

AUGUST 2026

ESSEX COUNTY OFFICE FOR THE AGING

MONTHLY NEWSLETTER

WHAT'S NEW?

- *Harvest of the Month*
Peaches!
- *Nutrition Education*
Summer Nutrition Tips
- *Medicare Minute*
Medicare and Changes
in Residence
- *Caregiver Assistance*
Heat Stroke- How it
Affects the Body
- *Nutrition*
August Menu
- *FREE Caregiver
Wellness Programs*

OUR MISSION:

To provide leadership and advocacy which creates an environment enabling the County's aging residents to determine their own destiny in a positive, productive manner.

-HOW WE CAN HELP-

Outreach... Our outreach workers help to identify older adults who are in need and aid them in accessing services. Our staff will provide home visits and help in completing paperwork which may include applications for Lifeline, insurance forms, Medicare, SNAP, Medicaid, HEAP, etc. Office for the Aging also works closely and makes referrals to other agencies such as Adult Protective Services, Cornell Cooperative Extension, Public Health Nurses, Coordinated Care Unit, AmeriCorps Seniors, Third Age Adult Day Care, etc.

-SOME OF OUR SERVICES INCLUDE-

Congregate Meal Sites, Home Delivered Meals, Medical Transportation, Expanded In-Home Services for the Elderly Program (EISEP), Caregiver Support, Personal Emergency Response Systems (PERS), Health Insurance Counseling, Home Rehabilitation (Assess for Eligibility & Referrals), Legal Services, Respite Care.



Essex County Office for the Aging
PO Box 217
Elizabethtown, NY 12932
(518) 873-3695 or Fax (518) 873-3784

Harvest

• OF THE MONTH •

HEALTH BENEFITS OF PEACHES

Peaches are nutrient-dense powerhouses packed with vitamins A, C, and E, potassium, and dietary fiber. Eating this hydrating fruit supports digestion, boosts heart health by regulating blood pressure, promotes radiant skin, and protects your eyes against age-related degeneration—all with just under 60 calories per medium peach.



SHOPPING & STORAGE TIPS

- A ripe peach gives slightly under gentle pressure, has a vibrant golden or reddish hue without green near the stem and releases a sweet, fragrant aroma. If the peach is still firm or lacks scent, it needs more time to ripen.
- If your peaches are firm and not quite ripe, place them stem-side down on the counter at room temperature. Keep them out of direct sunlight and away from other fruit to prevent bruising and ensure even ripening.
- The best way to store peaches beyond a week or two, freezing is a great option. Slice, peel and coat your peaches with lemon juice or a light sugar syrup. Freeze them on a baking sheet before transferring them to a freezer-safe bag or container.

BAKED PEACHES

- Preheat oven to 375°F and spray an oven safe pan with nonstick spray. Slice 3 large ripe peaches in half and remove the pit, then place in the pan.
- Place a small piece of butter (about 3/4 teaspoon) in the middle of each peach.
- Combine 2 tablespoons light brown sugar and 1/4 teaspoon cinnamon in a small bowl. Then sprinkle over the peaches.
- Bake for 10 to 13 minutes, or until golden and soft. Top with cream and caramel if desired.





SUMMER NUTRITION TIPS FOR OLDER ADULTS

Nutritional needs of older adults change during the summer. Some summer diet tips individuals should try include: drinking more water than usual, supplementing higher water intake with electrolyte drinks or sports drinks, limiting salt intake, taking vitamin and mineral supplements as needed, incorporating plenty of locally grown fresh fruits and veggies with high water content into their diet, and adding more fiber to avoid constipation.

How can older adults stay hydrated in the heat?

Older adults can stay hydrated by ensuring they always have a water bottle with them. Having access to water at all times is vital to avoid heat exhaustion and heat stroke. Other things older adults can do to stay hydrated include: limiting time outdoors when it is too hot, wearing a hat and sunscreen to prevent sunburn and overheating, limiting the amount of caffeine you consume, avoiding alcoholic drinks entirely, choose water instead of carbonated soft drinks when dining out, find a cool spot indoors to take breaks as needed, and avoiding hot, spicy foods.

