

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



WINTER EDITION

2022

JANUARY, FEBRUARY & MARCH

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Cindy Coulter - Aging Services Assistant

Catherine Keating - Stauch - Registered Dietician / Menu

Jami Rivers - Receptionist

Jeffery Haines - Fiscal Coordinator

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.



Have a GREAT Start to 2022

Take your first step towards a new adventure. The Office for the Aging is looking for VOLUNTEERS to deliver meals in our Community. We would like to increase meal delivery from Monday, Wednesday and Friday to 5 days a week and we need your help. Call Office for the Aging at 518-761-6347. (Application on page 2)

Winter Reminders for Home Delivered Meals

- ◆ Please be sure that your sidewalks, driveways and porches are free from snow and ice. Volunteers will not deliver meals if conditions are not safe.
- ◆ On the occasion that you need to cancel meals please contact the meal site as early as possible. The phone numbers for each meal site are on the last page of the Newsletter at the bottom.
- ◆ If the local schools are closed in your area due to bad weather the Meal Sites are closed also. Follow your local TV or radio to determine if the meal site is closed.
- ◆ We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers, oatmeal.



WARREN-HAMILTON COUNTIES
OFFICE FOR THE AGING
1340 STATE ROUTE 9 ♦ LAKE GEORGE, NY 12845
DEANNA PARK ♦ DIRECTOR
TEL#(518) 761-6347 ♦ FAX#(518) 761-6344



APPLICATION

Name: _____ Date: _____

Address: _____

Email Address: _____

Phone Number (home): _____ (cell): _____

Birthday: _____

I plan on using my vehicle to deliver meals: YES NO

I request mileage reimbursement for route miles: YES NO

I would like to ride along with another volunteer and serve: YES NO

I am presently a member of RSVP (Retired Senior Volunteer Program): YES NO

I would like more information on joining RSVP: YES NO

How did you hear about the need for Volunteers for the home delivered meals program?:

I would like to be a **Substitute** and am available: M T W T F

I would like to be a **Regular** and am available: M T W T F

Emergency Contact:

Name: _____

Phone (home): _____ (cell): _____

Volunteer Coordinator: Mary Ann McCarthy, PH#(518)761-6347

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Attention Meal Recipients:

*We will be delivering **Blizzard Packs** to our Home Delivered Meals Clients in the near future. The packs are to be used by the meal recipients when the meal site is closed due to bad weather. Please save the meals in your freezer for you to use when the volunteers are unable to deliver your meal.*



Congratulations to the 2021 Seniors of the Year !

HAMILTON COUNTY

Vincent Lauria

Grace Morrison

WARREN COUNTY

Kathy Braico, MD

Thomas Dolan

SENIOR OF THE YEAR 2022 TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.

FROM: Deanna Park, Director Warren/Hamilton Counties Office for the Aging/NY Connects Program 1340 State Route 9, Lake George, NY 12845, Fax#(518)761-6344

RE: NOMINATIONS FOR SENIOR OF THE YEAR

DATE: December 2021

It's that time of the year again, and the Office for the Aging asks your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is not required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration. The state will no longer accept the nomination of a couple for a single award. If you wish to nominate a couple they will need to be nominated separately.

On page 5 is a copy of the NYS Senior Citizen's Day Recognition form and may be filled in and emailed to the office riversj@warrencountyny.gov. Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination for you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by Friday, April 29, 2022.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Friday, April 29, 2022 Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me. Thank you, Deanna

2022 Senior of the Year

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging.

NOMINEE'S INFORMATION

First & Last Name:		County:	
Nickname (If Any):		Telephone #:	
Address:		Email Address:	
City:		Pronunciation of Name:	
Zip Code:			
Years of Volunteer Service:		# of Children:	
Previous or Current Profession:		# of Grandchildren:	
Military Branch of Service:		# of Great Grandchildren:	

Organizations for which the nominee volunteers/has volunteered:

Brief Biography of the nominee (i.e., are they a native New Yorker, how long have they lived in New York, where they currently reside, past/present career, family details: (Approximately 100 words)

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

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

DRIVING SKILLS CHECKLIST

If you answer yes to any of the following questions, you should be concerned about your loved one's driving skills. It might be time to ask whether it's time they retire the keys.



