground beef include curry powder, mustard powder, cinnamon and cumin. Just taste as you go and adjust to suit your preferences.
 - You can swap out the beef for an equal amount of ground turkey.
 - Make this dish at any time of year! If you don't have access to much fresh summer produce, you can use frozen (or even canned) corn and canned, diced tomatoes (drained).
 - Melt shredded cheese on top of your warm ground beef dinner, or garnish with Parmesan at the very end.
- This healthy ground beef dinner recipe includes just 296 calories per serving, 11 grams of fat, 26 grams of carbohydrates and a whopping 25 grams of protein!
- Nutrition** - Serving: 1/4 of the recipe | Calories: 296.3kcal | Carbohydrates: 26.3g | Protein: 25.8g | Fat: 11.7g | Cholesterol: 77.8mg | Sodium: 287.1mg | Potassium: 518mg | Fiber: 4g Adopted By: *The Seasoned Mom Author Blair*



LEGAL EASE



What Should I Know About *Thornton* and *Ely*?

By Rose Landau, Staff Attorney at the Legal Aid Society of Northeastern New York

Are you a surviving partner of a same-sex relationship? Did you apply for Social Security widow(er)'s benefits on the record of your deceased partner on or before November 25, 2020? Was your claim denied because you and your partner were never married? If so, you are a member of the *Thornton* class who recently won a major victory in the United States District Court for the Western District of Washington. (District Courts are federal courts so their decisions affect the entire country.)

The United States District Court for the District of Arizona recently decided a similar case, *Ely v. Saul*. If you married to your same-sex partner as soon as it became legal in the state where you lived, but you did not qualify for widow(er)'s benefits because your partner died before your nine-month wedding anniversary, you may be a member of the *Ely* class.

The District Courts prohibited the Social Security Administration from denying benefits to surviving partners of same-sex relationships without first considering whether they would have married their partners, or married them sooner, if state laws had permitted same-sex marriage earlier.

It was not until May 2008 that Governor Paterson directed state agencies to ensure that out-of-state marriages of same-sex couples were respected and treated equally under law in New York. And it was not until July 2011 that New York began granting legal recognition to same-sex weddings performed in state. Only six other states and the District of Columbia were ahead of New York, so if you and your late partner lived in another state, it is possible that you did not have had the option to enter a legally recognized marriage until July 2015.

If you think that you are a member of the *Thornton* or the *Ely* class, you should contact the Social Security Administration right away at 1-800-772-1213. If you are deaf or hard of hearing, the TTY number is 1-800-325-0778. A staff member from the Social Security Administration will interview you to determine whether you and your partner would have gotten married, and if so, what the date of the wedding would have been.

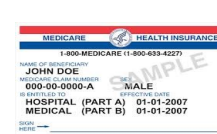
At your interview with the staff member from the Social Security Administration, you should be prepared to talk about and show any evidence of things such as you and your partner living together, owning property together, relying on each other financially, intending to provide for each other after death with wills or insurance policies, or raising children together. None of these individual elements is a requirement, but you will be expected to provide some evidence of a committed, long-term relationship.

You will have to pick a date on which you would have gotten married for the Social Security Administration to plug into their software. In some cases, the should-have-been marriage date will be easy to determine. For example, if you entered a civil union, or if you held a commitment ceremony despite the lack of legal recognition, they should input that date. Absent an obvious date, you should pick a date at least nine months and one day before the death of your partner.

While *Thornton* and *Ely* are cause for celebration, it is important to keep in mind that United States District Courts are not the highest courts in the country. This means their decisions can be overturned. As of the writing of this article, the Social Security Administration could decide to appeal *Thornton* and has already appealed *Ely*. The *Ely* decision is pending with the Court of Appeals for the Ninth Circuit, which is the same court which would hear the *Thornton* appeal, should one be filed.

