

December 2023 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging



Newsletter for Senior

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

FALL EDITION

2023

OCTOBER, NOVEMBER AND DECEMBER

OFFICE STAFF

Deanna "Dee" Park-Director

Rose Ann Taft-Coordinator of Services

Catherine Bearor-Services Specialist

Hanna Hall-Services Specialist

Sherry Hanchett-Reception/
Services Assistant

Dinah Kawaguchi-Keyboards Specialist

Cindy Cabana-Aging Services Assistant


Cindy Coulter-Aging Services Assistant

Stephanie Belden-Aging Services Assistant

Catherine Keating-Stauch-Registered
Dietician / Menu

Jeffrey Haines-Fiscal Coordinator

Mary Ann McCarthy-Services Assistant /
Newsletter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reminder—People under the age of 60 are required to pay \$7 per meal. Clients 60 and over suggested Contribution is \$3.				December 1 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
December 4 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	December 5 Meatloaf Mashed Potatoes Zucchini & Tomatoes Chilled Pears	December 6 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	December 7 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	December 8 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
December 11 Eggplant Parmesan w/ Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	December 12 Hungarian Goulash Japanese Medley Beets Mandarin Orange	December 13 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	December 14 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	December 15 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
December 18 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	December 19 Beef Stew with Boiled Potatoes/ Carrots Brussel Sprouts Biscuit Chilled Pears	December 20 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	December 21 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	December 22 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert
 Meal Site Closed	December 26 CHEF'S CHOICE	December 27 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	December 28 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	December 29 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions:

Meal Site Phone Numbers:

Bolton: (518) 644-2368

Long Lake: (518) 624-5221

Solomon Heights, Salvation

Cedars: (518) 832-1705

Warrensburg: (518) 623-3451

Army: 518) 832-1705

Chestertown: (518) 623-3451

Lake Pleasant: (518) 924-4066

Wells: (518) 924-4066

Johnsburg: (518) 251-2711

Indian Lake: (518) 648-5412

Office for the Aging: (518) 761-6347


Lake Luzerne: (518) 696-2200



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.



SENIOR OF THE YEAR

We are pleased to announce our 2023 Seniors of the year for Warren and Hamilton Counties ...

Hamilton County

Kathy Bird—Indian Lake

Barbara Van Slyke—Wells

Warren County

Ben Driscoll—Glens Falls

Beatriz "Bea" Roman—Queensbury




Table of Contents

1. Senior of the Year Warren/Hamilton Counties
2. Table of Contents, Veterans Services & Legal Aid Information
3. Notice of Public Hearings
4. Motion is Lotion
5. Tips for Living on a Fixed Income
6. & 7. HICAP Corner
8. Carbon Monoxide Safety
- 9.- 11. Socializing in Our Senior Years
12. Queensbury Senior Citizens
13. Volunteer Birthdays and Meal Site closed days
- 14.-15. Word Search Puzzles
- 16.-18. Nutrition Fall Health, Diabetes & Healthy Tips
- 19.-21. Recipes' Sausage/ Acorn Squash, Apple Tartlets & Turkey Breast
- 22 -24 Menus for July, August & September



Legal Aid is Here to Serve Warren and Hamilton Counties

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).



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

November 2023 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reminder: People under the age of 60 are required to pay \$7. per Meal Clients 60 and older suggested contribution \$3.00		November 1 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Cup	November 2 Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Pears	November 3 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake
November 6 Eggplant Parmesan w/ Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	November 7 Hungarian Goulash Japanese Medley Beets Mandarin Orange	November 8 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	November 9 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	November 10  Meal Site Closed
November 13 Apple N' Onion Chicken Sweet Potatoes Spinach Rice Pudding	November 14 Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears	November 15 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	November 16 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	November 17 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies
November 20 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	November 21 CHEF'S CHOICE	November 23 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	November 23 Happy Thanksgiving  Meal site Closed	November 24 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday
November 27 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	November 28 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	November 29 Beef Stroganoff over Noodles Broccoli Apple Crisp	November 30 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	***Cedars meal site only - No meal delivery November 24th

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. 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.

NOTICE OF PUBLIC HEARINGS

We would love to see you there.

It is time for our annual **Public Hearings**. At the hearings we will be discussing the office's 2024 service plan for seniors. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice, as well as interpretation services. All sites are handicap accessible. If you need special accommodations, please call Deanna Park, PH# (518)761-6347 or email: parkd@warrencountyny.gov, at least one week in advance.

Hearings will be conducted at the following sites:

OCTOBER 18th – VIRTUAL

Call 518 761-6347 for zoom link information

NOVEMBER 17th WELLS NUTRITION SITE

11:00AM PH#(518)924-4066

105 Buttermilk Hill Road, Wells, NY 12190

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Deanna Park, Director

Warren/Hamilton Counties Office for the Aging

The Warren-Hamilton Counties Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging, with additional funding from the New York State Office for the Aging, Warren and Hamilton County Governments, and donations from participants.

