



Senior Dining Guide Savings Inside This Edition

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Washington County's

SeniorTimes

August - September 2016 Edition

Contact the Office for the Aging at 746-2420 or 1-800-848-3303

It's county fair time!

Senior activities plentiful at Washington County Fair

The Washington County Fair offers fun for attendees of all ages – even senior citizens.

Opens on Monday, Aug. 22, the fair will run through Sunday, Aug. 28 at the fairgrounds on Route 29 in Greenwich.

Specially scheduled events for seniors are available on Senior Day, which is on Wednesday, Aug. 24 this year. Admission on Senior Day is \$5 for attendees 62 years of age and older.

Fair organizer Ida Williams, who works on the fair board of directors and marketing, said she tells families with small children that Senior Day is the best day to go to the fair.

"There's always a nice crowd of people ... and shorter lines for kids' rides," she said.

When asked why the fair hosts a Senior Day, Williams said, "It's good to honor our fairgoers. A lot of them have always come to the fair, and a lot of them participated in the fair in their lives. It's a nice way to say thank you."

On opening day, seniors and children alike can enjoy the Stoney Roberts Demolition



The Washington County Fair offers fun and excitement for all ages.

Derby at 5 p.m. on the motorsports track.

For those who are akin to music, the fair will open with a performance by Smokey Greene in the entertainment tent.

Williams said shows by the Adirondack Fiddlers and Bobby Dick are particularly popular among senior fairgoers.

New this year in the week-long entertainment is the Barnyard Cackle, starring Rocky Da' Roosta and his cast of cack-

ling hens. Some of the acts returning include Mutts Gone Nuts, Sylvia and the Magic Trunk, Puddles the Clown and Brad Machett Comedy Hypnotist, among others.

Another completely new event for 2016 is the Washington County Craft Beverage Tasting. The tasting will take place from 4-8 p.m. on Tuesday, Aug. 23 in the County Bountu building.

On Sunday, Aug. 28, Stephen's Chrysler Jeep Dodge Ram

Monster Truck Demonstration Show will kick up some mud on the Motocross Track.

Other events on the track during fair week are the Pro Rodeo on Tuesday, 4-Wheel Drive Diesel Truck Pulls on Wednesday, Stock and Super Stock 4-Wheel Drive Truck Pulls on Thursday, Out of Field Tractor Pulls on Friday, and the NYTPA Sanctioned Pull on Saturday. The Washington County Fair Demolition Derby takes place at 5 p.m. Sunday, Aug. 28.

And, of course, the fair will also include plenty of agriculture displays, dairy shows, beef shows, swine, poultry, sheep, goats, rabbits and covies, along with horse and draft animal competitions. New this year, fairgoers can try their hand at milking Aggie, the incredible robot milking cow.

"They could always go for a ride on the zipper or the tilt-a-whirl," Williams joked.

For complete fair information, go to washingtoncountyfair.com, and be sure to download the

See **FAIR**, pg. 2



Everyone had a good time at the annual Senior Picnic which was held at the fairgrounds.

Annual senior picnic a great success

Greetings!

The 2016 Washington County Annual Senior Picnic was a great success. I am proud to say that we had the highest attendance rate in the history of prior Senior Picnics and were prepared to serve 350 meals! We were fortunate to have Ginny Allen's Line Dancers and the Moreau Fun Band available to provide us with wonderful entertainment.

We had great sponsorship from the Washington County Board of Supervisors and were visited by Supervisor Henke of

Argyle, Supervisor Haff of Hartford, Supervisor Moore of Fort Ann, Supervisor O'Brien of Hampton, Supervisor Shay of

Letter from the Director

White Creek, Supervisor Shaw of Easton, Supervisor Suprenant of Fort Edward, Supervisor Idleman of Greenwich, and Supervisor Hicks of Granville. Each of the Town Supervisors

played an important role in the picnic and served the meal in a timely manner! In addition, we were visited by Senator Kathleen Marchione, Congresswoman Elise Stefanick, Assemblywoman Carrie Woerner, and Assemblyman Dan Stec.

The weather was sunny and hot. Because of this, we held our traditional competition of the Washington County teams under cover. This year, we had a record number of 15 teams battling it

See **LETTER**, pg. 2

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Fair

Continued from front page

fair's mobile app to your smart-phone.

Parking for the event is free. There is handicapped parking near the gates and courtesy rides will be offered to those who need it. There are also checkpoints, marked with signs, scattered throughout the fairgrounds where seniors can request a ride.

Williams said the courtesy rides are there to, "Take them (seniors) back to their car or wherever they need to go."

There are also wheelchairs, provided by Southern Adirondack Independent Living, available at a tent directly inside the white ticket gate.

"They're free, but there's a limited number," Williams said.

Fair gates open at 9 a.m. daily and close at 10 p.m.

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Times**

Notice of Public Hearing

Notice is hereby given that the Washington County ADRC/Office for the Aging/CARES, has prepared the 2017 Plan for Programs on Aging under the Title III of the Older Americans Act of 1965, as amended, and under the Community Services Program for the Elderly (Section 541 of the Executive Law of New York), as amended, under the Wellness in Nutrition (WIN formerly SNAP) of New York State, Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly (CSE), Congregate Services Initiative

(CSI), AAA Transportation, and NY Connects, and that a Public Hearing will be held at 10 A.M. on Friday, October 14, 2016, at the Hartford Firehouse, Hartford, New York.

At which time and place all persons interested in said Plan will be heard concerning same.