The best summer foods for older adults are those that contain added water, and locally sourced fruits and vegetables, including: **Watermelon, Cantaloupe, Honeydew, Cucumbers, Tomatoes, Celery, Zucchini, Lettuce, Strawberries, Blueberries, Raspberries, and Blackberries.**

The best ways for seniors to maintain energy levels in hot weather are:

- Remain indoors during the hottest times of the day — usually between 11 a.m. and 6 p.m.
- Wear loose-fitting clothing when heading outdoors
- Limit outdoor activities to early mornings or evenings when the sun is setting
- Eat lighter meals
- Reduce or avoid caffeine and alcohol

What Vitamins and Minerals Are Essential in Summer?

Older adults should ensure they are getting their daily intake of **vitamins A, C, D, E, B12, and Folate**. Calcium and Magnesium should also be a part of your daily diet.



Medicare and Changes in Residence

When you move, it can affect your Medicare coverage. Let's look at the different kinds of moves - from in-state to abroad - and what they mean for your Medicare.

Moving Within State

- If you have Original Medicare, notify the Social Security Administration (SSA) of your move to update your address.
- If you have a Medicare Advantage plan or Part D plan, notify the plan of your change of address and see if you will still be in your plan's area of coverage.

If not, you will have a Special Enrollment Period (SEP) to change plans. You can call State Health Insurance Assistance Program (SHIP) to use your SEP and change plans.

Moving Out of State

- **All of the above applies, plus:** If you have a Medigap, learn about your new state's rules around Medigaps. You can call your SHIP to learn about Medigaps in your state in case you want to make changes in the future.
- **If you have a Medicare Savings Program (MSP),** learn about the eligibility rules in the state to which you are moving. For help with a new MSP application, contact that state's SHIP.
- **If you were automatically enrolled in Extra Help because of your state's Medicaid or MSP,** you may need to actively enroll after your move to another state. You can call Social Security (800-772-1213) to learn about the status of your Extra Help.



Note:

You may need to share your personal info when you move. Only share information with trusted sources and be on the lookout for medical identify theft.



Medicare and Changes in Residence

Moving Abroad

- If you have a Medicare Advantage plan or Part D plan, contact your plan to disenroll. You will no longer be eligible for these plans while living abroad. If you move back to the US, you will have an SEP to enroll in plans again.
- If you have premium-free Part A, you should keep it. If you become eligible for premium-free Part A while abroad, you should enroll. To enroll while abroad, request forms from the US Embassy or Consulate of the country you live in.
- If you plan to move back to the US or travel back frequently, you may want to enroll in or keep Part B to have medical coverage during your stays and avoid coverage gaps or late enrollment penalties.
- If you plan to move abroad permanently and not visit the US, you might consider dropping Part B. Be aware of the consequences you could face if you enroll later – coverage gaps and late enrollment penalties.

Enrollment decisions if you are incarcerated

- If you had Medicare before your arrest, you will remain eligible for the program while you are incarcerated, as long as you continue to pay your Medicare premiums. Your correctional facility will provide and pay for your care during that time, and Medicare will not.
- Once you are released, Medicare will resume coverage if you remained enrolled. If you are released after January 1, 2023 and you missed an enrollment period during your incarceration, you are eligible for an SEP to enroll in premium Part A and Part B.

Caregiver Assistance News

"Caring for you... Caring for others"

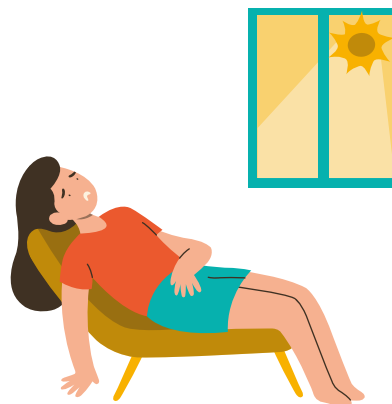


Heat Stroke - Happens Indoors & Outside

Heat stroke is often thought of as a danger only when people are outside in blazing sun. However, extreme heat can be just as dangerous—sometimes even more so—inside the home. During periods of high temperatures, especially when humidity is elevated, indoor environments can quickly become unsafe. For older adults and those with chronic health conditions, the risk of heat-related illness is significant whether they are indoors or outdoors