If the Court of Appeals decides that *Thornton* and/or *Ely* were wrongly decided, then anyone who has been paid widow(er)'s benefits pursuant to those decisions could be considered overpaid. If that happens to you, you can request a waiver. Overpayment waivers should be granted to those who are not at fault (as is the case when court decisions are overturned) and demonstrate that they cannot afford to pay back the money they were allegedly overpaid.

If you have questions about Social Security overpayments or any other civil legal issue, call the Legal Aid Society of Northeastern New York at 518-587-5188



HIICAP Corner

Medicare Information and Updates



SUMMER 2021

Gaps in Medicare Coverage

Once Medicare becomes your primary health insurance you will find that Original Medicare (Part A and Part B) does not cover all health care services which could leave you with a bill for the full cost. Adding a supplemental plan, such as an Advantage Plan can help cover these expenses. Whether you have Original Medicare or Medicare with secondary coverage (Advantage Plan, employer plan, etc.) it is advisable to check coverage details of any procedures you are scheduling by calling Medicare @ 1-800-633-4227 or your secondary insurer.

The following items are some of the services that Original Medicare does NOT cover

- * **Alternative medicine** - Including experimental procedures/treatments, acupuncture, and chiropractic (except when manipulation of the spine is medically necessary to fix a subluxation of the spine).
- * **Most care received outside of the United States** - Medicare will primarily only pay for health care or supplies within the 50 states and territories of the U.S. Exceptions include when a foreign hospital is closer for emergencies or they can more appropriately treat your medical condition. On a cruise ship if within 6 hours of U.S. Port. Some Medigap Supplemental Plans offer Foreign Travel Emergency Health Care up to 80%. Check with your plan for details, or consider travel insurance that includes health care coverage.
- * **Cosmetic surgery** - Unless needed to improve the function of a malformed part of the body.
- * **Most dental care** - Dental care is excluded in Medicare except when needed for another Medicare-covered health service to be successful such as an oral exam required before kidney transplant.
- * **Hearing aids** - Including exams for prescribing or fitting hearing aids.
- * **Long Term Care** (Personal Care, Custodial Care, and Nursing Home Care) - Medicare's coverage of these services is very limited and typically covered only after need for Skilled Nursing Services are requested by physician and eligibility is met.
- * **Non-medical services** - Including hospital private rooms, TV, and phone.
- * **Most non-emergency transportation** - Including ambulance services.
- * **Certain preventative services** - See following page for current list of covered Medicare Preventative Services.
- * **Most vision care** - Including glasses (except after cataract surgery), as well as exams for prescribing and fitting glasses.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

Grilled Sausages with Summer Vegetables

- 3/4 cup peach preserves
- 1/2 cup reduced-sodium soy sauce
- 3 tablespoons minced fresh gingerroot
- 3 tablespoons water
- 3 garlic cloves, minced
- Dash hot pepper sauce, optional
- 4 medium sweet red peppers
- 1 medium eggplant
- 3 small zucchini
- 2 small yellow summer squash
- 12 hot Italian pork or turkey sausage links (4 ounces each)

1. Place the first 5 ingredients in a blender; if desired, add pepper sauce. Cover and process until blended.
2. Cut peppers lengthwise in half; remove seeds. Cut eggplant lengthwise into 1/2-in.-thick slices. Cut zucchini and yellow squash lengthwise into quarters. Place all vegetables in a large bowl; drizzle with 1/2 cup of the sauce and toss to coat.
3. Place vegetables on a greased grill rack. Grill, covered, over medium heat 8-10 minutes or until tender and lightly charred, turning once. Cool slightly. Reduce grill temperature to medium-low heat.
4. Cut vegetables into bite-sized pieces. Toss with additional 1/4 cup sauce; keep warm.
5. Grill sausages, covered, over medium-low heat 15-20 minutes or until a thermometer reads 160° for pork sausages (165° for turkey sausages), turning occasionally. Remove sausages from grill; toss with remaining sauce. Serve with vegetables.