Notice is also hereby given that abstracts of said Plan are available at the Washington County Office for Aging and Disabilities Resource Center, where they may be inspected or obtained by any interested person during business hours.

If you should need any special accommodations, such as a sign language interpreter, language interpretation services, braille, or any other type service, please call ahead to make this request and accommodations will be made to serve your needs.

**Gina Cantanucci-Mitchell,
Director
Washington County ADRC/
OFA/CARES
383 Broadway
Fort Edward, NY 12828
Date: July 26, 2016**



Farewell!

After 28 years of service, Vanessa Ross announced her retirement from Washington County's Office for Aging. Ms. Ross has been a dedicated employee and her commitment to serving seniors of the Washington County OFA Nutrition program has been remarkable. We will greatly miss you Ms. Ross and wish you a fond farewell on your new adventure in life!

**See you
at the
Washington
County Fair!**

Letter

Continued from front page

out! I always find great pleasure in the creativity of the team names and this year I was not let down. The team's truly dressed to impress, with several of them designing their own team shirts. Each team was a success and gave it their all. The teams and their total points are as follows:

- Cambridge Cool Cats – 590 points
- Green Witches – 655
- Hartford Stumble Bums – 625 points
- Hartville Hearts – 615 points
- Lucky Six – 460 points
- Mettowee Minions – 640 points
- New Kids on the Block – 625 points
- Purple People Eaters – 645 points
- Queen Ann Chicks – 600 points
- The Bumble Bees – 555 points
- The Cambridge Forget Me Knots – 575 points
- The winning teams for 1st, 2nd, and 3rd place were:
- 1st place – Scotties with 745 points
- 2nd place – The Queens of Anne with 710 points
- 3rd place – The Salem Lunchables and Hudson Falls Finest both with 670 points
- This was the first time we saw

two teams receive the same exact points!

We also had a record number of 26 organizations and agencies join us this year. I would like to thank several of these individuals for helping us throughout the day and for providing us with a lot of very nice "give-away" items.

We are very thankful to the Washington County Sheriff's Department for providing us with great food and to the Washington County Fairgrounds for donating the use of their facility, the sound system, the golf cart, their staff, and refrigeration. We could not have made this day such a success without either of them.

This is a very busy day for all of my Office for Aging staff. Their dedication and commitment to making the day operate smoothly is commendable. I appreciate all that they do to make the Senior Picnic an enjoyable day for the residents of Washington County!

We hope to see all of you again next year and for those of you that missed the picnic this year – mark your calendars for attending next year!

Sincerely,

**Gina Cantanucci-Mitchell
Executive Director**




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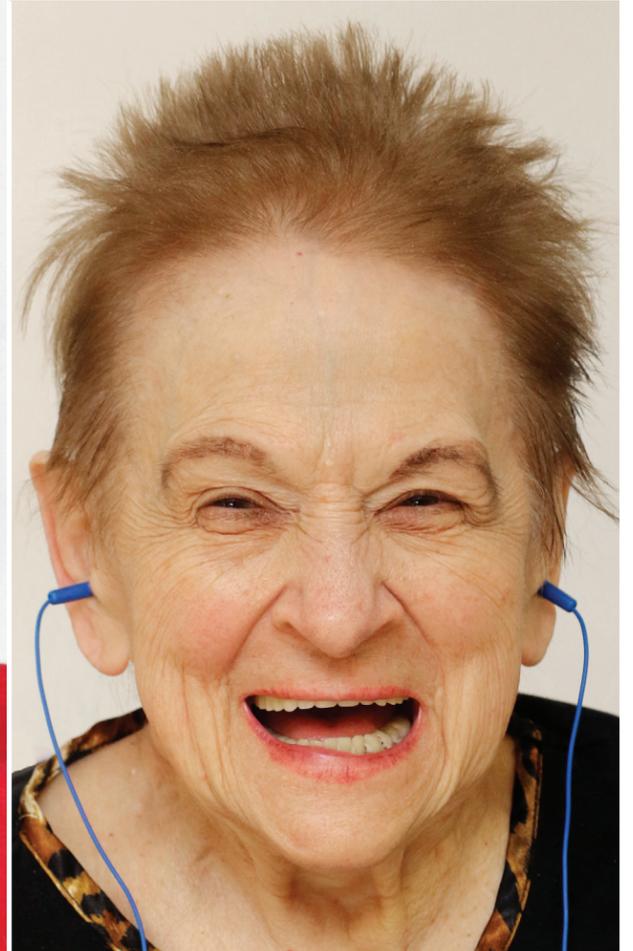
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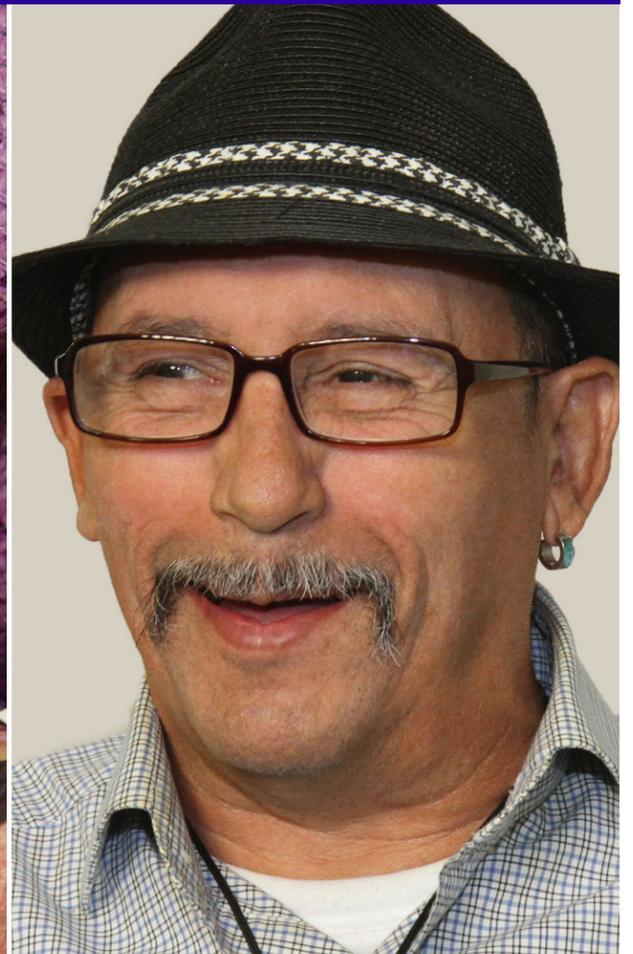
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Characters welcome.