Heat Affects The Body

The human body naturally cools itself through sweating. When sweat evaporates from the skin, it lowers body temperature. However, this cooling process depends on environmental conditions. When humidity is high, sweat does not evaporate as efficiently, and the body cannot cool itself effectively. As a result, body temperature can rise quickly. Indoors, this risk increases when ventilation is poor, air conditioning is unavailable, or appliances generate additional heat. Many people assume staying inside automatically protects them from heat illness—but without proper cooling, indoor temperatures can become just as dangerous as outdoor conditions.



Older Adults Are At Greater Risk

Older adults are particularly vulnerable to heat stroke and other heat-related illnesses. As we age, the body becomes less efficient at regulating temperature. Older Adults may not sweat as effectively or may not feel thirsty until dehydration has already begun.

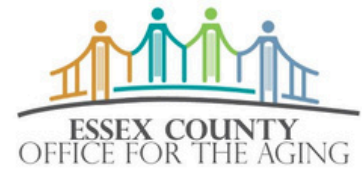
Additional risk factors include:

- **Chronic medical conditions** that affect circulation or body temperature regulation.
- **Medications** that interfere with sweating or hydration.
- **Limited mobility**, making it difficult to move to cooler environments.
- **Cognitive conditions**, such as dementia, that reduce awareness of heat danger.

Older adults may also live without air conditioning or may not recognize when indoor temperatures have reached unsafe levels.

Caregiver Assistance News

"Caring for you... Caring for others"



Heat Exhaustion vs. Heat Stroke

Heat-related illnesses typically develop in stages. Recognizing early warning signs can prevent a life threatening emergency.

Heat exhaustion occurs when the body becomes dehydrated and overheated.

Symptoms may include:

- Heavy sweating and cold, clammy skin
- Dizziness or fainting
- Weak, rapid pulse
- Muscle cramps
- Nausea or vomiting
- Fast, shallow breathing

If untreated, heat exhaustion can progress to heat stroke, which is a medical emergency.

Heat stroke occurs when the body can no longer regulate its temperature. Body temperature may rise to 103°F or higher within minutes.

Warning signs include:

- Hot, red, dry skin (often without sweating)
- Rapid, strong pulse; throbbing headache
- Confusion, dizziness, or disorientation
- Loss of consciousness

Heat stroke can cause permanent disability or death if not treated immediately.

What to Do in an Emergency?

If you suspect heat stroke, act quickly. Call 911 immediately while beginning cooling the person.

- Move the person to a shaded or cool area
- Remove excess clothing
- Cool the body using any available method: a cool bath or shower, spraying with water, or placing cool, wet cloths on the skin
- Fan the person to increase evaporation
- Monitor body temperature and continue cooling until temperature drops to about 101–102°F
- If the person is conscious and able to swallow, offer cool (not ice-cold) water

Never delay emergency care—heat stroke is life-threatening.

Preventing Heat Stroke Indoors

Prevention is the most effective way to reduce risk.

- Spend as much time as possible in air-conditioned spaces
- Use fans to circulate air, but do not rely on them alone during extreme heat
- Close curtains or blinds, especially on sun-facing windows
- Avoid using ovens, stoves, or dryers during the hottest parts of the day
- Switch to energy-efficient lighting, which produces less heat
- Use simple cooling techniques, such as placing ice in front of a fan



ALZHEIMER'S DISEASE Caregiver SUPPORT INITIATIVE



FREE Caregiver Wellness Program

Wellness events allow caregivers to connect with one another in safe and supportive environments that promote mental and physical well-being. All events are offered at no cost to participants.