October 2023 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2 Eggplant Parmesan w/ Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges	October 3 Veal Parmesan Penne Pasta/ Marinara Sauce Cauliflower Fresh Fruit	October 4 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches	October 5 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple	October 6 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Bar
October 9  Meal Site Closed	October 10 Beef Stew with Boiled Potatoes & Carrots Brussel Sprouts Biscuit Chilled Pears	October 11 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin	October 12 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix	October 13 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries
October 16 BBQ Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit	October 17 CHEF's CHOICE	October 18 Roast Pork Loin with Gravy Mashed Potatoes Green Beans Applesauce	October 19 Meal Site Closed  Staff Training	October 20 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday
October 23 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit	October 24 Quiche of the Day California Medley Muffin of the Day Fresh Fruit	October 25 Beef Stroganoff over Noodles Broccoli Apple Crisp	October 26 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fruited Gelatin	October 27 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake
October 30 Pork Chop Roasted Red Potatoes California Medley Chilled Pineapple	October 31 Happy Halloween Meatloaf Mashed Potatoes Zucchini & Tomatoes Halloween Dessert		Reminder: People under the age of 60 are required to pay \$7 per meal. Clients 60 and older suggested contribution is \$3.	

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. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. 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.



Motion is Lotion :

How Exercise Can Help Mitigate and Prevent Joint Pain



Joint pain can make even the simplest tasks difficult. Even making a fist or climbing stairs can become challenging. Frequently, many people mistakenly believe that physical activity has become too difficult and could cause the pain to become even worse. However, sometimes the opposite is true. The more your joints move, the more natural lubrication they receive to remain healthy and cause you less pain.

Of course some exercises are better than others. For example, long runs will likely cause wear and tear to your joints. But low-impact exercises like walking and swimming are a win-win. Not only will you be able to remain active and you will alleviate pain. You will also improve the lubrication of your joints. For most people who live with joint pain, the following low-impact exercises are smart, proven options.

Biking

Biking, either indoor or outdoor, is an excellent exercise for those who suffer from joint pain or want to avoid developing it. This activity is low impact (meaning, less stress on the joints) and can also stimulate the muscles. This can help decrease pain while stimulating motion and mobility. Biking can help build up your quadriceps, which can help alleviate pressure and pain if you have bad knees. Start out slow and eventually work your way up to 30-minute sessions.

Strength Training

One of the goals of exercising when you have joint pain is to build up the muscles around those joints. Strength training can help increase the capacity of the muscles surrounding the joints and stabilize them which can result in less pain. Talk to your doctor, a trainer or physical therapist before starting and ask them what the most appropriate training routine would be for you.

Elliptical Machines

Elliptical machines are a low-impact alternative to running or jogging and can provide high intensity interval training. These aerobic workouts can strengthen your heart, lungs and muscles which can help build stamina and endurance. Ellipticals go easy on your joints and simultaneously build muscles in your legs, which can help lower knee and ankle pain.

Source: <https://pubmed.ncbi.nlm.nih.gov/27386811/>

Herbed Roast Turkey Breast

TOTAL TIME: Prep: 10 min. **Bake:** 2 hours + standing **YIELD:** 12 servings.
 Christmas dinner is the time for a showy main dish. This a very easy Christmas dinner idea for smaller families.

Ingredients

- 1 bone-in turkey breast (5 to 6 pounds)
- 5 teaspoons lemon juice
- 1 tablespoon olive oil
- 1 to 2 teaspoons pepper
- 1 teaspoon dried rosemary crushed
- 1 teaspoon dried thyme
- 1 teaspoon garlic salt
- 1 medium onion cut into wedges
- 1 celery rib cut into 2-inch pieces
- 1/2 cup white wine or chicken broth



Directions

1. Preheat oven to 325°. With fingers, carefully loosen the skin from both sides of turkey breast. Combine lemon juice and oil; brush under the skin. Combine the pepper, rosemary, thyme and garlic salt; rub over turkey.
2. Place onion and celery in a 3-qt. baking dish. Top with turkey breast, skin side up. Pour wine into the dish.
3. Bake, uncovered, until a thermometer reads 170°, 2 to 2-1/2 hours. (Cover loosely with foil if turkey browns too quickly.) Cover and let stand 15 minutes before carving.

Savory Turkey Breast: Omit the lemon juice, oil, pepper, rosemary, thyme and salt. Combine 1/4 cup softened butter, 2 teaspoons rubbed sage, 3 minced garlic cloves, 1 teaspoon *each* dried minced onion and thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper. Loosen the skin on the turkey breast as directed. Spread 2 tablespoons butter mixture under turkey skin; spread remaining mixture over skin. Proceed as directed.