Some people think that rehabilitation centers and nursing homes are quiet, boring places filled with quiet people just passing the time. Well, those people never visited a *Centers Health Care* facility like our *Warren Center for Rehabilitation and Healthcare* in Queensbury. Or *Fulton Center* in Gloversville, known as the gem of the Adirondacks, and *Washington Center* in Argyle, which offers adult day care and assisted living along with outstanding skilled nursing and rehab. And as for passing the time, well, a *Centers Health Care* facility

can be a real blast, so if you aren't ready to live life to the fullest, maybe you should think about one of those other homes. Where a lot of quiet people sit around watching the hands of the clock and passing the time. **Come by for a visit at any of our facilities and see how much richer and fuller life can be.**

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OFO No. 12

Speaking about modes of communication

Modes of communication have certainly changed during our lifetimes. I recall that during my early school years, our desks often had holes for ink wells. There wasn't any ink in them, but the ink was certainly present when the desks were new. We were using pencils and ball point pens. If you wished to communicate over distance, you wrote a letter or called. Of course in our early years many of us were on party line. Private lines became available by the late 60's. Party lines worked when those using it respected the privacy of the others. Calls were short and to the point.

There were abuses. A relative wrote a column for a local weekly. She obtained some of her "news" by listening in on other's phone calls. We had difficulty in a line for time. We later found the issue was mother and daughter calling each other and speaking at length. Normally, not unusual, however, in this instance, they were in the same trailer. Not twenty feet apart. Maybe they closed the doors so

they didn't hear each except through the phone.

Letters were mainly hand written. When an uncle was in the Service and overseas, his letters were occasion for family meetings to figure out what he had written. In college, papers were composed on a manual typewriter. One used erasable bond paper. A gum eraser and a steady hand in realigning the paper for the corrections were needed.

Late in the 20th century, phone recorders became common. Now we got all those calls that came when we weren't available. I finally got one early in this century. I've found most telemarketing calls recognize the call hit a recorder and don't leave a message. So I let the call go to the recorder first to weed them out. Now we have the portable cell phones. They work many places. They rarely work where I live. I've seen one call received since I lived here. They are useful. However, I believe they are over used. If one plans a little bit for one's day, it is unnecessary. Since I've survived sans cell phone for into seven decades, I plan on continuing.

Computes are now required for many things. I'm using one as word processor as I write. It beats struggling with witeout or correction tape. However, that depends on if the machine chooses to perform. I appreciate tools that can be depended on to perform its tasks. Unless you break the handle, a hammer can be depended on. An axe may need sharpening but can be depended upon when swung with a will.

Early this year, this dear machine (I don't wish to provoke it) began to be hesitant about coming on. I would get a black screen which informed me Windows needed to check files for consistency. It would check several hundred million files, then open to my home screen. At first it took 8 or 10 minutes then it would work normally for a week or so. Then another need to check consistency. One time I timed it. It took over an hour and a half. Other times it would refuse to open to home page and was useless. If I shut off all power to the dear machine (piece of cr--) for a day or so it would work for a day or two. Finally it would not come on at

all. Brought it to a repair shop and a hard drive had to be replaced. Couple of hundred for that. Then when I attempted to print, the dear machine (damn ...) would not recognize the printer. Well back to the shop and another \$50 to have a driver installed to work the printer.

Now since I have had weeks with a balky nonworking machine, I can't imagine trusting anything to its electronic labyrinth. A computer is only useful when functioning properly. If I wish to be sure to contact someone, phone or a letter is more reliable. Just one more observation, with the ability to send a message immediately after composing ill-considered missives are spewed out without mature consideration. Before this instant communication, ill thought words were often filed as waste before they made things bad or worse. There appears to be erosion of polite society. Politeness is more than please, thank you, you're welcome, it is allowing other ideas to be aired and considered, without consideration..... there is no communication.

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Nominations due for 2017 Senior of the Year

Nominations are due by Nov. 25! Please see the nomination form included in this edition. If you nominated someone or yourself in previous years and you were not selected, we strongly

encourage you to re-submit for next year! Please complete the form included in this edition or call Washington County's Office for the Aging for a nomination form and once completed, return

it to Washington County Office for the Aging. Through an anonymous process, two individuals will be selected by the Washington County Office for the Aging Advisory Council.

Tai Chi offered to help battle arthritis

What is Tai Chi? Tai Chi is an ancient Chinese practice that combines slow movement with deep breathing. It increases

strength, balance, and posture, prevents falls, improves mind, body and spirit, and reduces stress and increases relaxation. Washington County Office for Aging and Washington County Public Health have partnered to

provide Washington County residents with this FREE multi-session program. If you are interested in participating, please call 746-2400 and ask to speak with Kathy Jo McIntyre.