In-Person Events (Northern Region)

- **Pickleball:** Mondays (Aug. 3, 10, 17, 24, & 31), 1:00-3:00pm.
Fitness Loco, 3926 NY-22, Willsboro, NY.
Please bring clean, indoor sneakers to wear on the courts.
- **The Strand presents: The Gibson Brothers**
Sat, Aug. 15th, 7:00pm.
The Strand Center Theatre, 25 Brinkerhoff St, Plattsburgh, NY.
Northern NY's acclaimed bluegrass duo Eric & Leigh Gibson return to Plattsburgh for one night only! Tickets for this event are limited; attendees must RSVP.
- **Lunch Bunch (Pop-Up Memory Cafe)**
Wed, Aug 19th, 11:30am.
Hosler's Family Restaurant, 607 E. Main St, Malone, NY.
Pop in for a hot meal and community conversation—our treat!
- **Cooking Class:** *No summer sessions; this event series will resume in September.*
Expand your repertoire of quick, easy, and fun meals and desserts under the guidance of SUNY dining services staff.
- **2026 ADCSI Caregiving Matters Summit:**
Wed, Sep. 16th, 10:00am-2:00pm.
Valcour Inn & Boathouse, 3714 US-9, Peru, NY.
Join us for a day of education, resources, and support topics related to caregiving for someone with memory loss, legal planning, and scam awareness. Lunch and refreshments provided. To register for this free event, please contact (518) 564-3373 or scan the QR code above.



Pre-registration is encouraged so we can adequately plan for attendee numbers and provide updates in the event of schedule changes. To register for this month's events, inquire about next month's schedule, or to learn about events in Hamilton, Warren, & Washington counties, please call or text Heidi Reyor at (518) 569-0003.

The purchase and/or consumption of alcoholic beverages is not permitted during wellness events or memory cafés.

Ongoing Program Offerings

In-Home Fall Prevention

There's no place like home-- the place where we spend much of our time and are most likely to let our guard down in regard to safety. Many falls happen in our own homes, but they can easily be prevented if we are vigilant about ensuring that our living environment is tailored to meet our current needs and capabilities. The Caregiver Support Initiative is proud to offer free, in-home fall prevention assessments to residents of Clinton, Essex, Franklin, Hamilton, Warren, & Washington counties. To learn more about this program or to schedule an appointment, please contact 1-800-388-0199.

Project Lifesaver

Project Lifesaver (PLS) is the premier search and rescue program for adults at risk for wandering due to conditions affecting cognition. A small, personal transmitter may be worn on either the wrist or ankle, allowing local authorities to track missing persons using radio frequency. This rapid response and recovery program has been proven to reduce injury and save lives. The Caregiver Support Initiative collaborates with local sheriffs' departments to offer free and easy access to PLS detection devices. To learn more about this program or to enroll, please contact us at 1-800-388-0199.

Traveling Together

Through this family recreation and support program, caregivers, their care recipients, and other family members can enjoy events and activities together within Hamilton County at no cost. *Traveling Together* is open to full-time and part-time residents of Hamilton County, as well as visiting families from other areas. In addition to our free, family-friendly and accessibility-friendly event offerings, we also provide opportunities to receive education and support from trained staff members within facilitated groups where open discussions may be had with others in similar caregiving situations. To learn more about program eligibility, please contact us at 1-800-388-0199.

Upcoming Memory Cafés

Memory Cafés provide a gathering place for friends with Alzheimer's disease or other dementias (and their caregivers and families) to relax and enjoy social events, refreshments, and entertainment.

Clinton County: 2nd Wednesday of the month at 1:00pm

Mooers Public Library, 25 School St, Mooers, NY

Aug. 12th – Live music by Mitch Willette. Mitch performs an eclectic mix of songs and styles from the '40s, '50s, '60s, and beyond.

Essex County Pop-Up Memory Café: Pickleball

Fitness Loco, 3926 NY-22, Willsboro, NY

Please bring clean, indoor sneakers to wear on the courts.

Mon, Aug. 17th, 1:00-3:00pm. Attendees must RSVP.

Franklin County: 2nd Thursday of the month at 1:00pm

Aug. 13th – Live music by Elvis tribute performer Maurice Herbert, featuring the best of "The King" and other artists' hits from the '50s through the '80s.

