

SEPTEMBER 2026

ESSEX COUNTY OFFICE FOR THE AGING

MONTHLY NEWSLETTER

WHAT'S NEW?

- **Harvest of the Month**
Apples!
- **Nutrition Education**
Fermented Foods and
Our Health
- **Medicare Minute**
Choosing a Medicare
Advantage Plan
- **Caregiver Assistance**
Hygiene- Keeps You
& Others Healthy
- **EmPower New York**
35 Ways to Save
Energy & Money
- **Nutrition**
September 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 APPLES

Apples are nutrient-dense fruits packed with fiber, vitamin C, and antioxidants. Eating whole apples supports heart health, aids digestion, helps manage blood sugar levels to lower diabetes risk, and promotes healthy weight management.



SHOPPING & STORAGE TIPS

- To keep apples fresh and crunchy for as long as possible, store them in a perforated plastic bag inside your refrigerator's crisper drawer.
- Choose apples that feel hard and heavy for their size with no soft spots.
- Look for bright color and avoid fruit with deep bruises, cuts, or wrinkled skin.
- Visit a local farmers market or store during the fall harvest for the best flavor and crispness.
- Pick long-storing types like Honeycrisp, Fuji, or Granny Smith if you plan to keep them for months.

EASY CINNAMON APPLES

- Cut 3 granny smith apples into ½ -1 in. cubes.
- Put apples pieces into a skillet with 2 tbsp water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.
- Add 1 tbsp of butter to the skillet. Stir together until all the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft (you may need to cover them for the last 2 minutes).
- Add 1 tbsp maple syrup, ½ tsp cinnamon, a pinch of salt and ¼ tsp of vanilla. Stir until well mixed.
- Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness. Remove from heat and serve.



FERMENTED FOODS AND OUR HEALTH

Researchers are starting to understand how foods like kimchi, yogurt and sauerkraut affect our health. The new dietary guidelines recommend for the first time, that Americans eat sauerkraut, kimchi, kefir and miso for better gut health.

What Are Fermented Foods?

They're defined as any foods or drinks that have been transformed by microbes like yeast, bacteria and fungi in ways that preserve and infuse them with tangy, savory, fruity or funky flavors. Milk can turn into yogurt and kefir; vegetables become sauerkraut and kimchi; fruit is transformed into vinegar and wine; wheat is fermented into sourdough and beer. Common fermented foods include kimchi, sauerkraut, kefir, tempeh, kombucha, and yogurt.

Are Fermented Foods Good For Us?

Fermented foods have been associated with several positive health effects, including improved digestive health, stronger immunity, and increased availability of beneficial nutrients. A serving of kimchi or sauerkraut counts as a serving of vegetables, and yogurt and kefir provide calcium, potassium and protein. The microbes that ferment foods can also help with digestion and the absorption of nutrients. The lactose in milk and the gluten in wheat, for example, are broken down during fermentation, making foods like yogurt, kefir and sourdough bread easier for those with lactose or gluten intolerances to digest. They also help the body absorb minerals like calcium, iron, magnesium and zinc, and create new vitamins (like folate, riboflavin, vitamin B12 and vitamin K) during the fermentation process.

Safety And Side Effects

Fermented foods are considered safe for most people. However, some individuals may experience side effects. Due to the high probiotic content of fermented foods, the most common side effect is an initial and temporary increase in gas and bloating. Some fermented foods, including sauerkraut, cheese and wine, can also contain large amounts of histamines, that may trigger symptoms like diarrhea, hives or headaches in those who are sensitive. People who are immunocompromised should be cautious with fermented foods that contain live microbes, such as those labeled raw, unpasteurized and may not be able to handle the "bacterial load" present in fermented foods.



A 7-Point Checklist for Choosing a Medicare Advantage Plan

During Medicare Open Enrollment (Oct. 15–Dec. 7), you can make changes to your existing coverage or enroll in a new plan. Medicare Advantage plans are private health plans that offer coverages beyond what Original Medicare provides. Learn the factors to consider when exploring Medicare Advantage plans, so you can make an informed decision for 2027.

2027 Medicare Advantage Checklist

✓ Are your favorite doctors, hospital, and pharmacies in the plan's network?

Each Medicare Advantage plan has its own network of doctors, specialists, hospitals, and pharmacies. That's why it's important to check that your preferred providers are part of a plan's network before you enroll.

✓ Does your plan allow you to visit a non-network provider?

Some plans permit you to see out-of-network doctors, but you will likely pay more money out of pocket for these visits.

✓ Are there prescription drugs you take regularly and does your plan cover them?