- Has a friend or family member expressed concern about your loved one's driving?
- Has the doctor advised limiting driving for health reasons?
- Has your loved one been pulled over by a police officer and warned about poor driving behavior?
- Has your loved one been stopped by the police or had near misses or accidents in the last 3 years?
- Does your loved one sometimes get lost on familiar routes?
- Do you notice that your loved one's concentration wanders when they drive? Does he or she become confused or angry?
- Do other drivers honk frequently when your loved one is behind the wheel?
- Does your loved one complain that cars or people walking seem to appear out of nowhere?
- Does your loved one have trouble moving their foot between the gas and brake pedals, or do they confuse the two?

It's important to be aware of gradual limitations and how they may affect driving. If you're not sure whether a driving problem is developing, discuss the situation with family members, friends, or the doctor to seek advice. The most important thing is that everyone is safe on the road.



NY Connects
Your Link to Long Term
Services and Supports

Adapted from NIH Senior Health Older Drivers

Today's CAREGIVER MAGAZINE

CAREGIVER.COM

AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” - stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.

A few changes could make your home **easier and safer** to live in and help you continue to live **independently**.



Replace handles

on doors or faucets with ones that are comfortable for you to use.



Don't Use

area rugs and check that all carpets are fixed firmly to the floor.



Reduce fall hazards:

place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.



Place light switches at the top and bottom of stairs and remember to turn on night lights.

Adapted from the National Institute on Aging
For more information about aging in place,
visit www.nia.nih.gov/aging-in-place



NY Connects
Your Link to Long Term
Services and Supports



HIICAP Corner

Medicare Information and Updates



2022 Medicare by the numbers

Medicare has announced the following cost share updates for 2022:

Part A Hospital deductible—\$1,556

Coinsurance for Hospital (Days 61-90): \$389/day

Lifetime Reserve Coinsurance (Days 91-150): \$778/day

Skilled Nursing Facility Coinsurance (Days 21-100): \$194/day

Part B Premium: \$170.10/month

Part B Deductible: \$233 annual

Part C (Medicare Advantage Plans) Premium: Varies by plan

Part D Prescription Plan premium: Varies by plan

Monthly premiums for Medicare Part B and D may be higher under the following circumstances:

- * If your individual income exceeds \$91,000 (married \$182,000)
- * If you have a Late Enrollment Penalty due to not signing up for Medicare when first eligible

In 2022 Social Security is issuing a 5.9% increase for most recipients which will help with some of the Medicare costs but leaves many with not much of a monthly gain.

To assist with the increased costs of Medicare, income eligible beneficiaries can apply for the Medicare Savings Program (MSP) which assists by eliminating the Part B premium. MSP also automatically qualifies you for Extra Help, a program that helps pay Part D prescription costs of premiums, deductibles, and co-pays.

Program	2021 New York gross monthly income limits		2021 New York asset limits	
	Individuals	Couples	Individuals	Couples
QJ-1	\$1,469	\$1,980	No limit	No limit
SLMB	\$1,308	\$1,762	No limit	No limit
QMB	\$1,094	\$1,472	No limit	No limit

These income limits are based on the 2021 Federal Poverty Level, and include a \$20 standard disregard. You may qualify even if your income is slightly higher based on certain expenses. The new income guidelines for 2022 are released in early spring and until they are available, use your 2021 Social Security income to apply.

To apply for the Medicare Savings Program contact your local Department of Social Services





HIICAP Corner

Medicare Information and Updates



Medicare Enrollment Periods

Initial Enrollment Period (IEP):

- * For individuals upon first meeting the eligibility requirements for Medicare
- * Have 7 months to enroll into Medicare. The IEP begins three months before the person meets the eligibility requirements and ends three months following that month.

General Enrollment Period (GEP):

January 1st to March 31st

- * For individuals who missed their Medicare Part B IEP
- * Coverage will begin July 1st

Annual Election Period/Open Enrollment:

October 15th to December 7th

- * A beneficiary can drop, pick up or switch any Medicare health plan options
- * Coverage will be effective January 1st of the following year

Medicare Advantage Open Enrollment Period:

January 1st to March 31st

- * Beneficiaries on a Medicare Advantage Plan (with or without Part D) can switch to either another Medicare Advantage Plan or to Original Medicare
- * Effective the 1st of the following month

5 Star Special Enrollment Period (SEP):

December 8th through November 30th

- * One time SEP during these dates
- * People can switch to a 5 Star Medicare Advantage Plan (with or without drug coverage) or a 5 Star Medicare Prescription Drug Plan at any time during the year
- * Beneficiaries currently enrolled in a plan with an overall 5 Star rating may also switch to a different plan with an overall 5 Star rating.
- * Individuals with Original Medicare (with or without Part D) may also use this SEP to enroll in a 5 Star Medicare Advantage or Medicare Part D Prescription plan for the first time.
- * Enrollment is effective 1st of the following month.