ADOPTED By: Taste of Home

Easy Vegetarian Summer Chili

- 3 cubed med. summer squash
- 3 cubed zucchini medium
- 1 Tbsp. olive oil
- 15 oz. canned diced tomatoes
- 15 oz. canned tomato sauce
- 1 cup vegetable broth
- 1 head broccoli
- 15 oz. canned chickpeas
- 1/4 cup corn
- 2 tsp cumin
- 3 tsp chili powder
- 1/2 tsp paprika
- 1/4 tsp cayenne
- salt/pepper
- fresh basil optional

1. Cook the cubed summer squash and zucchini in the oil over medium-high heat in a stock pot for about 10 minutes (or until soft).
2. Add in the diced tomatoes, tomato sauce, and broth, cooking for another 10 minutes.
3. Add in the broccoli, chickpeas, corn, and spices.
4. Continue cooking for another 10 minutes.

Top with fresh basil (optional), serve, and enjoy!
Nutrition - Carbs: 42 Fat: 5 Protein: 10 Calories: 236kcal
Adopted By: Jar of Lemons - Author: [Christine McMichael](#)

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September is National Cholesterol Awareness Month

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Seventy-one million American adults have high cholesterol, but only one-third have the condition under control. September is National Cholesterol Education Month—a good time to get your cholesterol screened. High cholesterol is one of the main risk factors for coronary heart disease, heart attack, and stroke.

You should have a lipid profile at least every five years to determine the numbers for their total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

In particular, adults who are gaining weight and those who have high blood pressure or diabetes should have their cholesterol levels checked.

Bringing Your Numbers Down

As part of a complete prevention and treatment program for managing your cholesterol and lowering your risk of heart disease and stroke, your doctor may suggest a few lifestyle changes. Regardless of whether your plan includes drug therapy, you can do plenty to improve your cholesterol levels and your overall health:

Change your diet: To lower cholesterol, the American Heart Association recommends eating a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts. You should also limit red meat and sugary foods and beverages. Many diets fit that pattern, including the Dietary Approaches to Stop Hypertension (DASH) eating plan promoted by the National Heart, Lung, and Blood Institute and diets suggested by the U.S. Department of Agriculture and the American Heart Association.

Get up and move: Just 40 minutes of aerobic exer-

cise of moderate to vigorous intensity (walking, swimming, bicycling, or a dance class), done three to four times a week, is enough to lower both cholesterol and high blood pressure.

Avoid tobacco smoke: If you smoke, your cholesterol level is another good reason to quit. Everyone should avoid exposure to secondhand smoke. If you have high LDL cholesterol, your doctor may prescribe medicine in addition to the above lifestyle changes to control your levels, especially if:

- > You previously had a heart attack or stroke.
- > Your LDL cholesterol level is 190 mg/dL or higher.
- > You are 40-75 years old with diabetes and LDL cholesterol of 70 mg/dL or higher.
- > You are 40-75 years old with a high risk for developing heart disease or stroke and LDL cholesterol of 70 mg/dL or higher.

Once you've talked with your health care professional about your cholesterol levels, eating a healthy diet and including exercise in your routine can give you the edge in the fight against heart disease and stroke.

Adopted By: Centers for Disease Control and Prevention



HIICAP Corner Medicare Information and Updates



Medicare Preventive Services Checklist

Please visit www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If provider recommended, up to 4 face-to-face visits per year with qualified doctor.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions.	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year.	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear & Pelvic Exam)	Once every 24 months or every 12 months for those at risk.	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor.	Medicare pays 100% for most tests
Coronavirus (COVID-19) Vaccine	Unknown as of the date of this publication.	Medicare pays 100%
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%
Diabetes Prevention Program	Once per lifetime to help prevent type 2 diabetes.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes—doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per flu season.	Medicare pays 100%
Glaucoma Tests	Once every 12 months for those at risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot & Screening	Based on risk factors. Ask your doctor.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high-risk definition, but were born from 1945 through 1965.	Medicare Pays 100%
HIV Screening	Once every 12 months or up to 3 times per year during pregnancy.	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older.	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second shot is now covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.
Smoking & Tobacco Cessation	Up to 8 face-to-face visits per year.	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk.	Medicare pays 100%

Now's the Time to Return to *Work*

WHY WORK?