Medicare Advantage plans include Original Medicare benefits, and often have prescription drug coverage (Part D) as well. Find out if the specific medications you take are included under the plan you're considering and what you will have to pay for them. For example, some Medicare Advantage prescription drug plans offer certain medications with \$0 copays (depending on their drug list and drug-tier levels).



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2027 Medicare Advantage Checklist

✓ Do you enjoy being active and exercising? Would a fitness benefit interest you?

In addition to extra benefits like dental, vision, and hearing, many Medicare Advantage plans offer fitness programs for older adults (SilverSneakers). These programs can help you make physical activity part of your everyday life.

✓ How much does your plan cost, and does it fit your budget?

Several factors determine Medicare Advantage out-of-pocket costs, such as premiums, deductibles, copayments, and coinsurance. These costs may vary based on the plan you choose.

✓ Are there programs available to help you with out-of-pocket costs?

Medicare can help cover some medical and health related costs, but it is not free. If you need help paying your Medicare out-of-pocket costs, look at the income guidelines for available assistance programs and apply if you think you may qualify.

✓ Would non-traditional benefits, such as transportation and food delivery services be helpful to you?

Some Medicare Advantage plans offer other non-traditional benefits, such as; social support connections, nutrition and dietary support, assistance with buying healthy foods, OTC allowance, and fall prevention aids.

Caregiver Assistance News

"Caring for you... Caring for others"



Hygiene - Keeps you & Others Healthy

It's not possible to clean or disinfect every surface you have contact with, but keeping hands clean is the first line of defense for keeping infection causing germs from reaching your mouth, nose, or eyes, where they can make you and then others, sick.

Proper handwashing requires soap and water. By rubbing, soap breaks down the grease and dirt that carry most germs. Washing your hands for at least 20 to 45 seconds with soap and water—about the time it takes to sing “Happy Birthday” through twice reduces germ counts by up to 99%. Rub hands together vigorously and scrub between fingers and under nails. **Lather, rinse, repeat.**

We all should know the importance of washing after using the toilet, yet less than 50 percent of people actually do it—and almost no one does it properly.

When to wash your hands:

Always after toileting, after handling raw foods, whenever you've been in contact with anything or anyone “suspicious,” and periodically throughout the day. Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health. However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination.



Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common cold, flu and food poisoning.

As important as it is to properly wash your hands, it's equally important to **dry them correctly too**. The bacteria and viruses that are left on your hands after even a good washing thrive on moist skin, so you are at risk of spreading germs until you dry your hands thoroughly after each wash.

Hot-air hand dryers are not always the best way to dry hands, primarily because most people give up before their hands are really dry. Do not wipe damp hands on your clothes to dry them. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels.

Hand sanitizer gels can be used to kill germs, but they should not always replace handwashing. Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use.

Caregiver Assistance News

"Caring for you... Caring for others"



Norovirus:

Norovirus, often called the stomach bug, is the leading cause of food-borne illness in the United States and infects about one in 15 Americans each year. It spreads very easily through tiny particles of vomit or feces, usually by contaminated food, water, surfaces, or close contact with someone who is sick. Produce and shellfish can carry the virus, and infected people can spread it while preparing food.

The virus can survive on surfaces for up to two weeks and is commonly spread in places where people are in close quarters, such as nursing homes, day cares, and cruise ships. Symptoms usually appear 12 to 48 hours after exposure and include vomiting, diarrhea, stomach pain, and fatigue. Sneezing and coughing are more likely signs of respiratory illness.

Most people recover within three days, though fatigue may last longer. The main danger is dehydration, especially for children under 5 and adults over 65. Signs of dehydration include dizziness, confusion, unusual sleepiness, and little or no urination. Seek medical care if symptoms last more than three days, if you cannot keep liquids down for 12 hours, or if there is blood in the stool. There is no specific treatment for norovirus. Rest and drink plenty of fluids, including water, broth, ice chips, or electrolyte drinks. Bland foods such as bananas, rice, applesauce, and toast may help.

Rest and drink plenty of fluids, including water, broth, ice chips, or electrolyte drinks. Bland foods such as bananas, rice, applesauce, and toast may help. **To prevent infection, wash hands often with soap and water, disinfect surfaces with diluted bleach, wash produce, and cook shellfish thoroughly. People who are sick should avoid preparing food or caring for others for at least two days after symptoms end.**

Pets Naturally Carry Germs

Even healthy-looking pets carry bacteria in their gut or on their body. Pet food, treats, and items like bowls, toys, and crates can also become contaminated and spread illness to pets or people. Cleaning removes dirt and germs using soap or detergent and disinfecting kills germs using chemicals.

When to clean:

- Pet bowls — After every use (wet food) or daily (dry food and water)
- Pet beds, blankets, and habitats — Weekly
- Pet toys — Monthly

When to disinfect:

- Items that contact poop or pee (e.g., litter boxes)
- When your pet is sick
- If you own rodents, reptiles, or amphibians — monthly at minimum
- If anyone in the household has a weakened immune system, is under 5, over 65, or pregnant.