NEW YORK
STATE OF
OPPORTUNITY™

HIICAP
Health Insurance Information,
Counseling and Assistance
Program

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

**Do you have a reliable car and enjoy driving?
Would you like to make a difference in the lives of others?
Consider volunteering as a
Medical Transportation Driver!**

Over the years, the Warren/Washington Retired Senior and Volunteer Program, better known as **RSVP**, has been an active and vital part of our community, matching senior citizens age 55 and older with important volunteer opportunities. The benefits of giving back are two-fold: Volunteering not only benefits society, it can also pay big dividends in better health as you age.

Currently, RSVP is in critical need of volunteers for their Medical Transportation program. Normal reduction, in combination with recent challenging times, has resulted in a smaller volunteer base for this important service. At the same time, RSVP is seeing an increase in need in our communities.

These days, many elderly people live alone, without family nearby to help. Volunteers with RSVP's Medical Transportation program really make an impact by providing area senior citizens with rides to medical appointments. Not only do volunteer drivers furnish safe and reliable transportation, their willingness to help gives peace of mind to those who need it most.

This is a flexible commitment that works around your schedule. You determine the amount of time that is best for you. RSVP conducts an orientation for drivers and provides on-going assistance and support of all volunteers. Although many donate their time, mileage reimbursement is available.

Again, right now the need for Medical Transportation volunteer drivers is great. If you enjoy driving and are interested in making a real difference in your community, contact RSVP by telephone at (518) 743-9158 or email at transportation@warrenwashingtonrsvp.org





Hamilton County

Wells

Wells Seniors is open to all 55 and over, annual dues \$10, meetings on the second Wednesday of each month (Jan-Nov) at 12:45 PM at the meal site on Buttermilk Hill Road. Lunch is available at Noon, call 518-924-4066 for lunch reservations.

Social Meetings are on the 4th Wednesday except in Sep, Nov, and Dec, the dates change for the balloon fest, Thanksgiving Luncheon, and Christmas party.

Contact Brian Griffin at 716-830-7967 with any questions or for further information.

RSVP

Current Clients of Hamilton County RSVP are able to receive transportation to Medical appointments. Call 518-359-7688

If you are interested in becoming a Volunteer Driver for RSVP please call the phone number above.

Tips for starting the New Year off Right



- 1. Using a notebook or planner set goals for the coming year.***
- 2. Look around your home and see if there are projects you are able to tackle.***
- 3. Do a yearly review of your bills. If you have never done a budget before it is an eye opener.***
- 4. If you have a passion devote time to keep your passion alive. If you do not have a passion at this time devote some time looking for something you enjoy and make time for it.***
- 5. Take care of yourself you only have this life to enjoy to the fullest. Be good to your body by exercising and staying active eating healthy. Work at having ways to keep a healthy mind. My yoga teacher says " If you have thoughts that do not serve you let them go".***



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 and Community Outreach. 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

ARE YOU ELIGIBLE...

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

**Let us complete a Veteran or Surviving
Spouse 360° review
of your eligibility to local, state and
federal benefits.**

WARREN COUNTY VETERANS'
SERVICES

**Call 518/761-6342
for an appointment**

Thank You



VETERANS



Winter Safety Tips for Older Adults

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, this time of year.

Hypothermia - Hypothermia occurs when your body temperature drops to a dangerous level. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take

Dress Smart - protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!

Frostbite - Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Cover Up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

Know the Warning Signs of Frostbite: skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

If Frostbite Occurs run the affected area under warm (not hot) water.

Injury While Shoveling Snow - Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

Precautions to Take to Prevent Falls:

Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.

Clear away snow and salt your walkways at home, or hire someone to do it.

Wear boots with non-skid soles - this will prevent you from slipping.

Replace the rubber tip on canes before worn smooth. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Fires and Carbon Monoxide Poisoning - Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide - more on carbon monoxide poisoning on next page.

Precautions to Take

Have your chimneys and flues inspected - annually.

Open a window (when using a kerosene stove).

Place smoke detectors and battery-operated carbon monoxide detectors in strategic places - especially where near fireplaces, wood stoves, or kerosene heaters.

Make sure space heaters are at least 3 feet away from anything that might catch fire, ie: curtains, bedding and furniture.

