



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

OCTOBER

2016

Office Staff

To be announced - *Director*

Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects,
Point of Entry Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

Kathleen McLaughlin -
Services Specialist

Tammy Morehouse -
Aging Services Assistant

Rose Ann O'Rourke -
Coordinator of Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - *Stauch -
Registered Dietician / Menu*



**Newsletters are now
available online at:**

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

**Or contact Suzanne Scott at
761-6347 to be added to our
email list.**

Welcome!



New employees join our OFA staff!

Catherine Bearor, joins us as a *Services Specialist*.

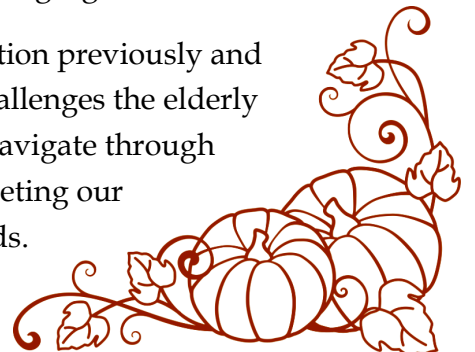
Catherine has been with the County for almost three years as a Caseworker with CASA and Adult Protective Services. She will bring not only experience but will also be familiar with many of our clients resulting in a smooth transition.

Kathleen McLaughlin, joins us as a *Services Specialist* for NY Connects.

Kathleen brings over 20 years experience working in the Social Services division of Warren County. She began her career as a Social Welfare Examiner, moving to a Caseworker in CASA and then into Child Protective Services. She looks forward to referring our clients to the many services our community has available.

Tammy Morehouse, joins us as our *Aging Services Assistant*.

Tammy worked in Public Health Education previously and received first hand knowledge of the challenges the elderly face everyday by assisting her in-laws navigate through their struggles. She looks forward to meeting our clients and helping them with their needs.



We wish them much success!



NY Connects

Your Link to Long Term Services and Supports

Drop In for one of NY Connects' Outreach Events!

Appointment not necessary-

Meet with NY Connects Coordinator from Warren/Hamilton Counties Office for the Aging

This is your opportunity to ask questions about options available related to long term care services and supports, such as in home personal care, caregiver supports, transportation, Special Needs Registry, Medicare Prevention & Wellness, and how to apply for the Medicare Savings Program.

Contact: Susan at 1-866-805-3931

Brant Lake-Horicon Free Public Library

2-3:30pm, Monday, October 3rd

Town of Chester Public Library

2-3:30pm Friday, October 7th

Aging with Grace by Staying Safe Thursday, October 13, 2016

8 am to 8:45 am - breakfast and registration

8:45 to 12 Noon – program

Register by calling The Conkling Center at 518-793-1494

Queensbury Hotel, 88 Ridge Street, Queensbury

This presentation offers strategies to individuals, their families and professional caregivers for responding to issues of emotional, physical and financial abuse, neglect and health care fraud. These behaviors impact seniors who are living in many settings, including independent housing, assisted living and long term care environments. Helping seniors to overcome negative behaviors through outreach and advocacy is a central theme of this conversation. Barbara Speedling, Quality of Life Specialist is the keynote speaker with local resource information provided by Warren and Washington Counties Office for the Aging. This workshop is for senior citizens and those concerned about their welfare.

Do YOU Like to Use the INTERNET?

Visit: <http://www.nyconnects.ny.gov>

Welcome to the NY Connects Resource Directory, you have come to the right place to:

- Learn how long term services and supports can help you or a family member stay at home, stay in the community, or stay independent
- Learn more about aging and disability resources available in your community
- Decide what services would be best for you or someone you know
- Get help in linking to the services that you need

Use the *Search Resources* section below to find out more about available long term services and supports. To search the Resource Directory, select one or more of the search criteria below and then click on the *Search* button. *The results will be displayed on this same page.*

Once your search results appear you have several options available to you:

- View the list in text or on a map
- Sort the list by city, county, or zip code
- Save the listings by using the Export button
- Print your listings

Create an account to save your search results for quick access later on.



NY Connects provides information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

Call Susan @ 1-866-805-3931. For information about services in other counties, the State NY Connects # is 1-800-342-9871.

NOTICE OF PUBLIC HEARINGS



You are Invited

It is time for our annual **Public Hearings**. At the hearings we will be discussing the office's service plan for seniors for 2017. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice. Also interpreter's services can be arranged on request. All sites are handicap accessible.

Hearings will be conducted at the following sites:

October 26th Chestertown Town Hall

11:30 am 494-3119

November 16th Indian Lake Nutrition Site

11:30 am 648-5412

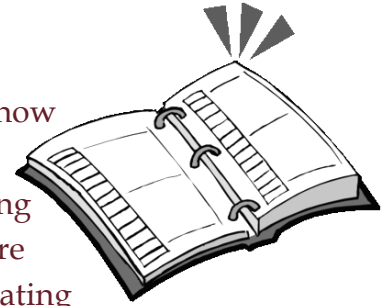
Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Rose Ann O'Rourke, Coordinator of Services
Warren/Hamilton Counties Office for the Aging

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

To Serve You Better... OFA Appointments are Recommended!