September 2026

ALZHEIMER'S DISEASE
Caregiver
SUPPORT INITIATIVE

CLINTON, ESSEX &
FRANKLIN COUNTIES



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.

Virtual:

- **Book Club:** *Rock, Paper, Scissors* by Alice Feeney
Sept. 15th @ 1:00 pm via Google Meets
Sept. 29th @ 1:00 pm via Google Meets
Please reach out to Heidi Reyor @ 518-564-0003 to receive a FREE copy of the book.

In-Person:

Clinton:

- **Cooking Class Resumes!:** Sept. 18th @ 11:00 am
Chapter One, Sibley Hall, SUNY Plattsburgh
Join us to expand your taste buds with quick, easy and fun meals & desserts under the guidance of SUNY dining staff!

- **The Strand presents: EagleMania**
Sept. 18th @ 8:00 pm
The Strand Theatre, 25 Brinkerhoff St, Plattsburgh, NY.
The Eagles' greatest hits, as well as select Don Henley, Glenn Frey, and Joe Walsh solo efforts.

Essex:

- **Pickleball:** Mondays (Sept. 14th, 21st & 28th) 1:00-3:00 pm NO Pickleball on Sept. 7th: Happy Labor Day!
Fitness Loco, 3926 NY-22 Willsboro, NY. Please bring clean, indoor sneakers to wear on the courts.

- **2026 ADCSI Caregiving Matters Summit:**

Wed, Sept. 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, financial planning and the newest wave of elder scams. Lunch and refreshments will be provided. To register for this free event, please contact (518) 564-3373 or scan this QR code:



- **NEW Mindful Music Program:**

Gentle Yoga + Sound Fusion with Za Sound Practitioner Cheley Frazier

Stoneworks Massage, 179 Tom Miller Road Plattsburgh, NY from 2:45-4:00 pm.

Join us for a gentle yoga session with mindful music, designed for caregivers. Take this opportunity to relax and recharge while enjoying calming stretches and connecting with others in a supportive environment.

Spots are very limited, so please RSVP to Heidi Reyor at (518) 569-0003 to receive a ticket!

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 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 cafes.

September 2026

**CLINTON, ESSEX &
FRANKLIN COUNTIES**

Upcoming Memory Cafes

Memory Cafes 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 1:00 pm

Mooers Public Library, 25 School Street Mooers, NY.

Sept. 9th : Live music by Dean Newhard. Dean performs uplifting music from the 50's-60s-70's.

Essex County Pop-Up Memory Cafe: Pickleball

Fitness Loco, 3926 NY-22 Willsboro, NY.

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

Monday, September 21st: 1:00-3:00 pm. Attendees must RSVP.

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

Sept. 10th: Live music by Sarah Mitchell. Sarah performs throughout the North Country with a mix of pop, rock and country covers & original songs.

Virtual Cafe: 3rd Thursday of the Month at 2:00 pm

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.

September 17th: Shelley Raville Fall Craft

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

Support Group Schedule (Northern Region)

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

CVPH Medical Center (Auditorium C), 75 Beekman St, Plattsburgh, NY

Please enter through the main hospital entrance; the auditorium is on the 1st floor.

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

Elizabethtown Community Hospital, 101 Adirondack Dr, Ticonderoga, NY

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

Wilmington Community Center, 7 Community Circle, Wilmington, NY

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

St. Andre's Outreach Center (in cafe), 12 Homestead Park, Malone, NY

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

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, please contact Brooke Dubuque at (518) 915-3115 or bmdubuque@alz.org.



"The Music Guy" Dean Newhard



Sarah Mitchell returns to Malone



Virtual Memory Cafe Craft

For more information, visit our website at www.wehelpcaregivers.com or call us at 1-800-388-0199.

This program is supported by a grant from the New York State Department of Health.

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



A better
life begins
at home.

35 easy ways

to save energy
and money
(and make your
home oh so cozy)

EmPower New York



NYSERDA

There are hundreds of ways for you to save energy and money. This handy guide lists 35 of the easiest and most helpful. Many of them won't cost you a cent.

Why wait any longer? Start checking off the savings.