Test Kitchen Tips - You can often use lemon and lime juice interchangeably in recipes to achieve a different flavor. To substitute orange, though, you'll need to keep a little lemon or lime to spark up the flavor.

Adopted by: *Taste of Home*

Dutch Apple Pie Tartlets



TOTAL TIME: Prep: 15 min Bake: 20 min. **YIELD:** 2-1/2 dozen.

Add this diabetic-friendly dessert to your holiday treat table that all of your guests will be able to enjoy.

These adorable mini apple pie pastries make a delightful addition to a dessert buffet or snack tray. The recipe calls for convenient frozen phyllo shells, so they're surprisingly easy to prepare. The lemon curd filling adds a unique flavor twist.

Ingredients

- 1 cup finely chopped peeled apple
- 1/4 cup lemon curd
- 2 packages (1.9 ounces each) frozen miniature phyllo tart shells
- **TOPPING:**
- 1/2 cup all-purpose flour
- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1/4 cup cold butter

Directions

1. In a small bowl, combine apple and lemon curd. Spoon into tart shells.
2. In another bowl, combine the flour, sugar and cinnamon; cut in butter until mixture resembles fine crumbs. Spoon over apple mixture. Place on an ungreased baking sheet.
3. Bake at 350° for 18-20 minutes or until golden brown. Cool on wire racks for 5 minutes. Dust with confectioners' sugar. Serve tarts warm or at room temperature. Refrigerate leftovers.

Adopted by: *Taste of Home*



Tips for Living on a Fixed Income



5 Ways to Enjoy Retirement on a Fixed Income

1. Do Not Accumulate Debt

It is better to enter retirement debt-free. You can manage debt through timely payments, and if you have multiple debts, you can try consolidating your debt or settlement programs. This way, you can repay your debt faster and more efficiently.

2. Have a Fixed Budget

One of the best ways to have a comfortable retirement is to have a fixed budget you adhere to as best as possible. Make a list of recurring bills so you know how much money is going out regularly and a list of the income you're getting, such as from your savings, pension and investments. This way, you can determine what essentials need to be prioritized and how much you have to spend.

One popular method to determine your budget is the 50/30/20 system. 50% of your income goes towards needs, 30% to wants and 20% to savings for potential emergencies.

3. Pay for Necessities First

Pay all your necessary bills at the beginning of the month before you indulge in any discretionary spending. Your mortgage or rent, food, utility bills, prescriptions should always be your first monthly bills. This rule applies even if you have extra money.

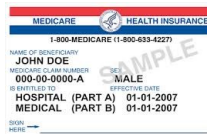
4. Expect the Unexpected

When you're on a fixed income, it is vital to have an emergency fund. Emergency expenses can be medical bills, car problems, home repairs or other unexpected expenses. An emergency fund can provide you with a safety net in case of an emergency. To be safe, you should put away 3-6 months' worth of living expenses in case of an emergency.

5. Invest in an Annuity

Annuities could be a smart and safe way to diversify your savings. You can potentially earn much more interest than CDs or Savings accounts.

<https://asbaonline.org>



HIICAP Corner

Medicare Information and Updates



Fall Open Enrollment

October 15th—December 7th

(New coverage will take effect 1/1/2024)

Coverage change options during Open Enrollment

Join a new Medicare Advantage Plan

Join a new Medicare Prescription Drug Plan (PDP)

Switch from Original Medicare to a Medicare Advantage Plan

Switch from Medicare Advantage to Original Medicare, with or without PDP

4 questions to consider for medical coverage:

- *Are my providers and facilities in the plan network?
- *Are my medications on the plan formulary?
- *Am I comfortable with the plan premium?
- *Am I comfortable with the plan copays/coinsurance?

Medicare ‘Extra’ Benefits

In addition to Medicare medical coverage, some Advantage Plans offer additional limited benefits such as Dental, Vision, Hearing, Over the Counter items, etc. These extras are not part of Medicare so it is up to the plan to determine the type of benefit, where it can be used (networks), and what will be the cost share to enrollees. If these benefits are important to you, take the time to find out specifics to avoid frustration when trying to access them in the new year.

This article is supported in part by grant number 90SAPG0105 from the U.S. Administration for Community Living



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

Sausage-Stuffed Acorn Squash

TOTAL TIME: Prep/Total Time: 30 min. **YIELD:** 4 servings.

Acorn squash gets a sweet and savory treatment when stuffed with sausage, onion, spinach and cranberries to make this **pretty autumn entree**. Cooking the squash in the microwave makes this quick enough for a busy weeknight.