Virtual Café: 3rd Thursday of the month at 2:00pm

This gathering will be led via Google Meet; program staff will deliver all necessary materials. Openings for this event are limited; please RSVP ASAP to secure your spot.

Aug. 20th – Wooden crafts (Wall-hanging sunflower baskets in your choice of colors) with Shelley Raville of Willow & Wind Design.

For more information on these FREE events or to RSVP, please call or text Heidi Reyor at (518) 569-0003.



Live music by Mitch Willette



"The King" returns to Malone

Support Group Schedule (Northern Region)

Clinton County: 1st Tuesday of the month from 6:00-7:00pm

CVPH Medical Center (Auditorium C), 75 Beekman St, Plattsburgh, NY
Please enter through main hospital entrance; the auditorium is on the 1st floor.

Essex County Group #1: 2nd Monday of the month from 5:30-6:30pm

Elizabethtown Community Hospital, 101 Adirondack Dr, Ticonderoga, NY

Essex County Group #2: 4th Monday of the month from 6:00-7:00pm

Wilmington Community Center, 7 Community Circle, Wilmington, NY

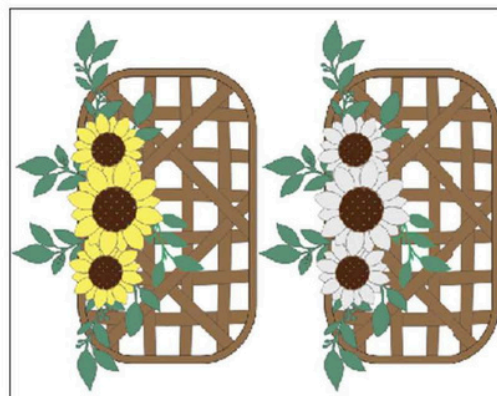
Franklin County: 3rd Monday of the month from 4:00-5:00pm

St. André's Outreach Center (in café), 12 Homestead Park, Malone, NY
Respite care to be offered on-site by Helpful Haven from 3:30 to 5:30pm.

Virtual Group: 2nd Monday of the month at 10:00am

Attendees may participate via Zoom or via telephone; pre-registration required.

All support groups are facilitated by representatives of the Alzheimer's Association. For more information or to RSVP to support groups in Clinton, Essex, or Franklin counties, contact Brooke Dubuque at (518) 915-3115 or bmdubuque@alz.org.



Sunflower baskets with Shelley Raville

Traveling Together: Caregiver Support

A new, whole-family recreation and support program offered by *The Alzheimer's Disease Caregiver Support Initiative* for visiting families and seasonal residents of Hamilton County

Caregivers can feel torn between meeting the needs of a loved one with dementia and making time for recreation with the rest of the family. Life moves fast, and the opportunities to engage in meaningful activities as a whole family can seem limited. Through *Traveling Together*, caregivers, their care-recipients, and other family members can enjoy events and activities together within Hamilton County at no cost.

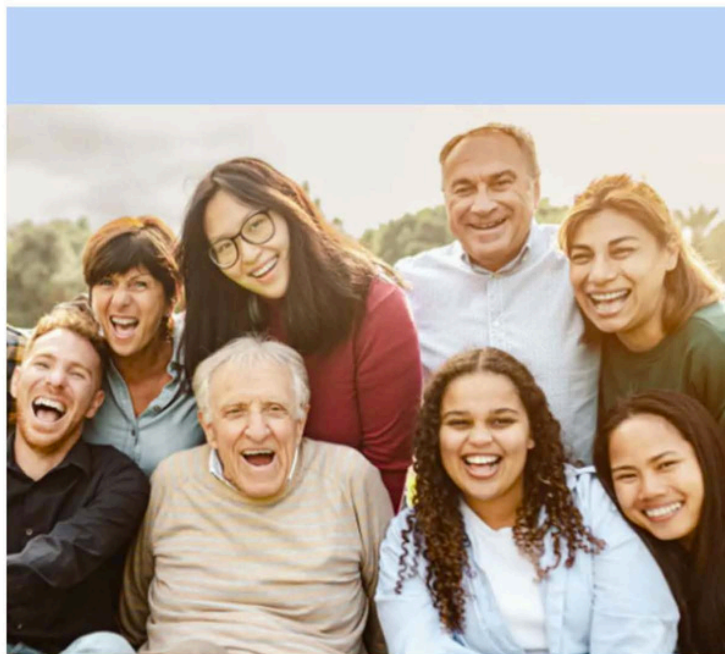
Family is forever, so let us help you make lasting memories with the ones who matter most!

