

## March 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age 60+Suggested contribution is \$3 Under age 60 required, contribution \$7				<b>March 1</b> Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries and Granola
<b>March 4</b> Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	<b>March 5</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	<b>March 6</b> Cabbage Roll Skillet with Brown Rice Scandinavian Veggies Strawberry Shortcake	<b>March 7</b> Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	<b>March 8</b> Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding
<b>March 11</b> Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	<b>March 12</b> Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	<b>March 13</b> <i>St. Patrick's Day</i> Corned Beef & Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	<b>March 14</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Applesauce	<b>March 15</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>March 18</b> Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	<b>March 19</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>March 20</b> Greek Penne and Chicken Peas & Onions Mandarin Orange	<b>March 21</b> Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	<b>March 22</b>  CHEF'S CHOICE
<b>March 25</b> Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	<b>March 26</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler	<b>March 27</b> <b>Easter Dinner</b> Baked Ham/ Sauce Sweet Potatoes Peas & Onions Dinner Roll <b>Easter Dessert</b>	<b>March 28</b> Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	<b>March 29</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake <b>Happy Birthday</b>

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, 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

### Meal Site Phone Numbers:

<b>Bolton:</b> (518) 644-2368	<b>Long Lake:</b> (518) 624-5221	<b>Solomon Heights, Salvation</b>
<b>Cedars:</b> (518) 832-1705	<b>Warrensburg:</b> (518) 623-3451	<b>Army:</b> 518) 832-1705
<b>Chestertown:</b> (518) 623-3451	<b>Lake Pleasant:</b> (518) 924-4066	<b>Wells:</b> (518) 924-4066
<b>Johnsburg:</b> (518) 251-2711	<b>Indian Lake:</b> (518) 648-5412	<b>Office for the Aging:</b> (518) 761-6347
	<b>Lake Luzerne:</b> (518) 696-2200	



# 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

## WINTER EDITION

2024

### JANUARY, FEBRUARY AND MARCH

#### 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 /  
Volunteer Coordinator/ Newsletter

*Happy New Year*  
**2024**

*Time to  
Nominate Senior of the Year 2023*



**Newsletters are available  
online at:**

[www.warrencountyny.gov/ofa/  
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

*Or contact Mary Ann at  
518-761-6347 to be added to our  
email list.*



## Winter Reminders for Home Delivered Meals




- ♦ **Please be sure that your sidewalks, drive-ways and porches are free from snow, ice and any clutter that will make it difficult for the Volunteers to deliver meals.**
- ♦ **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.**
- ♦ **We suggest that everyone keep a supply of non-perishable food for emergency use. For example: canned soup, applesauce, peanut butter crackers and oatmeal.**

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## February 2024 – 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 over suggested 60 and over suggested contribution is \$3			February 1 Beef Stroganoff over Noodles Winter Squash Mandarin Oranges	February 2 Baked Fish Scandia Red Roasted Potatoes Zucchini & Tomatoes Rice Pudding
February 5 Stuffed Shells with Marinara Meat Sauce Italian Veggies Carrots Chilled Pineapple	February 6 Sheppard Pie with Mashed Potatoes & Veggie Peas & Onions Tropical Fruit	February 7 Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	February 8 Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	February 9 Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
February 12 Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	February 13 Swedish Meatballs Over Noodles California Veggies Cookie	February 14 Ash Wednesday CHEF'S CHOICE Happy Valentine Day Dessert	February 15 Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	February 16 Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
February 19 Meal Site Closed 	February 20 Greek Penne and Chicken Peas & Onions Mandarin Orange	February 21 Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	February 22 Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	February 23 Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
February 26 Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	February 27 Chili with Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	February 28 Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie	February 29 Meatloaf/Gravy Mashed Potatoes Spinach Chilled peaches	

All meals served with 1% milk, bread, margarine, (Congregate site only – coffee, 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.