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Dates to remember

Sept. 12 – OFA Advisory Council Meeting – Easton Town Hall at 10 a.m.

Sept. 22 - Long Term Care Council Meeting at 10 a.m. Located at the Glen at Hiland Meadows. Public welcome.

Oct. 6 – Learn about Medicare Options – FREE EVENT - Office for Aging Health Insurance Expo – this is a time to speak to a health insurance specialist and also with various health insurance agencies about which

Medicare health insurance plan is best for you. Light refreshments served. Call our office for details at 746-2420.

Oct. 14 – Office for Aging Public Hearing and the Senior Council Luncheon at 10 a.m. – Hartford Fire House – RSVP for lunch (call 746-2565).

As always, please call Office for Aging at 746-2420 if you have any questions regarding the events listed above.

Osteoporosis is a disease of the bones that occurs when a person loses too much bone, produces too little bone or both. Though the disease is most often associated with women over 50, anyone can suffer from osteoporosis, which weakens bones and can make them more susceptible to breaks. Exercise is a great way for men and women to build and maintain strong bones in an attempt to prevent the onset of osteoporosis. According to the National Osteoporosis Foundation,

Did you know?

weight-bearing exercises can help build and maintain bone density. But the NOF notes that men and women who have suffered broken bones due to osteoporosis or those at risk of such breaks may need to avoid high-impact weight-bearing exercises, which include dancing, hiking, jogging, and jump-

ing rope, among others. For those whose physicians who suggest they avoid high-impact weight-bearing exercises, low-impact weight-bearing exercises can help them strengthen their bones. Such exercises may involve low-impact aerobics and using cardiovascular machines, such as elliptical trainers, stair-step machines and treadmills. Additional exercises that can benefit men and women looking to prevent or combat osteoporosis can be found at www.nof.org.

In moving forward with the nomination process, we feel that giving you a month to submit nominations for the New York State Senior of the Year event is too short. Therefore, we would like to accept nominations throughout the year.

Please feel free to submit a nomination form for someone over the age of 60 who deserves commendable recognition. We will be accepting the forms from now until November 25th, 2016. Upon completion of the form, please send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you!

*Thank you,
Gina Cantanucci-Mitchell*

New York State Senior Citizen of the Year Nomination Form

Washington County CARES, Aging and Disabilities Resource Center
is accepting nominations for the

2017 New York State Office for the Aging Senior Citizen's Day Recognition.

If you know a Washington County Senior Citizen (60+) who volunteers their time within their community, take time to nominate them.

Nominee _____

Address _____

Phone # _____



Please submit a summary of the accomplishments which highlights why the nominee deserves to receive the recognition along with the nomination form.

Nominator _____

Phone # _____

Please submit your nominations to:

Washington County CARES
Attn: Mindy Dudley
383 Broadway
Fort Edward, NY 12828



For more information please contact us at (518) 746-2420.

Interesting ways to enjoy traveling

Research indicates that traveling is at the top of the list of interests motivating today's men and women over the age of 50.

Seniors are perhaps the most likely demographic to indulge their love of traveling.

Retirement leaves lots of time for recreation, and many choose to spend that time on the road. Travel also can be improve adult longevity, says geriatricians at the University of Arkansas.

Those in the travel industry understand that men and women over 50 comprise a large percentage of their customers and have catered many travel packages toward this influential demographic. The following is a look at some of the more popular travel opportunities for men and women over 50.

Genealogical tourism:

This is one of the fastest-grow-

ing markets in vacation travel. Genealogical tourism involves individuals traveling to areas of historical significance for their families, such as churches where past relatives may have married and villages where grandparents or cousins once resided or were employed. This can create a tangible link to one's past and open up more opportunities to learn the varied genealogical history that has shaped a family, and even one's personal identity.

Extended vacations:

Seniors may have the capacity to devote more time to travel and not be caged in by strict time constraints. That makes them



eligible for extended vacations. These can include long-term rentals in tropical locales, several-week sightseeing cruises or guided tours overseas that touch on several different countries or cities during the trip.

Off the beaten path:

Adventurous travelers may not be content to stick to the resort lifestyle or standard vacation options. Active men and women over 50 are charting their own vacation courses with bucket list-style vacations that may be off the beaten path. Travelers who have always aspired to climb a mountain or see a rain forest may be inclined to realize

these goals as they get older. Nontraditional tours can include living like indigenous peoples or following the footsteps of early explorers.

All-inclusive tours: All-inclusive packages remain a popular option for travelers of all ages. These vacation packages charge one price for accommodations, entertainment, sightseeing, food, and many other amenities. All-inclusive vacations remove some of the headaches associated with organizing various components of travel so that a person can focus on relaxation and having fun.

Travel is a way to see the world, meet new people and experience various cultures. Seniors increasingly embrace travel because they have both the time and the means to take vacations.

Mettowee Seniors honor 90-year old members

Submitted by Pat Oathout

In May, the Mettowee Valley Seniors were pleased to have Mary Celani representing the Slate Valley Museum give a comprehensive overview of the museum and what it offers. We were impressed with her description of slate and its uses. Following the program we enjoyed a chicken and biscuit lunch. Lois Warner made the delicious biscuits. Salads and desserts were also served.

Iva Liebig and Dorothy Somich were honored as 90-year-old members. A special certificate and plant were awarded to each recipient. Iva and Dot thanked everyone for the occasion.