AGING WELL IN THE ADIRONDACKS

QUEENSBURY SENIOR CENTER

MANY PROGRAMS & EVENTS ARE AVAILABLE

FOR THE ACTIVE SENIOR, INCLUDING:

Arts & Crafts

Cooking Classes

Book Club

Games

Educational & Zoom Instructions

... And More!



TRAVEL IS BACK!

*You can find the
schedule soon on our website:*

Seniorsonthego.org

NEW FOR 2022:

ART CLASS, EVENTS, DAY TRIPS

AND TECH SUPPORT CLASS

Contact us today to become a member
Visit us at 742 Bay Road, Queensbury, NY 12804 (corner of Bay & Haviland)
Call us at 518-761-8224
Email us at Stephanie@seniorsonthego.org



Simple Tips to Make Your Diet Healthier

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Making major changes to your diet can sometimes seem very overwhelming. Instead of making big changes, it may be better to start with a few smaller ones. And it's likely more manageable to start with just one thing, rather than all at once.

1. Slow down - Studies comparing different eating speeds show that fast eaters are much more likely to eat more. It takes about 20 minutes for your brain to receive these messages. That's why eating more slowly may give your brain the time it needs to perceive that you're full. So, simply eating slower and chewing more often may help you eat less.

2. Choose whole grain bread instead of refined - You can easily make your diet a bit healthier by choosing whole grain bread in place of traditional refined grain bread. Just make sure to read the label to ensure that your bread is made with whole grains only, not a mixture of whole and refined grains. It's also preferable that the bread contains whole seeds or grains.

3. Don't shop without a list - There are two important strategies to employ when you go grocery shopping: Make your shopping list ahead of time and don't go to the store hungry.

4. Drink enough water - Drinking water regularly may also be linked to improved diet quality and could decrease your calorie intake from beverages.

5. Try at least one new healthy recipe per week - Aim to try making a new healthy recipe at least once per week. Alternatively, try to make a healthier version of a favorite recipe by experimenting with new ingredients, herbs, and spices.

6. Eat your greens first - A good way to ensure that you eat your greens is to enjoy them as a starter. By doing so, you'll most likely finish all of

your greens while you're at your hungriest. This may cause you to eat less of other, perhaps less healthy, components of the meal later.

7. Become more active - Good nutrition and exercise often go hand in hand. Exercise has been shown to improve your mood, as well as decrease feelings of depression, anxiety, and stress. Aim to do about 30 minutes of moderate to high intensity exercise each day or simply take the stairs and go on short walks whenever possible.

8. Replace sugary beverages with sparkling water - Sugary beverages might possibly be the unhealthiest thing you can drink. One 16-ounce (492-ml) sugary soda contains about 207 calories.

9. Get a good night's sleep - The importance of good sleep can't be overstated.

10. Eat from smaller plates - It has been proven that the size of your dinnerware can affect how much you eat.





8 Things You Can Do to Prevent Heart Disease and Stroke

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

February is National Heart Month!

These eight key factors can help you lower your risk of heart attack and stroke if you've never had one. They're part of an overall healthy lifestyle for adults.

- 1. Know your risk.** Certain factors can increase your risk, such as smoking, kidney disease or a family history of early heart disease. Knowing your risk factors can help you and your health care team decide on the best treatment plan for you. Many risk factors can be improved with lifestyle changes.
- 2. Eat a healthy diet.** Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish. Make smart choices like limiting refined carbohydrates, processed meats and sweetened drinks. Use the nutrition facts label on packaged foods to cut back on sodium, added sugars and saturated fats, and avoid trans-fat.
- 3. Be physically active.** Move more – it's one of the best ways to stay healthy, prevent disease and age well. If you're already active, you can increase your intensity for even more benefits. If you're not active now, get started by simply sitting less and moving more.
- 4. Watch your weight.** Stay at a healthy weight for you. Lose weight if you're overweight or obese. Start by eating fewer calories and moving more.
- 5. Live tobacco-free.** If quitting smoking or tobacco is a challenge for you, ask your team for help to kick the habit using proven methods. And try to avoid secondhand smoke, too!
- 6. Manage conditions.** If you have high blood pressure (hypertension), high cholesterol, high blood sugar, diabetes or other conditions that put you at greater risk, it's very important to work with your health care team and make lifestyle changes.

7. Take your medicine. Take all medications as directed. But don't take aspirin as a preventive measure unless your doctor tells you to.

8. Be a team player. Your health care team can help you reduce your risk of heart disease or stroke to live a longer, healthier life.. Ask questions, and be open about any challenges you may face in trying to make healthy changes.