**January 2024 – Altered Delivery Schedule  
Warren/Hamilton Counties Office for the Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 1</b>  <b>Meal site Closed</b>	<b>January 2</b> Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges	<b>January 3</b> Apple N' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	<b>January 4</b> Roast Pork Loin with Gravy Mashed Potatoes Winter Squash Applesauce	<b>January 5</b> Breaded Fish Scalloped Potatoes Mixed Veggies Mandarin Orange
<b>January 8</b> Sour Cream Chicken Sweet Potatoes Brussel Sprouts Pudding	<b>January 9</b> Swedish Meatballs Over Noodles California Veggies Cookie	<b>January 10</b> Greek Penne and Chicken Peas & Onions Mandarin Orange	<b>January 11</b> Beef Pot Pie with Potatoes & Veggies Scandinavian Medley Tropical Fruit	<b>January 12</b> Spaghetti & Meatballs Marinara Sauce Green Beans Carrots Peach Cobbler
<b>January 15</b>  <b>Meal Site Closed</b>	<b>January 16</b>  <b>CHEF'S CHOICE</b>	<b>January 17</b> Beef Stew with Boiled Potatoes/Carrots Cauliflower Biscuit Fresh Fruit	<b>January 18</b> Chicken & Stuffing Casserole Peas California Medley Fruited Gelatin	<b>January 19</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Birthday Cake Happy Birthday
<b>January 22</b> Chicken & Biscuit Brown Rice Broccoli Chilled Pineapple	<b>January 23</b> Chili/ Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	<b>January 24</b> Macaroni & Cheese Stewed Tomatoes Italian Veggies Yogurt w/Berries	<b>January 25</b> Meatloaf/Gravy Mashed Potatoes Spinach Chilled Peaches	<b>January 26</b> Soup of the Day (at congregate sites only) Liver & Onions w/Gravy Mashed Potatoes Green Beans Brownie
<b>January 29</b> Chicken Reuben Brown Rice Japanese Veggies Chilled Pears	<b>January 30</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Carrots Tropical Fruit	<b>January 31</b> Cabbage Roll Skillet with Brown Rice Scandinavian Veggies <b>strawberry shortcake</b>	<b>Reminder:</b> People under the age of 60 are required to Pay \$7 per meal. Clients 60 and older suggested Contribution \$3.	

All meals served with 1% milk, bread, margarine, (Congregate site only - ~~coffee, 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.**

## SENIOR VOLUNTEER OF THE YEAR 2023

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.  
 FROM: Deanna Park, Director, Office for the Aging  
 RE: **NOMINATIONS FOR SENIOR OF THE YEAR**  
 DATE: December 1, 2023

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.

I have enclosed a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office [parkd@warrencountyny.gov](mailto:parkd@warrencountyny.gov). Please include the name and contact information for the nominating person. You may choose to include a picture with your nomination to me or 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, February 23 ,2024**.

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, February 23, 2024**

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful Seniors Volunteers we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me.

*Thank you,  
Deanna*



## 2023 Senior Volunteer 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 Ser-		# of Great Grandchil-	

Organizations for which the nominee volunteers/has volunteered:

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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)

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

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

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### Chicken Taco Casserole

Do you like tacos? Then you'll love this Chicken Taco Casserole recipe. Melted Monterey Jack cheese adds the perfect amount of creamy goodness to the top of this surprisingly w-calorie taco casserole.

### Ingredients

- Nonstick cooking spray
  - 12-ounce chicken breast strips for stir-frying
  - 2 cloves garlic minced
  - 1 teaspoon chili powder
  - 2 teaspoon canola oil
  - 1 medium onion halved and thinly sliced
  - $\frac{3}{4}$  cup chopped red or green sweet pepper (1 medium)
  - 1 10-ounce package frozen chopped spinach thawed and squeezed dry
  - 1  $\frac{1}{2}$  cup purchased salsa
  - 4 6-inch corn tortillas, coarsely torn
  - 3 ounce reduced-fat Monterey Jack cheese shredded ( $\frac{3}{4}$  cup)
  - $\frac{1}{2}$  cup cherry tomatoes, quartered or chopped (optional)
  - $\frac{1}{2}$  of an avocado, halved, seeded, peeled, and chopped (optional)
- Corn chips, baked tortilla chips, or broken taco shells (optional)