Traveling Together is open to full-time and part-time residents of Hamilton County, as well as visiting families from other areas. Our free, family-friendly and accessibility-friendly event offerings include, but are not limited to:

- Boat Cruises
- Dining Events
- Museum Tours
- Live Performances
- Nature Walks
- And More!

Traveling Together also offers education and support from trained staff members within facilitated groups where open discussions may be had with others in similar caregiving situations.

To learn more about program eligibility, please contact us at **(800) 388-0199**.



The Alzheimer's Disease Caregiver Support Initiative (ADCSI) is a program for caregivers in the North Country of New York State that offers support and direction to those caring for individuals with Alzheimer's disease and other forms of dementia. All services are available at no cost through grant funding within Clinton, Essex, Franklin, Hamilton, Warren, & Washington Counties. There are no insurance or income requirements for enrollment.

The Caregiver Support Initiative, SUNY Plattsburgh, 101 Broad St (#524 Sibley), Plattsburgh, NY 12901
1-800-388-0199 • www.wehelpcaregivers.com • Follow us on Facebook @WeHelpCaregivers

This flyer and the services listed are supported in part by grants from the NYS Department of Health. Images licensed by iStock.

Protect Yourself From Scams & Fraud

Scammers are getting smarter every day. SilverShield is your personal protection tool - currently available to you at no cost through your local AAA.

100% Free - No Cost to You

What is SilverShield?

SilverShield is a service that helps you identify scams before it's too late. Got a suspicious text, email, or phone call? Just sent it to SilverShield and we'll tell you if it's real - or a scam. Learn more at www.SilverShield.ai

HOW IT WORKS

1

Sign up for free

Complete the form & hand it to a staff member - we'll send a welcome text & email to finish signing up!

2

Don't recognize it? Send it to us

Got a text, email or call from someone not saved in your contacts? Send it to us!

3

We'll check it out

We'll review it and let you know right away if it's a scam - and what to do next.

WE HELP YOU SPOT

- Suspicious texts & emails
- Fake prize, lottery, & romance scams
- IRS & Medicare impersonators
- Grandparent & family scams
- Unexpected password resets
- Phishing links, pop-ups... and more!

Questions?

Contact krissy.leerkes@essexcountyny.gov / 518-873-3695



Office for
the Aging

NEW YORK STATE OF OPPORTUNITY | Office for the Aging | New York Caregiving Portal | Provided in Partnership With: Association on Aging in New York | Powered by Trualta

Caring for your loved one but don't know where to start?
Let Trualta help you on your caregiving journey!

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers




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NewYork-Caregivers.com

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GetSetUp + **NEW YORK STATE**



Bringing Fun Live Virtual Classes To Older Adults

<https://www.getsetup.io/partner/NYSTATE>

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DO PEOPLE OFTEN TURN TO YOU FOR HELP ?

If so, you're probably an Archangel.

Caregivers are Archangels, and caring for others can be really intense. Nearly 1 in 4 of us are in the red. Are you?

Use your cell phone camera to scan the **QR code** on this flier and get your Intensity Score in **two minutes** or less. You will also get access to a list of resources that are out there ready to support you.

ANY CARE COUNTS | Learn about what it means to be an Archangel and why it's so important to identify what's driving your intensity at: www.archangels.me

BLOOMING HEALTH
 POWERING HEALTHY AGING IN-PLACE

Sign up today to receive program alerts via phone calls, text messages, or email for **FREE!**

HOW TO SIGN UP? ☒

- You will be signed up for this service by your program manager automatically. No actions needed from you.
- If you are not interested in the communication service, you can always opt out.
- Once your account is ready, you will be receiving Essex County communications from these phone numbers: **518-855-7068** and **518-855-7064**.