Ingredients

- 2 medium acorn squash
- 1-pound bulk spicy pork sausage
- 1/2 cup chopped onion
- 1 cup fresh spinach finely chopped
- 1/2 cup dried cranberries
- 1-1/2 cups soft bread crumbs
- 1 large egg
- 2 tablespoons 2% milk



Directions

- 1. Halve squash lengthwise; discard seeds. Place squash in a microwave-safe dish, cut side down. Microwave, covered, on high until tender, 10-12 minutes.
- 2. Meanwhile, in a large skillet, cook and crumble sausage with onion over medium heat until no longer pink, 5-7 minutes; drain. Remove from heat; stir in spinach, cranberries and bread crumbs. In a small bowl, whisk together egg and milk; add to sausage mixture and toss until moistened.
- 3. Turn over squash; fill with sausage mixture. Microwave, covered, until a thermometer inserted in stuffing reads 165°, 2-3 minutes.

Adopted By: *Taste of Home*





5 Healthy Holiday Nutrition Tips for Seniors

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Yuletide is just around the corner. They say it's the most wonderful time of the year. However, proper nutrition is key to maintaining good health. This is especially true during the holiday when there are many temptations to indulge in unhealthy foods and drinks.

Staying Healthy During the Holiday

Holidays could mean devouring processed foods and drinking carbonated and alcoholic beverages. The temptation to indulge is strong but doing so can lead to weight gain and other health problems.

Follow these five nutrition tips to enjoy the season without compromising health:

- 1. Eat healthy foods** - It means eating healthy foods from all the different food groups. Rich in nutrients, fruits, vegetables, and lean proteins can help you feel fuller for longer, reducing the temptation to snack on unhealthy foods.
- 2. Always stay hydrated** - Make sure to drink plenty of water throughout the day. According to the Mayo Clinic Organization, your **daily fluid intake** (DFI) should be:
 - 3.7 liters for men (15.5 cups)
 - 2.7 liters for women (11.5 cups)
- 3. Limit salt, sugar, and fat intake** - Another vital tip is to watch your intake of salty, sugary, and high-fat foods. They are often abundant during the holiday season, which can be very tempting. Try to limit your intake of these high-calorie choices and look for low-sugar, low-salt, and low-fat options. Choose healthier options, such as fruits, vegetables, and lean proteins.
- 4. Resort to portion control** - In addition to eating a balanced diet, pay attention to portion sizes. To avoid consuming too many calories, consider using smaller plates. You can also try filling half your plate with fruits and vegetables and the other half with lean proteins and whole grains.
- 5. Stay physically active** - You will probably eat and drink more during the holiday. So, being physically active during this time of the year is even more important



HIICAP Corner Medicare Information and Updates



Comparing the different types of Medicare Coverage

Original Medicare

Part A (hospital/skilled nursing coverage) and Part B (outpatient medical coverage)

Cost 2023: Monthly premium (\$164.90*); annual deductible (\$1600 Part A/\$226 Part B); 20% coinsurance after meeting deductible for Medicare covered services

Network: Can use any provider or facility that accepts Medicare

Other: No out-of-pocket limit; need to enroll in Prescription Drug Plan

Medicare Advantage Plans

Private health plans that administer Medicare benefits but may apply different rules and costs

Cost: Plans vary from \$0 to \$200 monthly premium (in addition to Medicare Part B premium); copay and coinsurance vary by plan and whether seeing in or out of network provider

Network: Must use in network providers/facilities (can use out of network with PPO for higher fee)

Other: Annual out-of-pocket limit; many include Part D; cover some non-Medicare services

Medigap (Supplemental) Plans

Private health insurance policies that offer standardized benefits to work with Original Medicare

Cost: Premiums vary by type of policy and company offering the plan, copays by type of plan.

Network: Can use any provider or facility that accepts Medicare

Other: Cover Part A hospital coinsurance, hospice services, and part or all of Part B coinsurance

Prescription Drug Plans (Part D)

Stand alone plans for those with Original Medicare or Medicare advantage w/o Part D

Cost: Premium and copays vary by plan company and their formularies*

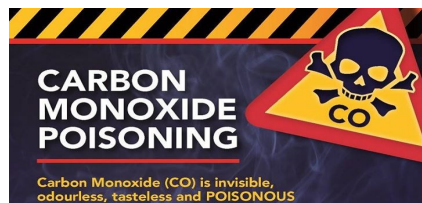
Network: Have list of pharmacies, including money saving Preferred pharmacies

Other: Plans use tiers to classify/price drugs; prices can change during coverage levels

* Part B and Part D premium costs (including Late Enrollment Penalties) can be eliminated with eligibility for the Medicare Savings Program. Gross monthly income below \$2280/month (\$3077 couples), apply through Local Dept. of Social Services.