Directions

1. Preheat oven to 350°F. Coat an unheated large nonstick skillet with cooking spray. Preheat skillet over medium-high heat. In a medium bowl toss together chicken, garlic, and chili powder. Add to hot skillet. Cook for 4 to 6 minutes or until chicken is no longer pink, stirring frequently. Remove chicken from skillet; set aside.
2. Add canola oil to skillet. Add onion and sweet pepper. Cook over medium heat about 5 minutes or until tender, stirring occasionally. Stir in spinach.
3. Coat a 2-quart square baking dish with cooking spray. Spread about 1/2 cup of the salsa in the baking dish. Top with half of the tortilla pieces, half of the chicken mixture, and half of the vegetable mixture. Pour half of the remaining salsa over the vegetables and top with half of the cheese. Repeat layers once, except do not top with the remaining cheese.
4. Bake, covered, for 30 to 35 minutes or until heated through. Sprinkle with the remaining cheese. Let stand for 5 minutes before serving. If desired, garnish with cherry tomatoes, chopped avocado, and/or corn chips.

**Adopted By BHG**

**Nutrition Facts** (per serving) - Calories 196, Protein 20g, Fat 6g, Carbs 15g



Baked Egg Muffins

Eating a varied diet of whole grains, lean protein, healthy fats, fruits, and vegetables are key to overall health, and the nutrients found in these foods can help aid in **immune function**. These healthy baked egg cups are loaded with protein and veggies. Make them at the beginning of the week for a quick, on-the-go breakfast option for busy mornings.

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 12 cups

Ingredients

- 6 large eggs
- 1 cup egg whites or another 6 eggs
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground pepper
- 1 teaspoon olive oil
- 1/2 orange bell pepper chopped
- 1/2 cup yellow onion chopped
- 1 cup broccoli chopped into small pieces
- 1 cup mushrooms sliced
- 1/3 cup crumbled feta
- 2 Tablespoons fresh parsley
- cooking spray, I use coconut oil



Instructions

**Preheat:** Preheat oven to 375° F.  
**Prep muffin tin:** Spray twelve-cup muffin tin with cooking spray or line with silicone baking cups. I sprayed the silicone baking cups with spray, just to be on the safe side.  
**Whisk eggs:** Place eggs and egg whites into a large bowl and whisk to combine. Season with salt and pepper.  
**Sauté vegetables:** Meanwhile, heat a skillet over medium heat with 1 teaspoon oil. Add in chopped veggies (bell pepper, onion, broccoli and mushrooms) and cook for about 5-6 minutes, until they’re a little soft and the onions are fragrant.  
**Add mix-ins:** Add sautéed veggies into the bowl with the whisked eggs. Add in feta and parsley and mix well.  
**Divide mixture:** Pour egg mixture into muffin cups evenly. I used a 1/3 cup measuring cup to pour each one.  
**Bake:** Bake for 17-20 minutes, or until the egg cups are no longer jiggly and an inserted toothpick comes out clean. Allow cups to cool and enjoy immediately.  
**Notes - Storage:** If prepping ahead of time, store cooled cups in a sealed container in the fridge. When ready to eat, you can enjoy the cups cold or pop them in the microwave for 30-60 seconds to reheat.

Adopted by: the every girl

A Conversation with a Lovely Centenarian  
(a person who is 100 years old)