Live well today for a healthier tomorrow. The bottom line? Healthy living is the best way to delay or avoid many heart and brain diseases. This means being active and fit, eating healthy, avoiding tobacco and managing conditions that can put you at greater risk. Take charge of your health.

Adopted by: American Heart Association



March is National Nutrition Month

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Word search

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

CALCIUM CALORIES CHOLESTEROL DAIRY DIET DISEASES
 FIBER FOOD FRUITS GRAINS GUIDELINES HEALTHY HEART
 MILK NUTRIENT NUTRITION OVEREATING PREVENTION
 PROTIEN RECIPES VEGETABLES VITAMINS

February is American Heart Month - This Heart-Check Certified recipe is brought to you by National Cattlemen's Beef Association.

Beefy Sweet & Sloppy Joes

Sweet bell peppers give it the sweet, and, the sloppy, well, that's the whole sandwich. Who doesn't like to bite into a Sloppy Joe?

Ingredients

- 1 cup chopped yellow, green or red bell pepper
- 2 tablespoons lightly packed brown sugar
- 1-pound ground beef (96% lean)
- 4 whole-wheat hamburger buns (halved)
- 3/4 cup finely chopped onion
- 1 can or bottle (12 ounces) 100% vegetable juice
- 1 tablespoon Worcestershire sauce

Directions

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and stirring occasionally.
2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.

Nutrition Facts: Serving Size - 1 bun plus 3/4 c Sloppy Joes: Calories; 341 kcal, Protein; 30 g Fiber; 5 g, Sodium; 499 mg, Total Fat; 7.7g

This Heart-Check Certified recipe is brought to you by National Cattlemen's Beef Association

Now that the New Year is upon us, it's time to eat food that is healthy and good for you.

Cinnamon Raisin Energy Bites

Cinnamon Raisin Energy Bites are a healthy, no-bake snack recipe full of oats,

Peanut butter, honey and more.

Ingredients

- | | |
|------------------------|-------------------|
| 1 cup quick oats | 1/3 cup raw honey |
| 1 cup shredded coconut | 1/2 cup raisins |
| 1/2 cup peanut butter | 2 tsp cinnamon |



1. Combine all ingredients in a large bowl & mix until well combined
2. Roll & press into 1-inch rounds & place on parchment lined baking sheet
3. Refrigerate until firm before enjoying
4. Store in refrigerator in airtight container

Recipe Adopted By: By Kleinworth & Co



CINNAMON





March is National Nutrition Month. This is a great time to reassess and reevaluate your healthy lifestyle goals and make eating better a priority.

Vegetable Cheese Quesadillas

Quesadillas can be a quick and easy meal idea. Be creative by incorporating different veggies, meats, cheeses, beans, and even fruit into your quesadillas or try making them with whole wheat tortillas to increase the nutritional value.

Yield: 4 servings

Ingredients:

- 1 Tablespoon vegetable oil
- 1/4 cup red onion chopped
- 1 tomato chopped
- 1/2 green pepper chopped
- 1 small zucchini shredded
- 1/2 cup Cheddar cheese shredded
- 4 (6-inch) flour tortillas
- non-stick cooking spray
- 1/2 cup salsa (optional)
- 1/4 cup low-fat sour cream (optional)

Directions:

1. Wash hands with soap and water.
2. In a small skillet, heat oil over medium heat. Add onions and cook until tender, about 5 minutes. Remove from heat.
3. In a medium bowl, mix cooked onions, tomato, green pepper, zucchini and Cheddar cheese.
4. Reheat skillet over medium heat. Spray one side of a flour tortilla with non-stick cooking spray. Place the tortilla, sprayed-side-down, on the hot skillet.
5. Spread 1/4 of the vegetable/cheese mixture on one half of the tortilla. Fold the other half of the tortilla over the filling and cook, flipping once. Cook until the cheese is melted.
6. Repeat with remaining 3 tortillas.
7. Cut each quesadilla into 3 triangles and serve with salsa and/or sour cream on the side.

Notes: Variation: To make Vegetable Chicken Quesadillas, add 1 cup chopped cooked chicken during step 2.