This article is supported in part by grant number 90SAPG0105 from the U.S. Administration for Community Living



Carbon Monoxide Safety

The Fall and Winter heating seasons have arrived. Take steps to keep your family safe from the dangers of carbon monoxide. Carbon monoxide is an odorless, tasteless invisible gas that is created by the incomplete burning of fuels such as propane, kerosene, gasoline, oil, natural gas, wood and charcoal. Exposure to carbon monoxide can cause dizziness, headaches, tiredness, vomiting and even death. However, there are steps you can take to make sure your family is safe from the dangers of carbon monoxide.

1. Have a working carbon monoxide detector on each floor of your home including the basement and near sleeping areas. Install the detector according to the manufacturer's instructions and test them like you would a smoke detector. Replace the battery and the unit as instructed by the manufacturer.
2. Have home heating units, furnaces, wood stoves and fire places inspected by a professional at least once a year, preferably before they have to be used.
3. Make sure all vents and chimneys are clean and free of anything that could block them from venting outside.
4. If you use a gas stove for cooking, consider installing an exhaust fan that vents to the outside. Exhaust fans that recirculate air using a filter will not get rid of carbon monoxide.

Never use a charcoal or gas grill indoors and do not use a gas stove or oven to heat your home.

If you keep your car in the garage always open the garage door before starting your vehicle. The same goes for other fuel powered engines like lawn mowers, snowblowers etc.

Keep portable generators as far away from your home as possible and never place them near windows or doors.

What to do if you think you are suffering from carbon monoxide poisoning?

If you can safely do so open all windows and doors.

Get outside into the fresh air and call 9-1-1.

Do not re-enter the home or structure until it has been cleared by the fire company or gas company.

Have a professional come and inspect all fuel burning appliances and fix the source of the carbon monoxide.

It is important to remember that humans cannot detect carbon monoxide. It is essential that you have working carbon monoxide detectors in your home. If you can't afford carbon monoxide detectors for your home contact your local fire department about possible programs that may help low income homes get the detectors they need.



A Message from Warren County Public Health



Can You Get Diabetes from Eating Too Much Sugar?

Eating too much sugar doesn't directly cause diabetes. However, there is a correlation (association) between being overweight or having obesity and type 2 diabetes. Over time, consuming too many foods and beverages, including those high in sugar, may lead to weight gain. Excessive weight gain can increase your risk of developing type 2 diabetes. **Type 2 diabetes is a complex, multifactorial disease** with many different causes and risk factors. Some risk factors are lifestyle-related, such as being physically inactive or being overweight.

Other risk factors for type 2 diabetes include:

- Having prediabetes (in which average blood sugar levels are high but not high enough to diagnose diabetes)
- Being 45 years of age or older
- Having an immediate family member (parent or sibling) with type 2 diabetes
- Having had gestational diabetes (diabetes that begins during pregnancy)

Type 2 diabetes may be prevented or delayed by making positive lifestyle changes. These include following a healthy eating pattern, participating in regular physical activity, and losing weight if you're overweight.

Early Signs of Diabetes: Watch for These Symptoms

- More frequent urination
- Frequent urinary tract (UTI) or yeast infections
- Suddenly worsening vision
- Extreme fatigue
- Slow Healing
- Unintended weight loss
- Extreme thirst or hunger
- Tingling or numbness in the extremities

Summary

Eating too much sugar is not a direct cause of diabetes. Consuming too many calories may lead to weight gain over time, which can increase your risk of developing type 2 diabetes. People with diabetes may still include sugar and sweet foods in their diets and control their blood sugar levels by eating mindfully, using sugar alternatives, and paying attention to nutrition labels at the grocery.

Adopted By: Verywell Health



Fall Wellness Tips to Keep You Healthy This Season

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist



Fall has officially arrived. So has the start of cold and flu season, along with the temptation to stay inside and eat comfort food. It's the perfect season to get really lazy. But don't give up on your health just yet. Keeping up your exercise routine, eating healthy, and resting enough can keep your health on track this fall season. It also will sustain your immune system if you continue your healthy habits through the end of the year.

Fall Health Tips

- 1. Do smart swaps on comfort foods** — There's nothing like a savory, rich soup on a crisp fall day. Instead of making a calorie rich clam chowder with cream, consider opting for a veggie soup filled with fiber-rich vegetables like spinach.
- 2. Consume immunity-boosting foods** — As the weather gets colder and flu season starts, it's important for your immune system to be in tip-top shape. Eating healthy foods with vitamin C (like limes, oranges, and clementine's) are key to fighting off infections. Garlic, ginger, spinach, and almonds are also big winners when it comes to boosting your health and immunity.
- 3. Get your flu shot.** The Centers for Disease Control and Prevention recommends getting the vaccine before October's end.
- 4. Munch on in-season foods** — This time of year beautiful vegetables and fruits make their appearance in grocery stores across the nation. Some of the nutrient dense options to consider adding to your plate: Brussels sprouts, butternut squash, crab apples, cranberries, and turnips.
- 5. Drink up your H2O** — As it gets colder, your body can lose as much fluid as it might in hot climates due to the high rates of energy used in colder climates. Keep your water intake high as fall fades into winter.