Mary Fleming was voted Senior of the Year. Mary chose the Country Meadows Restaurant for the celebratory

lunch.

Plans for Granville Days, May 14, were made.

Dot Barber sent a thank you note for the many cards and calls she has received and Kathy Tatko did the same.

The Nomination Committee was appointed for the upcoming election of officers. Members include Kay Myer, Debbie West and Violet Williams.

In June we had a great Fancy Hat parade. Several members created amazing hats. Sheila Condelli of Indian River Nursing Home courageously offered to be the Judge. Kim Grimaldi was the hands-down winner. Sheila also provided a tasty lunch courtesy of the Indian River Nursing Home. A Mystery Raffle was then held. Great prizes!

The results of the election of officers were to elect the same slate of officers presently serv-

ing. New Directors elected were Mary Fleming and Kathe Whitcomb.

Granville Days were very successful. Everyone pitched in to make it a profitable day. Carol McGivern and Kathy Whitcomb manned the barbecue.

Team members for the Washington County Picnic included Helen Haywood, Mary Fleming, Carol McGivern, Kathy Morse and Violet Williams.

In July, Stephanie Ball from the Council for the Aging (CARES) gave us an extensive explanation of the many services available to Seniors. She said that updated material is mailed to each group monthly. She gave illuminating insight regarding scams, family matters, Medicare and much more. She offered to return any time we need her. She passed out helpful printed materials. Proof of her presen-

tation is the many questions and comments members offered. An ice cream social followed the program.

Sheila Condelli announced the free rides available to the Washington County Fair on Senior Day. Pick-up is at Indian River Nursing Home.

Everyone was pleased at the completion of the handicapped bathroom. It is a great addition to our building. Construction was done speedily and neatly. Thanks to Bob Tatko and Cy Dunbar. Members were reminded about the Lake George Boat Trip on Sept. 22.

A group cleaning day for the building was set for Aug. 2.

As always, all seniors are welcome to our meetings, the first and third Thursdays of each month at our location at 7 Morrison Ave., Granville.

Have a great summer!

6 ways your loved one can have a safe summer

Submitted by Alissa Sauer

Summer brings adventures and explorations outdoors, as well as an opportunity to make incredible memories with senior loved ones. As you plan your summer fun, be sure to take precautions that keep your loved ones safe.

Caregivers always need to be vigilant in keeping their loved one safe, but with the warmer weather comes additional safety concerns. A senior who wanders may face additional safety challenges in the summer if they are not hydrated, or are not wearing sunscreen.

1. Stay hydrated.

People with memory loss may

not realize that they are thirsty, so encourage them to drink frequently. Avoid alcohol and caffeine as these drinks may contribute to hydration.

2. Apply sunscreen regularly.

Again, a senior with memory loss may not remember to put on screen, so be sure to remind them to reapply when needed.

3. Dress appropriately.

As memory loss progresses, decision making becomes more difficult. Put away winter clothes and make light, summer clothing easily accessible for your loved ones.

4. Limit sun exposure.

Try to stay in shaded areas as

much as possible and stay inside during the hottest part of the day, usually from 10 a.m. to 2 p.m.

5. Be watchful around water.

It is best to have any home pools protected by a fence but keep a watchful eye on any seniors who may wander to prevent an accident.

6. Avoid loud noises and crowds.

Both loud noises and crowds can be overwhelming so consider watching any fireworks or attending any parades from a distance.

While some extra safety precautions are necessary to enjoy

the summer weather, don't let that stop you from getting your loved one outside to enjoy the season. Some activities that can be fun and safe for many seniors with memory loss may include: attending a baseball game or another sporting event, attending an outdoor concert, family reunions, gardening, going to an outdoor movie, or having a picnic.

The Alzheimer's Caregiver Support Initiative offers free services in the Washington, Warren, Hamilton, Franklin, Essex and Clinton counties. For more information, please contact Stacey Barcomb at (518) 746-2300 x 3366.

Greenwich seniors planning trip to 'Magic Wings'

We meet the first Wednesday of each month for a covered dish meeting and the third Wednesday of the month for a sandwich luncheon, both meetings start at 12 noon at the VFW on Abeel Ave in Greenwich. Our meeting format has changed slightly as we have speakers at our first meeting and a business meeting at the second monthly meeting. All seniors (55 and over) are welcome. It is handicapped accessible.



cream. We had an information table at Whipple City Days to help spread the word about our club. Also in June we had a speaker, Pat Niles, talk to us about famous men in Washington County. Many of our members attended the Seniors picnic at the

Washington County Fairgrounds on July 8. Also in July, we had a bus trip to Mc-Haydn Theater in Chatham to see Chicago. We enjoyed a buffet luncheon at the White Stone restaurant before the play. Below is a picture of our group outside the theater. Our monthly breakfast club

meets on the last Friday of the month. They meet at area restaurants and all are welcome. Game days over the long winter have been very successful.

Travel News: We are taking a bus trip to the Yankee Candle warehouse and combining it with a trip to Magic Wings, a live butterfly conservatory in Massachusetts, on Sept. 28. On Dec. 20 we will be attending a Christmas Show "Holiday Wishes" with Jimmy Mazz at the Hall of Springs in Saratoga.

Argyle seniors enjoy wonderful dinner at Auction Barn restaurant

The Argyle Senior Citizens enjoyed a wonderful "turkey with all the trimmings" dinner at the Auction Barn restaurant recently when we honored Loanne Bain as our club senior of the year. The huge turnout was a great tribute to Loanne.

play during the town-wide Garage Sale weekend and the drawing will be at the conclusion of that event on Oct. 8. Members have tickets that can be purchased at any time.