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- FEEL PRODUCTIVE
- LEARN NEW THINGS
- HELP YOUR COMMUNITY

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Warren County, NY



6 tips for a better farmers market experience

If you're trying to eat healthier, farmers markets are a great place to buy produce. Fruits and vegetables are in season and at peak freshness. Markets also help you shop locally, which is good for the environment.

If you're new to farmers markets, here are some tips so you can get the most out of your shopping experience.

Shop for what's in season

Aim to create a shopping list based on the fruits and vegetables that are in season. You can research online before you go or ask for recommendations at the market's information booth when you arrive. In the spring, you'll find many vegetables, including asparagus, kale, and broccoli. There's also a variety of delicious fruits available, such as apricots, oranges, and strawberries.

Walk through the market first

Take a stroll through the entire market first. Then you can see everything that's available. And you can compare prices at different food stands, so you get a better deal.

Bring your own bags

Not all vendors provide bags, so it's a good idea to bring a few reusable ones with you. Insulated cooler bags will keep items like free-range eggs fresh. And avoiding single-use plastic bags helps the environment. If you're planning to buy a lot, you can opt for a small cart. It also helps to bring kitchen towels or dishcloths. That way you can protect delicate heirloom tomatoes or wrap carrots that still have some dirt.

Carry cash

To make sure you can buy the rhubarb you've been eyeing, be sure to carry cash with you. Credit card apps are becoming more popular, but not all vendors use them. It also helps to bring small bills in case vendors run out of change.

Go early (or late)

Want to beat the crowds? Go early. Farmers markets are usually less crowded when they first open. You'll also enjoy the best selection of produce. Not an early bird? Then shop later, near the market's closing time. Not only is the market less busy, but many vendors offer special discounts toward the end of the day.

Try the samples

Vendors often offer samples that you can try before you buy — so you can taste just how juicy and sweet a blood orange really is. You can also try unfamiliar foods. For instance, a pomelo, to see if you like it. As you taste, ask the farmer about the produce. Never tried fennel? They might even have a few recipes in mind.

Adopted By: kaiserpermanente.org/thrive



6 Summer Nutrition Tips and Ideas for Seniors

CATHERINE'S



CORNER

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Make Healthy Swaps

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. When it comes to chomping down on all your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for low-fat yogurt in your favorite shakes and smoothies and add spoonfuls of nut butters for that extra punch of protein
 - Swap refined white sugar for natural alternatives like honey, maple syrup, or dates in your baked goods
 - Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber, or lavender
 - Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice
- Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a super snack)

Stay Hydrated

It's easy to become dehydrated, especially during hot summer months where you are more likely to be outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water as well like cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

Complement Your Diet with Exercise

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding fun, active ways to exercise each day. Sunny summer days provide the perfect opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, playing tennis, practicing yoga, and canoeing.

Eat Fresh

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands. It's your chance to skip out on the frozen meals or canned goods you may be used to and instead opt for farm-fresh options like summer squash, heirloom tomatoes, cherries, apricots, bell peppers, corn, arugula, beets, radishes, cucumbers, and strawberries.

Make Smart Choices When Traveling

It's so easy to opt for unhealthy snacks when traveling because of the ease and convenience junk food provides. Plan ahead by packing your own healthy snacks that travel well and are easy to eat - think whole grain chips, carrots, dried fruit, cheese sticks, berries, you get the idea.

Adopted By: Senior Directory



RSVP is Making a Fresh Start!