- 6. Switch up your fitness routines** — If you live in colder climates, you'll probably have to give up your outdoor runs soon. Make it less of a shock by taking some of your routines indoors and slowly incorporating indoor gym sessions. Try a new class like kickboxing or salsa dancing to get your cardio fix.
- 7. Get enough vitamin D** — This essential vitamin helps the body absorb calcium. When fall arrives, daylight — one source of vitamin D — is less available. That's why it's important to either take a supplement or eat a varied diet in order to maintain appropriate vitamin D levels through fall and winter. Cod liver oil, salmon, tuna, and milk are a few ways to get your vitamin D.
- 8. Minimize your sugar intake** — It's easy to raid your kids' Halloween bag for your favorite treat. Want it out of your house? You can also donate candy to the troops!
- 9. Keep hand sanitizer nearby** — The very best way to avoid the spread of germs is to scrub your hands with warm soapy water. But if you can't do that, hand sanitizer is the second-best option.
- 10. Enjoy the cooler weather outdoors** — Now that the cooler weather is here, there's no better time to enjoy the outdoors. Take in the beauty of the changing leaves, the crisp air, and the sounds of nature. In fact, a walk in nature can boost your mood and creativity while also relaxing you.
Have a happy and healthy fall!
Adopted by: **TotalWellness**



Socializing in Our Senior Years

As we grow older, sometimes our circle of friends can become smaller. You may find that you no longer feel comfortable picking up the phone to chat with people you were once close with. Life events such as children growing and leaving the nest, retirement, moving, divorce or losing a spouse can all affect our social circles. People may grow apart, but a healthy social life is important for your overall wellbeing. Rebuilding your social circle can be an intimidating task, it is not easy to put yourself out there and try to make new friends at any age. However, one thing is certain, socialization is a key element to staying healthy and active and keeping loneliness at bay.

Everyone is different when it comes to finding the perfect balance for their social life. While one person may be satisfied with meeting friends once a week for dinner, another may need a fuller schedule with a variety of activities to be satisfied. Just remember to create what YOU feel is a healthy social life and to nurture your friendships, so they will in turn nurture you.

A well-balanced social life should include a variety of friends, family, and acquaintances. Life will feel a little fuller having a diverse circle with varying types of friends. Casual acquaintances, social friends, and intimate friends will all bring you different benefits. Open yourself to new friends of all ages and backgrounds.

Unfortunately, seniors are more likely to isolate or experience loneliness than the rest of the population. A study by the University of California San Francisco Division of Geriatrics found that 43% of seniors experience loneliness on a regular basis. These seniors showed higher rates of poor physical and mental health and were more likely to suffer from the following health concerns:

- Hypertension
- Coronary artery disease
- Cardiac failure
- Depression
- Anxiety
- Dementia



Luckily, there are many opportunities to meet people locally and at little or no cost to you. Some ways to meet new friends and stay socially connected:

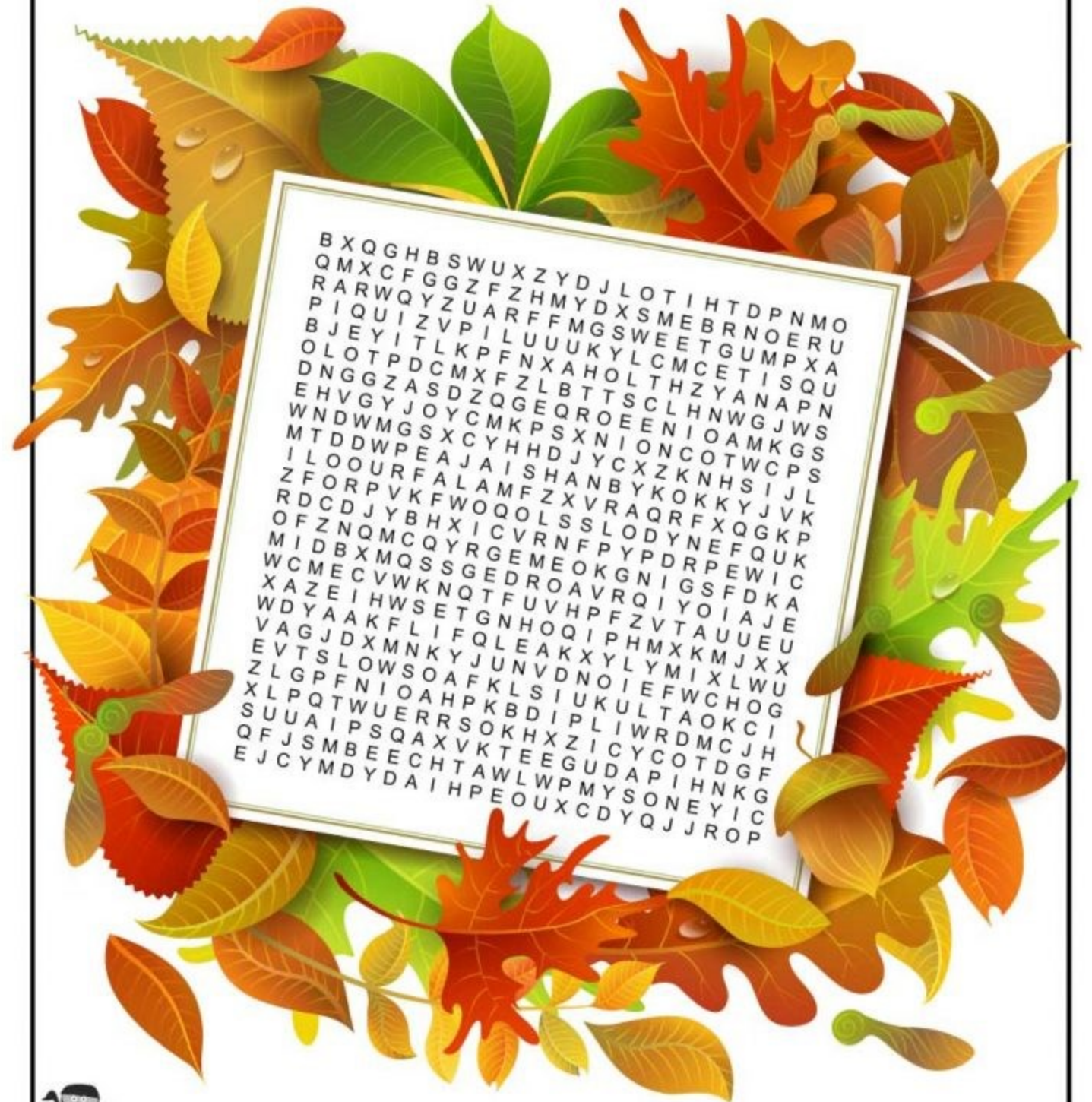
Take a Class:

- Check out your local library. Crandall Library in Glens Falls (518-792-6508) has many events and classes as does Caldwell Library in Lake George (518-668-2528).
- The Adirondack Folk School offers a variety of workshops to learn crafts like basket weaving, pottery and jewelry making (518- 696-2400). SUNY Adirondack has a continued learning program offering courses including cooking, home and garden, music, and language (518-743-2238). The Lower Adirondack Regional Arts Council (LARAC) offers workshops like Worry Free Watercolors and Doodles With A Purpose (518-798-1144, x-2).

- Take a class. The Adirondack Folk School offers a variety of workshops to learn crafts like basket weaving, pottery and jewelry making (518- 696-2400). SUNY Adirondack has a continued learning program offering courses including cooking, home and garden, music, and language (518-743-2238). The Lower Adirondack Regional Arts Council (LARAC) offers workshops like Worry Free Watercolors and Doodles With A Purpose (518-798-1144, x-2).
 - Join a Senior Center. For a very low yearly membership fee, you will receive a monthly newsletter full of programs and activities including fitness classes, card games, crafting groups, holiday celebrations and more. For a list of senior centers, see Warren County's Office for the Aging's website at: <https://warrencountyny.gov/ofa/clubs>
 - Join a Gym. Many health plans will reimburse you all or a portion of the membership fees. Additionally, your health plan may offer their own fitness classes that you can take for free as a plan member. Consult your physician before beginning any new fitness routine and make sure to ask the instructor for modifications if you are having difficulty following the program.
 - Find a Crafting or Art Group. Do you like to knit, crochet, sew, scrapbook, paint, draw? Chance are there is a local group that meets regularly to practice their craft. Check local papers, Facebook, and call your local senior center to find the group for you.
 - Learn to navigate social media. Facebook is a great way to reconnect with friends, learn of local events, groups that share similar interests and know what's happening in your community.
 - Church Groups. Spiritual fulfillment is a key component of overall wellbeing. Regardless of your denomination or how often you worship, you can find great support in your local church.
- ⇒ **Warren County Office for the Aging** advocates on behalf of older persons with legislative bodies and other agencies and offers a wealth of information on local programs and services for senior citizens (518-761-6347).
- ⇒ **The Conkling Center** helps senior citizens, and their families find information and resources within the local community and at State and National levels (518-793-1494).
- ⇒ **SAIL** assists people with all physical and mental disabilities living in their own homes, supported living arrangements, institutional settings, and elsewhere (518-792-3537).
- ⇒ **High Peaks Hospice** offers caregiver support, social worker support and grievance support (518-891-0606).
- ⇒ **Alzheimer's Association** of Northeastern New York offers educational and support programs to provide support to Alzheimer's and dementia patients (518-867-4999).