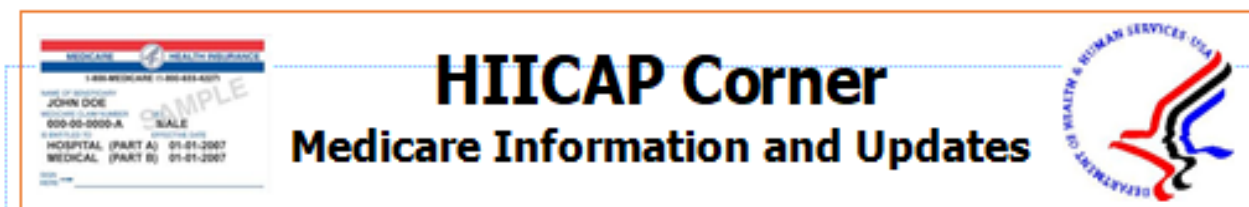
- 1. What is the best part of getting older?** *If you have the capacity to remember things throughout your life such as happy childhood memories and different experiences that have shaped and inspired you they help give you a sense of accomplishment, joy and satisfaction, It is a gift to have a good memory and that you have lived a fulfilling life.*
- 2. How do you maintain your “ZEST” for life.** *I love to learn new things mainly try to keep up with whatever is going on locally and around the world. I do a lot of reading, puzzles and playing cards. Every week my friends and I meet up for a get together. Some of my family members meet me during the week and work on the NY Times Sunday cross word puzzle. It is so enjoyable spending time with my family and friends.*
- 3. How important is it to maintain a routine?** *A routine is very important to keeping you going. I get up at 7:00am every day, make my bed, put my game face on including hearing aids, glasses and put my teeth in and eat a healthy breakfast. At my age I do tire easily. I still find many things that I am able to do easily such as stretches, work on the computer and keep my mind sharp by reading. I can not sit around these small interests keep me moving forward.*
- 4. What is your advice for living a long and happy life?** *Pick your parents if they live a long life they will pass down good genes. You are saddened when you loose family and friends. Accept all that challenges you in your life try new things to keep you interested and curious.*

*On another note I have been receiving Home Delivered Meals for years and I am grateful. The Volunteers are so friendly and kind. Thank you anonymous centenarian for sharing your ideas and wisdom.*

SUDOKU

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





## Happy New Year!

### Frequently Asked Questions:

#### Who is eligible for Medicare?

- \* U.S. Citizens turning age 65
- \* Those who are 65 or older with a permanent resident status of 5 years or more
- \* Recipients of Social Security Disability (SSD) who have been approved for 24 months
- \* Those with ALS beginning the first month of SSD benefits
- \* Those with End Stage Renal Disease (ESRD)

If you are collecting Social Security Retirement or Social Security Disability benefits at the time of your eligibility, you will receive Medicare automatically. Otherwise, you will need to apply through the Social Security Administration.

#### Who can opt out of Medicare?

You could face possible penalties for opting out of Medicare with the exception of the following:

1. If you are 65 years of age or older, you or your spouse are **ACTIVELY** employed (not retired), and have health insurance through that employer (when the company has 20 or more employees).
2. If you are under 65 years of age and receiving SSD, you or your spouse or a family member are **ACTIVELY** employed and have insurance through that employer (when the company has 100 or more employees).

#### Consequences of opting out of Medicare

Penalty for delaying Part B: Assessed for every 12 full months you did not have this coverage while eligible. You will be charged 10% of the monthly Part B premium (\$174.70 in 2024 = \$17.47 for each full year) which will be added to the Part B deduction from your Social Security Benefit every month.

Penalty for delaying Part D: Assessed for every month you did not have Part D prescription drug coverage (or other creditable drug coverage) while eligible. You will be charged 1% of the benchmark amount for a Part D plan (\$34.70 in 2024 = \$0.347 for each month not covered by Part D) which will be added to your Part D premium every month.

Billing Issues: When Medicare is Primary and you use only a secondary insurance, the secondary insurance may refuse to pay medical claims or request reimbursement when they learn Medicare is primary.

#### Eliminating Penalties

The Medicare Savings Program (MSP): Income eligible beneficiaries (gross income under \$2,280/month single or \$3,077/month couple) can apply through the Department of Social Services for help with Medicare premiums and penalties.



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

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

## CORNER



# March is National Nutrition Month

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

National Nutrition Month is an annual campaign created 51 years ago in 1973 by the Academy

Nutrition and Dietetics.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

- **Weekly messages Week 1: Eat with the environment in mind.**

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

- **Week 2: See a Registered Dietitian Nutritionist (RDN).**

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

- **Week 3: Stay nourished and save money.**

- Plan your meals and snacks.
  - See what food you have at home before purchasing more.
  - Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

- **Week 4: Eat a variety of foods from all food groups.**

- Include your favorite cultural foods and traditions.
  - Eat foods in various forms including fresh, frozen, canned and dried.
  - Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

- **Week 5: Make tasty foods at home.**

- Learn cooking and meal preparation skills.
  - Try new flavors and foods from around the world.
  - Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

Adopted by: eatright.org







# FEBRUARY HEART AWARENESS MONTH

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Give your  
heart  
some  
love.