We held our annual Strawberry Shortcake and food sale on July Fourth and our annual club picnic at Summit Lake was also held in July. We will be having our Quilt raffle again this year. It will be on dis-

Due to the illness of our trip director several of our trips have been canceled. However, we plan to attend a barbecue in August and take a day trip in the fall, at a place to be determined. Several members plan to take the Defensive Drivers' course at the Moreau Senior Center in

September.

We always welcome new members at our meetings on the first and third Wednesday of each month. If you aren't already a member, please join us!

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FREE caregiver support program

Would you or someone you know be interested in caregiving classes/support groups related to Dementia and Alzheimer's?

Association of Northeastern New York. We are looking to start a FREE Savvy Caregiver Program. If you or someone you know would be interested, please call Kym Hance with the Alzheimer's Association at (518) 867-4999 ext. 215.

The Savvy Caregiver is a FREE multi-session program that helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer's or other forms of dementia. Washington County Office for Aging has partnered with the Alzheimer's



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May was Older Americans Month and celebrations took place at each of our 4 Washington County Senior Dining locations. We focused on how older adults in our community are leading and inspiring others, how we can support and learn from older adults, and how we might follow their examples to blaze trails of our own.



In addition, Mrs. Ruth Scribner and Mr. Donald Brooks enjoyed a full day of celebration in Albany with the New York State Office for Aging staff and several New York State Government Legislatures. Pictured to the left are Mrs. Scribner and Mr. Brooks accompanied by Senator Betty Little.



"They've been wonderful. I know the help is right there."

Molly Felczak
VNA Homecare Options Member



VNA Homecare Options is a managed long term care (MLTC) Medicaid plan for those who are eligible for nursing home care, are chronically ill or disabled, and need medical and/or non-medical home and community-based care to remain safely at home. Our services include:

- Adult Day Health Care
- Audiology
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Whitehall lunches host speakers

Submitted by Hellin LeClaire

The hazy hot days of summer have arrived, come on down and join us for lunch and keep cool.

Our open house "Blazing the Trail," in May, was a great success. Thank you Catherine, your stories were wonderful and also Henry and

Bill's trips and speeches on the Honor Guard were very appropriate for Memorial Day.

Teresa DePaul also joined us in June and spoke on SNAP. Jodie Smith spoke on elder abuse.

Please call 499-2482 between 10 a.m. and noon for reservations for the next day.

Hope to see you soon!

Free medicare event Oct. 6

We can show you how to save money on your Medicare insurance and get you the best plan possible that meets all your needs

The Office for Aging and Disability Resource Center will be holding a FREE Medicare information day at the Kingsbury Fire House on Oct. 6 from 10 a.m. to 4 p.m. The Health Insurance/Wellness Expo is designed to give you answers about your current Medicare plan or if you are looking at Medicare for the first time. Certified Health Insurance Counselors will be available to

run free comparison reports on all the available Medicare Plans. This is the best place to find "no pressure" information before Medicare open enrollment. Several Medicare insurance companies will also be on-site to answer any questions you may have. In addition, several community agencies will be available and light refreshments will be served.

Please call the Office for Aging at 518-746-2420 for more information.

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Senior Center keeps busy during summer heat

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Silver Sneakers, Chair Yoga, Osteo Busters, Line Dancing, and a Zuma Gold program will start in September. Pinochle, Board Games, Bingo, Pool, Wii Bowling, Knitting, Crafts, Coloring, and Watercolor.

Computer Classes with Sarah Mc Fadden from Cornell Cooperative Extension are also available.

Shopping trips, with monthly trips to the Racino in Saratoga. Some of our Seniors attended "Seniors Go Nashville" at the Wood Theater on May 26. Our Senior, Sandy Wheeler, gave her presentation of

Minnie Pearl and participat-

ed with the other talented Seniors with various songs throughout the program.

Many Seniors attended the "Celebration of Life" in memory of Senior Gloria Levine June 11. Lunch Bunch at Bogey's, Queensbury was enjoyed by 19 Seniors on June 29. Forty attended on July 8 the Washington County Senior Picnic at the Fairgrounds and kindly driven by Mitchell Suprenant, Supervisor of Fort Edward. Thank You to the Fort Edward Central School. We had four teams participating with the games Including Mitch: The Bumble Bees, Purple People Eaters, Lucky Six, with Hudson Falls Finest receiving Third Place. Many

also won various prizes. Entertainment by Ginny Allen's Line Dancers and Moreau Fun Band and great food enjoyed by all. Seniors challenged Glens Falls Seniors once again attending their Wii Tournament and finally we were able to retrieve our trophy. Fundraisers Card and Board Games, Bake and Craft Sale at Earl Towers Hi-Rise, and Chicken Barbecue were well attended and all netted great profits.

Speakers have been:

Stay Healthy and SNAP Presentation with Theresa DePaul

Coffee with a Cop Program with the Hudson Falls Police Department

Washington County OFA's "World Elder Abuse/Awareness Day" with Jodie Smith and Vanessa Ross

Nutrition Discussion "Strawberry and Blueberry" and samples with Vanessa Ross

Washington County Cares ADRC Presentation with Stephanie Ball

Cooking Demos with Ashley Pulsoni, Cooperative Extension

Presentation by Whitney Jobmann from Southern Adirondack Independent Living

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John "Max" McDonnell, Director

Do you have two hours a month to help one of your neighbors?