FALL TREES WORD SEARCH

Apple	Birch	Gingko	Oak
Aspen	Dogwood	Hickory	Sweetgum
Beech	Elm	Maple	Sycamore





Happy Holidays



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

- | | | |
|-----------|------------|-----------|
| CANDLE | OBON | FAMILY |
| HAT | ELF | FRIENDS |
| DREIDEL | KWANZAA | HARVEST |
| DOLL | CHRISTMAS | NEW YEAR |
| PRESENTS | HANUKKAH | BOOTS |
| FIREPLACE | CLAUS | CELEBRATE |
| TOYS | CORNUCOPIA | HOT COCOA |



- Volunteer. There are so many organizations that can use a helping hand. Schools, pre-schools, churches, senior centers, animal shelters, food pantries, hospitals, senior living facilities – the list goes on and on – even a few hours a week can give you a sense of accomplishment, boost self-esteem and provide an opportunity to meet new people.
- Support & Senior Advocacy Groups.

If you have resolved to work on being more social and broadening your circle, here are a few tips to help you get started:

1. Check your motivation and mood. People are more receptive to an upbeat and positive new friend.
2. Start a conversation and practice listening. Offer a compliment, ask an opinion, comment on something pleasant, show an interest, offer help.
3. Be a host. Show your friends some gratitude by hosting a get-together.
4. Pick up the phone and call a friend you have been meaning to catch up with.
5. Smile and talk to strangers.

Lastly, don't feel bad if your circle of friends doesn't add up to dozens. Making just a couple of new connections will make you feel confident, healthier, and happier. Just know that you don't have to go it alone. After all, that's what friends are for.



Stephanie Smith, Director Of Queensbury Senior Citizens



In Sudoku, you must complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit 1 through 9. No row, column, or 3x3 box can feature the same number twice. That means each row, column, and 3x3 square in a Sudoku puzzle must contain **ONLY** one 1, one 2, one 3, one 4, one 5, one 6, one 7, one 8, and one 9.

3	8		9		2		5
				8	7	3	
	6		3		9	8	
				3	5		1
9	1		5	7		2	3
7		3	1				
	3	5		1		9	
	7	4	6				
8		1		2		6	7

QUEENSBURY SENIOR CITIZENS

AGING WELL IN THE ADIRONDACKS



JOIN US TODAY!

There has never been a better time to BELONG!

- Pole Walking
- Latin Moves
- Armchair Travel
 - Book Chat
 - Line Dancing
- Daily Games (Dominos, Mahjong, Pitch, Bridge, Pinochle)
 - Monthly Movie
 - Tai Chi
 - Osteobusters
 - Out To Lunchers
 - Art Classes
 - Crafting Groups
 - Yoga
 - Genealogy 101
- Holiday Parties
 - Bowling
 - Zumba
 - Stretch & Tone
 - Shuffleboard
 - Billiards
- TRAVEL—Day Trips, Domestic Trips & International Trips!
 - Continued Learning Programs—Defensive Driving, IT Courses, Money Smarts for Seniors, Cooking Demonstrations and more
 - Health Fairs & Wellness Days
 - Volunteer Opportunities



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
Visit our website at seniorsonthego.org



OCTOBER

- Beth Schielzick.....5
- Paul Gregory.....8(W)
- Ellen O'Hara 10
- Randy Girard.....14 (W)
- Mark Osborne.....18
- Jessica LaSarso.....19
- Bonnie Nadig.....29
- Sam Allison.....29(J)

NOVEMBER

- Scott Rage..... 14
- Lorrie Babbel.....15
- Ray Putney.....15(LL)
- Pat Paton.....21(WE)
- Sally Behan.....25

DECEMBER

- Henry DelGaudio.....1
- Gene Casella.....6
- Marcia Kretchmer.....13 (B)
- Bob Diamond.....13
- Dave Oberhelman.....13
- Louissette Bureau.....17
- Joel Beaudid.....21 (J)
- Joan Bovee25
- Wayne Mann.....29

KEY

- B Bolton Meal Site
- J Johnsburg Meal Site
- IL Indian Lake Meal Site
- LL Lake Luzerne Meal Site
- LP Lake Pleasant Meal Site
- W Warrensburg Meal Site
- WE Wells Meal Site

Meal Sites CLOSED on the following days:

- Monday, October 9, 2023—Columbus Day
- Thursday, October 19, 2023—Staff Training
- Friday, November 10, 2023— Veteran's Day
- Thursday, November 23, 2023-Thanksgiving Day
- Friday, November 24, 2023— Only Cedars Meal Site Close
- Monday, December 25, 2023— Christmas Day