## Maintain a healthy diet.

Drinking plenty of water and eating a diet of lower-calorie, nutrient-rich foods can help you control your weight, cholesterol levels and blood pressure, which helps lower your risk of heart disease. A healthy diet is easily achievable by:

- Drinking at least 64 ounces of water each day and avoiding sugary beverages, like sodas, bottled teas, smoothies, adult beverages and fruit juices.
- Filling your plate with fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes.
- Limiting your intake of foods with saturated fat, trans fats, sodium, sugar and red meat. If you do choose to eat red meat, make sure you're using the leanest cut you can find.

## Understand the warning signs and symptoms of heart attacks.

Some heart attacks are very sudden and intense, leaving little time to respond to signs or symptoms. Other heart attacks, however, start slowly with mild pain or discomfort. Pay close attention to your body and don't hesitate to call 9-1-1 if you or someone you're with experiences any of the following:

- Discomfort in the center of your chest that comes and goes or lasts more than a few minutes. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body, including pain or discomfort in one or both arms, your back, neck, jaw or stomach.
- Shortness of breath. This can occur with or without chest discomfort.
- Other possible signs, including breaking out in a cold sweat, nausea or lightheadedness.

When you act early and make your heart health a top priority, you can get to know your heart better and help reduce your risk for heart disease. Plus, you'll have the opportunity to catch any other potential issues and work together with your provider to keep your heart healthy for the long run.

Adopted by: Memorial Physicians Practices and Centers for Disease Control



## HIICAP Corner Medicare Information and Updates



## ATTENTION

Beginning January 1st Wellcare Medicare Advantage Plans are no longer accepted at Albany Medical Health System (AMHS) including Albany Medical Center, Saratoga Hospital, Columbia Memorial and Glens Falls Hospital

Beginning June 1st Humana Medicare Advantage Plans may no longer be accepted at AMHS (per AMHS website December 2023, dates and status may change)

### What can you do if currently enrolled in a Wellcare or Humana Advantage Plan?

Beneficiaries that are enrolled in these plans will need to find another option if they want to keep the Albany Medical Health System facilities in network. Starting January 1st enrollees can use the Medicare Advantage Open Enrollment Period described below to review options and change to another plan.

### Medicare Advantage Open Enrollment Period (MAOEP)

January 1st - March 31st

Medicare beneficiaries enrolled in any Advantage Plan (aka Part C) have a 3 month period at the beginning of each year during which they can:

- 1) Change their current Advantage Plan to another Advantage Plan or
  - 2) Return to Original Medicare with or without Part D. The change will be effective the 1st of the month following enrollment.
- If a beneficiary chooses to switch to Original Medicare (Parts A and B only) or an Advantage Plan that does not have Part D prescription drug coverage, the beneficiary will have a coordinated Special Enrollment Period to join a Medicare Part D Prescription Drug Plan (PDP).

### 2024 Medicare Updates

Medicare Part B standard premium: \$174.70/Month  
Medicare Part B deductible: \$240/year  
Medicare Part A inpatient deductible: \$1632/benefit period  
Social Security annual cost of living adjustment (COLA): 3.2%

### Medicare Savings Program

Low Income Subsidy that grants eligible Medicare beneficiaries assistance with premiums for Part B and Part D, enrolls them into Extra Help (program that lowers prescription costs), and can eliminate penalties for Medicare Part B and Part D. For application Contact your local Department of Social Services (Warren 761-6300/Hamilton 648-6131)  
Gross monthly income limits: \$2,280/individual or \$3,077/couple (based on 2023 income)



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

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





## What is CDPAP?

Consumer Directed Personal Assistance Program (CDPAP) is a New York State Medicaid program that allows Medicaid recipients to recruit and hire their caregiver of choice-including most family members. CDPAP is a great program for chronically ill or physically disabled individuals who wish to take control of their home care needs including activities of daily living (ADLs) or skilled nursing.