Sixty senior citizens in Washington County currently depend on RSVP's Medical Transportation Program to get to their medical appointments, and that number is increasing on a regular basis. RSVP volunteers are scheduled on a ride by ride basis by one of our dis-

patchers in the main RSVP office, Salem, Greenwich, and Cambridge. They receive training and mileage reimbursement and the only requirements are to be 55 or older, have a valid driver license and automobile insurance, and a willingness to help a neighbor. Turning down a client

because we don't have an available driver is extremely difficult and we hope you will help us so we don't have to do that in the future.

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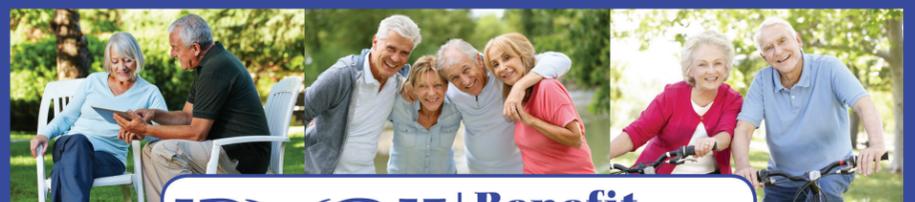
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Queen Anne seniors attend Senior of the Year celebration

Submitted by Sally Walker

Queen Anne Seniors had a very busy spring and early summer. At our first meeting in May, we had a Board of Directors meeting and a business meeting. Sheila Condelli from Indian River brought us a very delicious lunch. On the 13th, we went to the Kingsbury Firehouse for the Washington County Senior of the Year Day celebration. Thirty-three of us went to celebrate with our Senior of the Year, Mary Ciriello. The food was very good as was the entertainment. The saxophone quartet was phenomenal. On the 18th, we had breakfast at the Harrisena Diner. Good food and good service and lots of conversation. At our final May meeting we had pot luck, always lots of great food to eat. Our speaker was Denise Young who talked about living with essential oils. She passed around samples of many different oils for us to try. Unfortunately, some of our members had difficulty with the many aromas being present together.

Our only meeting in June was on the 8th. We had firehouse lunch of baked cod, mac and cheese and of course DESSERT! We also had a business meeting where we talked about upcoming events.

On July 8, we rented a school bus from Fort Ann Central School for our journey to the Washington County Fairgrounds for the annual Washington County senior picnic. The Queens of Anne team won second place in the senior games. Also we had door prize winners; Joyce LaChaunce,

Della Smith, Roy Harrison, Donna Masher and Marty Burdick. Congratulations to all the winners! Three of our members: Marcia Colvin, Pat Gould and Sally Walker sold 50-50 tickets. We will be going to AJ's in Granville on the 20th for breakfast. (They have the best fried bread dough.) Then on the 21st, we will be going to the Wood Theater to see A Comedy of Manors. On the 28th, we are going to Holyoke, Massachusetts to the Lobster Feast.

We will be having our Queen Anne Seniors picnic in August. This year it will be at the West Fort Ann Firehouse. We have hot dogs and everyone brings a dish for pot luck and we have a birthday celebration with cupcakes and sometimes ice cream too.

Here are some future events:

- Sept. 21**
Lake George Dinner
- Theater to see**
Southern Comfort
Dec. 3
- Basket raffle at the**
Fort Ann Firehouse
from 10am till 2pm
Dec. 4-9
- Trip to Nashville**
Dec. 14
- Annual Christmas**
Party at Country
Meadows at noon

We wish everyone a safe, happy summer and fall.



Washington County's Office for Aging and Disabilities Resource Center (also known as Washington County CARES)

Services Offered:

- In-Home Personal Care Assistance for Non-Medicaid Individuals Over 60 (to include, but not limited to, light housekeeping, escort to appointments, meal preparation, shopping, dressing, bathing, personal care and other instrumental activities of daily living)
- Consumer Directed Personal Care Assistance Program
- Caregiver Support Services (to include: in-home personal care assistance (as described above), companionship, support group, social adult day care, personal emergency response services)
- Health Insurance Information, Counseling, and Assistance (HIICAP)
- Home Delivered Meals
- Senior Dining Program
- Nutrition Counseling
- Nutrition Education
- Restaurant Dining Program
- Transportation
- Personal Emergency Response Services (Medical Alert)
- Legal Assistance
- Social Adult Day Care Services
- Senior Center Recreation and Education
- Services for the Blind and Visually Impaired
- Emergency Planning
- Farmer's Market Coupons
- Senior of the Year Program
- Senior Events (i.e. Picnic, High School Plays, Health Insurance Expo, Holiday Cookie Exchange, etc.)
- NY Connects Services (Options Counseling and Information and Assistance for Long Term Care planning for individuals/caregivers of all ages)

We offer Language Translation Services for those who speak a language other than English, Interpretation Services, and also TTY/TDD services.

We welcome opportunities to speak with groups and appreciate invitations to share our information at events. Call us to schedule!

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WASHINGTON COUNTY

VOLUNTARY REGISTRATION FOR SPECIAL POPULATIONS EMERGENCY RESPONSE

DO YOU HAVE A SPECIAL NEED IN CASE OF AN EMERGENCY?

Pursuant to NYS Executive Law §23-a, the Washington County Office for the Aging and Emergency Services are compiling a VOLUNTARY registry of persons who would need assistance during evacuations and sheltering because of physical or mental disabling condition. This information will be used to make various response agencies aware of those with special needs.