Reconnecting **YOU** with **YOUR** community!

KEY BENEFITS
Activity Alerts and Announcements

- Receive timely reminders so you **DO NOT MISS** your favorite classes and communities!
- **YOU** choose how to receive these reminders (voice calls, emails, or text messages) and in what language

Get back to doing the things you love with your community!

AGELESS INNOVATION'S **Joy for All** COMPANION PETS




JOY FOR ALL Companion Pets are designed to bring comfort, companionship, and fun to elder loved ones. Our interactive cats and pups are all about an ease-of-care and convenience that pairs with technology for the best possible experience.

AGELESS INNOVATION'S **Joy for All** COMPANION PETS



A WALKER REMINDER

Chirps "Don't Forget Me" songs when walking stops.

Sings as you move!

- Walker Reminder
- Detects Movement
- Mimics Real Birds
- Sings Six Songs

For more information, please contact us at 518-873-3695.

August Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Chicken Sweet Potato Zucchini Blueberries, wheat bread, milk	4 Salmon, rice, asparagus, blueberries, wheat bread, milk	5 Chicken fried chicken, country gravy, mashed potato, cali blend veggie, pear half, wheat bread, milk	6 BBQ pulled pork, wheat bun, french fries, sliced carrots, apple sauce, milk	7 French toast, egg patty, hash brown, spinach, mixed berries, apple juice, milk
10 Pork chop with gravy, sweet potato tots, green beans, pineapple tidbits, PB cookie, wheat bread, milk	11 Herb chicken, hash brown cubes, asparagus, mandarin oranges, wheat bread, milk	12 Turkey with gravy, mashed potato, brussel sprouts, apple sauce, wheat bread, milk	13 Chicken quesadilla, refried beans, stir fry veggie, pineapple tidbits, milk	14 Michigans, baked beans, mixed veggies, peaches, wheat bun, milk
17 Baked ham with brown sugar glaze, mashed sweet potato, green beans, tropical fruit, wheat bread, milk	18 Chicken broccoli alfredo, dinner roll, broccoli, mandarin oranges, milk	19 Fish sandwich on wheat bun, sweet potato fries, cali blend veggie, raspberries, milk	20 Tuna casserole, green beans, apricots, wheat bread, milk	21 Stuffed shells with sausage, italian veggie, apple sauce, wheat bread, milk
24 Sloppy joes on wheat bun, mashed potato, capri veggies, pears, milk	25 Peach chicken, mashed potato, green beans, fruit cocktail, wheat bread, milk	26 Cheeseburger, french fries, carrots, diced pears, wheat bun, milk	27 Sausage & peppers, wheat bun, sweet potato puffs, corn, pineapple chunks, milk	28 Meatloaf, mashed potato, spinach, fruit cocktail, wheat bread, milk
31 Macaroni & cheese, broccoli, mandarin oranges, wheat bread, milk				

Menu subject to change without notice

Important Policy

FOR HOME DELIVERED MEALS:

Please be home between 8:30 AM-1:30 PM to receive your meals. If you will not be home, please call 518-962-2730 or 518-873-3695 before 9AM to cancel. You can also leave a note if you will not be home.

REHEATING MEAL INSTRUCTIONS:

Vent the plastic sections with a fork or pull the corner of each food section to vent. Caution! Steam will be very hot!

To heat in the microwave: Heat the meal 2-3 minutes on high or until food reaches a temp of 165 degrees.

To heat in the oven: Place meal on a cookie sheet in the middle of the oven at 350 degrees for 20-25 minutes or until food reaches a temp of 165 degrees.

Menu subject to change without notice. Suggested contribution is \$3.50 per meal for persons over 60. No older adult will be denied services due to an inability or unwillingness to contribute. Services and funding provided in whole or by part, by US Department of Health & Human Services, Administration on Aging, New York State Office for the Aging, Essex County Office for the Aging and Adirondack Community Action Program (ACAP). Nutritional analysis is available upon request.