### Important notes:

- Recipient must have active Medicaid and must have a community health assessment and clinical appointment completed by New York Independent Assessor (NYIA) to determine eligibility.
- Recipient must be able to make informed choices regarding the management of the service they receive or have a legal guardian or designated representative to help make informed choices.
- Caregivers can be a family member (excluding spouse or representative), are paid through the Medicaid program, and are not required to have a certification.
- Number of hours and care plans are determined during the community health assessment.

### 2023 NYS Medicaid Eligibility

#### Gross Monthly Income Limits

Individual \$ 1,697

Couple \$ 2,288

#### Asset Limits

Individual \$30,182

Couple \$40,821

Call Department of Social Services for application (518) 761-6321



If you have Medicaid and are interested in CDPAP or want to determine eligibility, please call NYIA at (855) 222-8350.



**NY Connects**  
Your Link to Long Term  
Services and Supports

[www.health.ny.gov/health\\_care/medicaid/program/longterm/cdpap.htm](http://www.health.ny.gov/health_care/medicaid/program/longterm/cdpap.htm)

## CORNER

CATHERINE'S



## January It's Never Too Late: Five Healthy Steps at Any Age

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Have you ever decided to make a healthy lifestyle change but quickly given up, telling yourself that it's too late to learn new habits? It's time to take charge and not let your age stop you. Those who made good-for-you changes like quitting smoking, following a Mediterranean-style diet, getting regular exercise and maintaining a healthy weight, decreased their risk of death by 80 percent. The following changes not only keep you healthy, they can help slow down the aging process, inside and out.

### Be active more often.

Exercise lowers your risk of heart disease, type 2 diabetes, high blood pressure, and some cancers. Exercise is also one of the best things you can do to help prevent dementia and other cognitive changes. Once you're cleared by your doctor, aim for at least 30 minutes of physical activity most days of the week.

### Improve your diet.

There are all sorts of plans out there to help you lose weight, but it's not only about dropping pounds. We recommend a Mediterranean-style diet for anyone hoping to avoid dementia as well as minimize other health risks. It's high in fruits, vegetables, whole grains, olive oil, and fish, and low in meat, sugar and processed foods—all to help your cells function better.

### Get quality sleep.

Lack of sleep impacts your memory, emotions, weight and even your appearance. The older you get, the harder it can be to fall and stay asleep, but you still need the same number of hours. According to the National Sleep Foundation, most sleep problems are a result of snoring, medication side effects and underlying medical conditions, such as acid reflux, depression and prostate problems. Addressing those issues with your doctor is a good start.

### Drink more water.

Drinking water is a great way to make sure your body is receiving all the care it deserves! **Stay hydrated.** As simple as this tip might seem, it's one of the most crucial. Every cell, organ, and tissue in your body is counting on water to help them work properly. In addition to drinking water, herbal tea and vegetable or fruit juices can supply a substantial amount of hydration. A simple start towards a healthy living for seniors!

### Challenge your brain.

Whether it's learning a language or driving a new route to work, your brain loves tackling fresh tasks. Things like crossword puzzles, Sudoku, chess, or reading are all good for your brain. Make it a goal to keep learning as you age - Keep learning and trying new things to boost your brainpower. It may help lower your chances of Alzheimer's disease.

Adopted by: John Hopkins Advantage MD







## JANUARY

James O'Hara.....3  
 Ann Blanchard ...8  
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 Dennis Moore.....31



## FEBRUARY

Gary Willett ..... 1  
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 Don Kline.....26  
 (Lake Luzerne)




## MARCH

Tom Kurimski.....8  
 (Indian Lake)  
 Susan Ogden.....16



## 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 not afford one. If you think we can help you, let us know. To make an appointment contact Warren/Hamilton Counties office for the Aging our phone number is (518) 761-6347.