Office Bulletin Board



JANUARY

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 Frank O'Keefe 14
 Patricia Baker 14
 Dennis Moore 31

FEBRUARY

Gary Willett 1
 Genevieve Ireton 7
 Leon Steves 11
 Philip Nadig 18



MARCH

Eve Parker 1
 Lisa Truax 8
 Susan Ogden 16
 Sarah Hussa 20
 Jody Meyer 24

Attention Meal Recipients:

No Meals will be delivered on the following dates:

Friday, December 31, Observing New Years Day

Monday, January 17th, Dr. Martin Luther King Jr. Day

Monday, February 21, Presidents' Day

A Note Regarding Home Delivered Meal Clients

- If you are not going to be home to receive a meal please call the Meal Site to cancel before 9:00 am at 518-832-1705 for Cedars Meal Site. The Meal Site phone has voice mail so you may leave a message any time of day or night. Phone numbers for other meal sites are at the bottom of page 24 the March menu.
- Clients please remember to leave a bag, box or cooler outside of your door so the Volunteer may deliver the meal. A reminder we will not leave the meal unless you are home or contact the meal site to leave other instructions.

WINTER



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

MEMORIES

HOME

TIMELINE

ANTICIPATE

WISDOM

CURATED

REMEMBER

INSPIRING

GRATITUDE

COURAGE

IMAGINATION

ENJOY

MAGIC

TRADITIONS

LAUGHTER

BLISS

HEALING

DELIGHTED

JOIEDEVIE

ARTISTIC





January 2022 – 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	January 4 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	January 5 Orange Juice Apple N' Onion Chicken Sweet Potatoes Spinach Gelatin	January 6 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	January 7 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
January 10 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	January 11 Swedish Meatballs Over Noodles California Veggies Cookie	January 12 Greek Penne and Chicken Peas & Onions Mandarin Orange	January 13 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	January 14 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
January 17  Meal Site Closed	January 18 CHEF'S CHOICE	January 19 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	January 20 Orange Juice Chicken & Stuffing Casserole Peas California Medley Gelatin	January 21 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
January 24 Chicken Parmesan Penne Pasta with Marinara Sauce Carrots Tropical Fruit	January 25 Chili with Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	January 26 Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries	January 27 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	January 28 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
January 31 Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake	 <p style="color: red; font-size: 1.2em; font-weight: bold;"> May 2022 bring You: Happiness, Good health, Prosperity, and Love. </p>			Age 60+ suggested contribution is \$3. per meal, under age 60 required contribution is \$5.

February 2022 – 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	February 1 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	February 2 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Mandarin Oranges	February 3 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	February 4 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Pudding
February 7 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	February 8 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	February 9 Orange Juice Apple N' Onion Chicken Sweet Potatoes Spinach Gelatin	February 10 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	February 11 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
February 14 Happy Valentine's Day Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	February 15 Swedish Meatballs Over Noodles California Veggies Cookie	February 16 Greek Penne and Chicken Peas & Onions Mandarin Orange	February 17 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Veggies <u>Tropal</u> Fruit	February 18 Spaghetti & Meatballs with Marinara Sauce Green Beans Carrots Peach Cobbler
February 21 Meal Site Closed 	February 22 CHEF'S CHOICE	February 23 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	February 24 Orange Juice Chicken & Stuffing Casserole Peas California Medley Gelatin	February 25 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
February 28 Chicken Parmesan Penne Pasta with Marinara Sauce Carrots Tropical Fruit				





March 2022 – 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	March 1 Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	March 2 Ash Wednesday Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries	March 3 Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	March 4 Cold Plate Tuna Salad on a Bun Cottage Cheese Marinated Veggies Brownie
March 7 Beef Stroganoff over Noodles Winter Squash Strawberry Shortcake	March 8 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	March 9 Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Mandarin Oranges	March 10 Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	March 11 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Pudding
March 14 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	March 15 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	March 16 St. Patrick's Day Corned Beef Cabbage Boiled Potatoes Carrots Birthday Cake/Frosting Happy Birthday!!	March 17 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	March 18 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
March 21 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	March 17 Swedish Meatballs Over Noodles California Veggies Cookie	March 23 Greek Penne and Chicken Peas & Onions Mandarin Orange	March 24 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	March 25 CHEF'S CHOICE
March 28 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	March 29 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler	March 30 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	March 31 Orange Juice Chicken & Stuffing Casserole Peas California Medley Gelatin	Age 60 + suggested contribution is \$3. Per meal, under 60 required contribution is \$5

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: (518)548-4941

Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200

First Presb. Church Glens Falls &

Solomon Heights, Queensbury:

(518)832-1705

Wells: (518)924-4066

Please Note: Contact your Meal Site to request a substitution if you do not care for Fish or Liver.