Information provided WILL BE KEPT CONFIDENTIAL to the extent allowed by law. Registrations will remain in the system for one year, after which the registration will have to be renewed by simply notifying Washington County CARES of any changes in status and their desire to remain in the database

(Please Print)

Name _____ Date of Birth _____

Home Phone# () _____ Cell Phone# () _____

911 Location Address (No PO BOX) _____ APT # _____

Town or Village _____ Zip _____ Church Aff. _____

Please fill out if you go out of state for a period of time or go to workshops/facilities. This will prevent sending someone to rescue you when you are not at home. Time during such situations is valuable.

(Please Print)

State / Workshop / Facility etc. _____

Starting Hour _____ Ending Hour _____

Starting Date _____ Ending Date _____

Please fill out local contact person information below. This could be a family member, neighbor, caregiver etc..

Local Contact Person

Name _____ Relationship _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

Please check all disability/equipment information that pertains to you below.

Blind Hearing Impaired Physical Developmental Medical

Speech Impaired Dialysis Wheelchair Oxygen Service Animal

Other (please indicate) _____

Check Box If you are NON-Ambulatory **Check Box If you currently have any type of medical alert service**

I hereby consent to have my name placed in the Washington County emergency registry of person's with disabling conditions. The undersigned understands that registration does not guarantee that Washington County, or any other agency, will provide assistance. In accordance with state law, Washington County is not liable for any claim based upon the good faith failure to exercise or performance or the good faith failure to exercise or perform a function or duty on the part of any officer or employee in carrying out a local disaster preparedness plan. By my signature hereon, I waive any and all claims against Washington County arising from use of this registry pursuant to law. I further understand that Washington County will rely upon the information given by me in this registration and agree to provide updated information as soon as it becomes available. I hereby consent and pre-authorize emergency response personnel to enter my home during search and rescue operations if necessary to assure my safety and welfare during an emergency or natural disaster.

Signature _____ Date _____

**Please return to: Washington County Office for the Aging
Aging & Disabilities Resource Center
383 Broadway
Fort Edward, NY 12828**

Submitting Agency: Self Spouse
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The Senior Dining Program for Washington County Residents

The Senior Dining Program in Washington County is a partnership between the Washington County Office for Aging and Disabilities Resource Center and local restaurants. The program has been a huge success due to the generous and compassionate attitude of the owners and staff of these restaurants. Each participating restaurant offers a unique **Senior Dining Menu**, which provides a variety of delicious and nutritious food. This program continues to be successful because the restaurants in the program go above and beyond to provide this valuable service to their community. You must be 60+ and live in Washington County to register in the program. If you are interested in registering for the program, you can do so either in person or by mail. You will be asked to complete a simple form with your basic information and a nutritional assessment. This information helps us to determine if you have any special dietary needs and also assists this office in planning for the nutritional needs of seniors. We ask the coupon user to follow a few guidelines to assure the restaurants are reimbursed properly. Please present your coupon to your server before you order your meal. The restaurant has a Senior Dining Menu that has been approved by the dietician to provide one third of the daily dietary needs of a senior as put forth by the USDA. This would include an entrée, beverage and dessert for lunch. You can use one coupon per day, per person, please sign, print and date your coupon, this is necessary for proper funding. Your Senior Dining Coupon does not include the tip. Please tip your server for the friendly service they provide. Tickets are available for a \$4.00 suggested donation and can be obtained at Washington County ADRC or by mail. Call our office at 746-2578 for more information.

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Hartford seniors host benefit

Submitted by Armand Harrington

The Hartford Seniors have had a busy spring. Our Senior of the Year, Lettie Hayes, decided she wanted to go to Country Meadows for her dinner. We picked the meals we wanted. Country Meadows is a great place to eat. We went on May 10. We gave her a corsage and a gift card to the Red Lobster.

We also attended the County Senior of the year dinner at the Kingsbury Fire House on May 13. The meal was stuffed chicken breast. Delicious meal! All of the Senior of the Year recipients were given a corsage and a certificate.

At our meeting on May 24 we had the Neigh Family. They entertained us with a play, called "Our Adventure," written by Abigail Neigh. They are a family of 12 children. They do a great job.

We did a Kitchen Basket for a benefit for Colleen Scott of Hartford, who needs a liver transplant. The Benefit was July 18 at the Hartford Fire House.

We also gave money to a Hartford Senior who improved the most in the last four years. She

received this at graduation.

On June 14 we discussed where we want to have our Picnic. We decided to have it at Monroe Park on Aug.9. We ended this meeting by enjoying make your own ice cream sundaes. Stewarts Shops donates ice cream and toppings once a year. It's great they do this for organizations.

At the June 28 meeting we had Mike Larson from the Kingsbury Rite Aid. He discussed flu shots and other shots you might need. We will be having the shots on Oct.11 at our meeting. Anyone is welcome.

We also enjoyed Birthday Cake made by Lettie Hayes for April, May and June Birthdays. Lettie always makes delicious desserts.

We are planning on having a yard sale on Aug.13 and 14 at our house, benefit for the club.

We have some new members and hoping for more. We also have a 50/50 at each meeting. We had about 30 members go to the County Picnic. Five of our members won gifts. The fairgrounds is a great place to have it. Thanks to Washington County Cares

Enjoy the rest of the summer.



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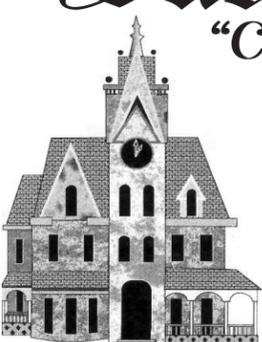
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