**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

## Transportation for Seniors

The Warren/Hamilton Counties Office for the Aging (WHCOFA) in collaboration with the Warren County Veterans' Service Agency is pleased to announce that starting January 2<sup>nd</sup> of 2024 we will be offering transportation services to seniors of select towns in Warren County, as well as to those who have served in any branch of the military. The van will pick individuals up at their home and bring them to the Glens Falls/Queensbury area (or possibly Ticonderoga for Hague/Bolton residents). Stops can include Walmart, Hannaford, Price Chopper, pharmacies, salons, nursing homes, lunch, etc.

### **WHO CAN RIDE**

- Residents 60(+) years of age who:  
Are not eligible for Medicaid; Not able to use public transportation; Not able to arrange for transportation through friends, family, neighbors, or pay privately;
- Veterans of any age who have served in any branch of the military for any length of time.

### **WHEN DOES THE VAN GO**

If you are a resident of the following towns, this service is available to you twice a month as indicated below:

Bolton/Hague – 1<sup>st</sup> and 3<sup>rd</sup> Tuesday; Chestertown/Brant Lake/Horicon – 2<sup>nd</sup> & 4<sup>th</sup> Tuesday; Warrensburg/Johnsburg – 1<sup>st</sup> & 3<sup>rd</sup> Thursdays; Thurman/Stony Creek – 2<sup>nd</sup> & 4<sup>th</sup> Thursday

### **HOW DO I GET A RIDE**

To schedule pick up, please call the WHCOFA at PH#(518)761-6347, between 8:00AM and 4:00PM, Monday through Friday. The deadline to be added to a trip is 12PM (noon) the day before the trip. Due to the number of passengers allowed on the van, seats are limited.

### **PLEASE NOTE**

- We are not able to provide transportation to the following establishments (please note this is not an all-inclusive list & is subject to change); Veterinary Appointments; Liquor Stores/Bars; Tattoo Parlors; Appointments where the physical assistance/presence of another person is required (unless you have someone with you); Day Surgery appointments; etc.
- We ask that you be ready when it is time to be picked up at each designated location and that you be ready to leave the final destination by 2PM.
- All passengers are required to use a seat belt for your safety, as well as the drivers.
- Smoking is prohibited.
- We ask that all participants be respectful of others and follow our Code of Conduct. A copy will be provided to each participant.
- If you need to cancel your trip, please call WHCOFA no later than 12PM the day prior to the trip. PH#(518)761-6347
- In the event of bad weather or vehicle maintenance, we may need to cancel a trip. In the event a trip is cancelled, WHCOFA will call each client at the number they have provided.





# Winter is Warmer with Friends at the Queensbury Senior Citizens **AGING WELL IN THE ADIRONDACKS**

## NEW Programs at the Center:

- Ballroom Dancing
- Writing Workshops
- Drawing Workshops
- Healthy Living Classes
- Chair Yoga

## SPECIAL Winter Events:

- Soup-er Bowl
- Pizza Parties
- Bingo
- Valentine’s Day Party
- St. Patrick’s Day Event

...AND don’t miss our Health & Wellness Day on January 10th!



There has never been a better time to ***BELONG!***  
Membership Dues are \$25.00 per year



JOIN US  
TODAY!

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](mailto:Stephanie@seniorsonthego.org)  
Visit our website at [seniorsonthego.org](http://seniorsonthego.org)



# ADIRONDACKS



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

ACORN	HAWKS	TRAIL
HEMLOCK	FOX	HAUDENOSAUNEE
OWL	PINECONE	WILDLIFE
STREAM	CAMP PINE KNOT	CHIPMUNKS
ROCK CLIMB	snow	OVENBIRD
SUGAR.MAPLE		IRQUOIAN
ICE		
PINENEEDLES		





## Eating Healthy on a Budget

### Tips to Help You Save at the Grocery Store

Grocery stores and supermarkets are laid out in very specific ways to get you to stay longer in the store and buy things you don't need. Here are some ways you can save time and money while food shopping.

#### Supermarket layout considerations

The freshest and healthiest foods are usually on the outside walls but are often separated to force you to walk through the whole store. Map out your shopping route.