With "normal life" returning, Warren/Washington RSVP is reaching out to volunteers and organizations to identify meaningful needs within the communities they serve. RSVP will find new and existing volunteers who will help fulfill those needs in an impactful way.

RSVP wants to know:

Are you currently volunteering?

Are you interested and able to begin a new volunteer opportunity?

What kind of volunteer activities are of interest to you?

Do you know of any important needs within your community that RSVP can consider/help with?

Please call RSVP at 518 743-9158 or email director@warrenwashingtonrsvp.org if you would like to share your ideas and/or help out RSVP.

Legal Aid is Here to Serve Warren and Hamilton Counties

You may have heard by now that the Legal Aid Society of Northeastern New York has partnered with the Warren and Hamilton Counties Office for the Aging to provide free legal services for seniors in Warren and Hamilton Counties who are interested in estate planning or need advice on a civil legal matter. But did you know that for income-eligible residents of Warren and Hamilton Counties of all ages we offer a wide variety of other services? Including the following; Tenants rights, Family Law, Unemployment benefits, social Security disability benefits, SNAP benefits,

Consumer Law, DSS denials Community Out Reach. When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton)County) and the best time to call is at 9:00 A.M. Monday through Thursday.



Attention Veterans and Surviving Spouses

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WARREN COUNTY VETERANS' SERVICES

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- Book Club
- September Day Trip To The Bronx Zoo
- October Overnight Trip to Sleepy Hollow, NY
- Games (Bocce, Dominos, Mahjong, Pitch, Bridge, and many more)
- Educational Presentations
 - Monthly Movie
 - Tai Chi
 - Osteobusters
 - Out To Lunchers
 - Art Classes
 - Crafting Groups
- ... And so much more!



Contact us today to become a member!
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 (corner of Bay & Haviland)
 Call us at 518-761-8224
 Email us at Stephanie@seniorsonthego.org
 Visit our website at seniorsonthego.org

Name: _____ Phone: _____
 Address: _____
 Email Address: _____
 How would you prefer to receive your monthly newsletter? Mail Email
 D/O/B: _____

Please return this form, along with your membership fee of \$25.00 to
QSC, 742 Bay Road, Queensbury, NY 12804

SENIOR CENTER SHENANIGANS

SENIOR CENTER SHENANIGANS

WELLS SENIORS



Meal site continues to be on pause for congregate meals, home delivery is available at 518-924-4066

Library is open on Tue, 6-8 PM, Thur, 6-8 PM Sat 10-noon. Face coverings and limited crowds

AARP safe driver classes cancelled until at least Sep 2021. Online course available at:

Website: www.aarpdriversafety.org

Promo code for 25% discount: **DRIVINGSKILLS**

The library music program for 2021 is planning for outdoor activities

Chicken & Biscuits take out only, Wed, Jul 7, 4-6:30 PM, Wells Methodist

Wells Historical is looking for volunteers and members, contact Joan Marsh jmarsh1370@aol.com.

Osteo-busters resumes on Thur, Jun 10 at 10 AM in the Community hall. Full time mask required for non-vaccinated attendees. Sessions each week on Mon & Thur, we will be starting "gently".

Keep checking on each other, stay well

Office of the Aging News letters

<https://www.warrencountyny.gov/ofa/newsletters.php>

"Osteobusters", a 45 minute session of healthful and "easy" exercise is held in the community hall on Mondays and Thursdays from 10 – 10:45 AM. Great for keeping limber.

Mah Jongg, every Tuesday at the Library 6 PM & Thursday at 1:30 PM (new players welcome, instruction always available)

"Pitch" card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)

"Cozy Crafters" every Thursday at the library 6 PM (April – November)

Officers for 2020-2021

- President - Brian Griffin
- Vice President - Alice Megargle
- Treasurer - Holly Hite
- Secretary - Pat Paton
- Alternate Secretary/Treasurer - Nancy Livingston