- 01 ☐ **Turn down the thermostat.** Especially at night, or when no one is home. No need to suffer; grab some blankets to keep cozy in bed.
- 02 ☐ **Shut storm windows tight.** Keep the cold out.
- 03 ☐ **Make sure heat registers and cold air returns aren't blocked** by furniture or other objects.
- 04 ☐ **In winter, dress in layers.** Think socks and sweaters. You'll save money and be more comfortable.
- 05 ☐ **Unplug small kitchen appliances.** These use energy if plugged into the wall, even when switched off.
- 06 ☐ **Remove air conditioners in fall,** or install a quality cover.
- 07 ☐ **Move furniture away from drafty windows.**
- 08 ☐ **In winter, install plastic securely over inside of windows.** Leave some unblocked as escape routes.
- 09 ☐ **In winter, open south-facing drapes during the day;** close all drapes at night.
- 10 ☐ **Check the furnace filter every month** and replace as necessary. That way, your furnace won't have to work so hard.
- 11 ☐ **Limit the use of portable space heaters** and never leave them unattended.
- 12 ☐ **Use fans instead of air conditioners** whenever possible, they use less energy.
- 13 ☐ **Have your old oil or gas-fired furnace serviced regularly.** This will ensure safe and efficient operation—and you'll have a better idea when you should consider replacing it.
- 14 ☐ **Do not use your oven as a heat source.** It's highly inefficient and costly. It's also not safe.

- 15 ☐ **Add or replace insulation and air sealing.** Stay warmer in winter, cooler in summer.
- 16 ☐ **Spend less time in the shower.** Saves energy and water.
- 17 ☐ **Repair leaky faucets, especially the hot side.**
- 18 ☐ **Use a high-efficiency showerhead.**
- 19 ☐ **When possible, cook with a microwave** instead of a stove or oven.
- 20 ☐ **Lower the thermostat on your water heater to 120° F.**
- 21 ☐ **Turn off computers and electronics when not in use.** Use power management settings.
- 22 ☐ **Unplug your second refrigerator or a freezer** if it's not being used.
- 23 ☐ **If your freezer is in use but mostly empty,** fill with bags of ice to keep it from having to work so hard.
- 24 ☐ **When not in use, turn off televisions and other electronics.**
- 25 ☐ **Don't run the dishwasher unless it's full.**
- 26 ☐ **Clean refrigerator coils regularly** (located under or on back of the fridge).
- 27 ☐ **Wash clothes in cold water.** Today's detergents are made to clean with cold water.
- 28 ☐ **Do full loads when washing and drying clothes.**
- 29 ☐ **Clean the lint trap and vent in your dryer regularly.**
- 30 ☐ **Purchase ENERGY STAR®-certified appliances** when buying replacements. They use up to 50% less energy.
- 31 ☐ **Replace traditional incandescent bulbs** with ENERGY STAR®-certified compact fluorescent (CFL) or LED bulbs.
- 32 ☐ **Turn off lights when you leave the room.**
- 33 ☐ **Use task lighting** (desk or table lamps) instead of overhead room lights.
- 34 ☐ **Use an LED nightlight** instead of leaving lights on at night.
- 35 ☐ **Use a "Smart Power Strip"** to reduce energy use when electronics are not in use.

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




Scan me with your camera to visit!

NewYork-Caregivers.com

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Bringing Fun Live Virtual Classes To Older Adults

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

ARCHANGELS | NEW YORK STATE OF OPPORTUNITY | Office for the Aging | AGING in New York | RALPH G. WILSON JR. FOUNDATION




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**.

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

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

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.

September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Sweet Potato Zucchini Blueberries, wheat bread, milk	2 Salmon, rice, asparagus, blueberries, wheat bread, milk	3 Chicken fried chicken, country gravy, mashed potato, cali blend veggie, pear half,	4 French toast, egg patty, hash brown, spinach, mixed berries, apple juice, milk

Michigan, baked
beans, mixed
veggies, peaches,
wheat bun, milk

21
Stuffed shells with
sausage, italian
veggie, apple
sauce, wheat
bread, milk

28
Meatloaf, mashed
potato, spinach,
fruit cocktail,
wheat bread, milk

Baked ham with
brown sugar glaze,
mashed sweet
potato, green beans,
tropical fruit,
wheat bread, milk

22
Sloppy joes on
wheat bun,
mashed potato,
capri veggies,
pears, milk

29
Macaroni &
cheese, broccoli,
mandarin oranges,
wheat bread, milk

Chicken broccoli
alfredo, dinner roll,
broccoli, mandarin
oranges, milk

23
Peach chicken,
mashed potato,
green beans, fruit
cocktail, wheat
bread, milk

30
BBQ Chicken
Sweet Potato
Zucchini
Blueberries,
wheat bread, milk

Fish sandwich on
wheat bun, sweet
potato fries, cali
blend veggie,
raspberries, milk

24
Cheeseburger,
french fries,
carrots, diced
pears, wheat bun,
milk

Tuna casserole,
green beans,
apricots, wheat
bread, milk

25
Sausage & pepper
wheat bun, sweet
potato puffs, corn
pineapple chunks
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.