Advertisers pay for end caps and product placement so watch out for flashy "sales". Remember grocery stores are a business so always check for cheaper alternatives to end cap products

Less expensive alternatives tend to be on high or low shelves.

#### Shop prepared

Make a list and stick to it.

Search weekly flyers and online coupons before shopping

Set a budget and stick to it

Use free store reward or membership cards to save.

Don't shop on an empty stomach and don't rush your shopping trip

#### Brand Name v. Generic

Most generic brands are made by the same companies that make name brand products. Try generic because you are often just paying for a name with name brand products.

Don't be fooled by brand coupons. Generic products are often still cheaper even after the coupon for a brand name.

#### Fruits and Veggies

Buy fruits and vegetables that are in season. They often cost less.

Look to frozen or canned fruits and veggies for savings. They last longer and are often just as healthy as the fresh produce.

Learn to properly store fresh produce. Proper storage can reduce spoilage and save you money. If you throw it out, you didn't save.

#### Buying in Bulk

Buying some things in bulk might be a good idea but remember if you end up throwing food out you did not save.

Saving money on groceries isn't hard, but it does take planning. Happy shopping!

Information Provided by,

Dan Durkee  
Warren County Public Health  
Program Manager



# GLENS FALLS SENIOR CENTER

## *Come Join Our Family!*

### Take Part In All Of The Fun Things We Offer:

- |                        |                   |
|------------------------|-------------------|
| -Health Fair           | -Osteobusters     |
| -Hospitality Committee | -Bingo            |
| -Reading/Book Club     | -Movies           |
| -Crafts                | -Monthly Lunches  |
| -Sports                | -Senior EXPO      |
| -Full Woodshop         | -Thrift Shop      |
| -Day Trips             | -Line Dancing     |
| -Grocery Shopping      | -Wii Bowling      |
| -Ukulele Band          | -Adventure Awaits |
| -Chair Yoga            | -Transportation   |

And More!



**Contact Us Today!**

**518-793-2189**

**Or on Facebook at Glens Falls Senior Center, Inc.**





ALBANY MED Health System

GLENS FALLS HOSPITAL

### Take Inventory, Remember Cognitive Health

The Center of Excellence for Alzheimer's Disease at Glens Falls Hospital (CEAD GFH) is here to provide comprehensive care for individuals that have had a cognitive decline. Our interdisciplinary team includes neurologists, physician assistants, neuropsychologists and a social worker. From diagnostic services to health education, our specialists can help identify changes in cognitive functioning, and develop strategies to optimize your care, wherever you are in your journey.

The CEAD is sponsored in-part by a grant from the New York State Department of Health and serves the Northeastern Region of New York. Our goal is to promote early detection and diagnosis of Alzheimer's disease or other dementias. We accept referrals from primary care providers, specialty care providers and the community. Talk to your provider to learn more and seek a referral to Glens Falls Hospital Neurology (518) 926-2940.

For more information, please visit

<https://www.glensfallshospital.org/services/outpatient-programs-and-services/Alzheimer's-center/>



## Did you know?

- You can file for a secondary condition caused by your primary service-connected condition
- You can file for Temporary Convalescence (at the 100% rate) if you undergo surgery for a service-connected condition
- You can directly schedule hearing/eye exams at the VAMC in Albany if you are an active patient with VA Medical
- You can get a property tax exemption (deadline March 1<sup>st</sup> every year) for the following: 15% Active Service, +10% for Combat Service, and ½ of your combined VA service-connected disability rating
- A surviving spouse of a Veteran is entitled to apply for local, state and federal benefits
- There is a VA benefit to assist wartime Veterans/surviving spouses with basic care needs, home care, assisted living, and skilled nursing care
- Warren/Washington County has a PFC Joseph P. Dwyer Program called "Adirondack Peer-to-Peer"
- Warren County has a "Return the FAVOR" Program offering discounts to Veterans/surviving spouses who reside in the county

With so many possible benefits available  
Call us to set up your 360° review

Warren County Veterans' Services  
1340 Route 9 ~ Lake George NY 12845  
518-761-6342