We know that nothing is more frustrating



than driving all the way to our office only to find that there is no one available to help you. Given the number and complexity of issues we help with, we want you to meet with the OFA staff member best able to assist you.

While we make every effort to see people when they drop-in we are noticing that it creates unnecessary waits, not to mention that people sometimes need to make a return trip to bring documentation.

We would like to recommend that you call ahead to schedule an appointment. This will guarantee that you're able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to serve everyone in a timely manner.

Call 761-6347 or 1-888-553-4994 to schedule an appointment.

Thank you!



Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director

Lauren Tompkins, Outreach Specialist

Dawn Sumner, Senior Program Coordinator

Joan Counter, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome *Some of this month's highlights.*

10/3	Immunization Clinic/Rite Aid	1 pm
10/4	Shoe-Box Packing Pizza Party "Operation Christmas Child"	12:30 pm
10/5	Skene Manor Lunch/Tour	11 am
10/6	What you should know about Arthritis Informational	1 pm
10/7	Just Water Tour & Lunch	11 am
10/10	CENTER CLOSED - Columbus Day	-----
10/11	Colonie Center Shopping Day/Cheesecake Factory/Christmas Tree Shop	10 am
10/12	Defensive Driving	9-4
10/13	Vermont Fall Foliage Day Trip * (NO RACINO)	8 am
10/14	"Things Women Never Talk About" Jeanne Ann Dahl of Albany Medical Center	1 pm
10/16	Shrek the Musical @ the HMT in Saratoga	2 pm
10/17	Mack Brook Farm Tour & Store (Grass Fed Beef)	11 am
10/18	Maiden Mohawk "The Caldwell Belle" 3 hr. cruise Bring your own Lunch \$23.00	11-2
10/19	Health Insurance Fair: Representatives from ALL Medicare Advantage Plans	1 pm
10/20	Health Insurance Info Meeting: MVP	1 pm
10/21	Health Insurance Info Meeting: BSNENY	1 pm
10/24, 25	Health Insurance Info Meeting: 24th, United Health Care ; 25th, Humana	1 pm
10/26	Medicare Part D - Presented by Lauren Tompkins: Epic , SS Extra Help	1 pm
10/27	Newsletter Mailing (We need volunteers to help with this massive mailing)	1 pm
10/28	Health Insurance Info Meeting: Fidelis	1 pm
10/31	Halloween Costume Luncheon "Trick or Treat"	12 Noon
Every Monday	Line Dancers @ 10 am	10 - 11 am
Every Tuesday	Bingo in AM/Program in PM- Transportation provided	10 - 11:30 am
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga- with Tobey- Sponsored by MVP	10:30- 11:30 am
Mon-Thurs	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9 - 10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6 (Line Dancers @ 10 am)	9 & 10 am

Plan Ahead for Upcoming Trips:

Charlie Brown's Christmas, December 16th

Jimmy Mazz, Hall of Springs, December 20th



**Transportation
to center available -
24 hours notice**

518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.



Storowtown Village Museum

Springfield, MA

Thursday, Nov 3rd

Visit the Storowtown Village Museum (located at the "Big E") consisting of nine 18th and 19th century buildings from VT and NH. Costumed docents will guide our group through the village of restored shops and houses centered around a typical New England town green. They will share stories about the buildings, artifacts and the people who once occupied them. Take part in an activity that is typical of the time period.

Lunch at Storowtown Inn

A New England style hot meal is included at this historic tavern. The menu offers 3 selections of upscale New England & continental cuisine for our group. On the way home we will visit the Yankee Candle Flagship store for great holiday gift ideas.

Deadline: Friday, Oct 7th • This is a Level 2 Trip
\$77 QSC members \$87 non-members

NY State Museum's 3rd Annual Taste NY Holiday Market

Sunday, Dec 4th



Food Demonstrations; Specialty Food & Beverage Vendors; Living Historians; as well as extensive museum exhibits to explore many areas of New York State.

Dinner at Grandma's Pies & Restaurant followed by Festive Capital District Holiday Lights in the Park

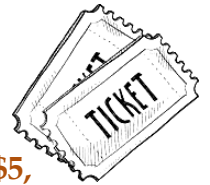
\$62 QSC members

\$72 non-members

QSC Annual Basket Raffle

Beginning Monday, October 24 and running through our popular Theme Basket Gala on Saturday, November 19, you will be able to view over 50 theme baskets and purchase raffle tickets at the Queensbury Center. Take some chances to win a great early Christmas gift or treat yourself!

**Just \$1
per ticket,
10 tickets for \$5,
or best deal 25 for \$10.**



And don't miss the Theme Basket Gala on Saturday, November 19 at 1pm where you will be able to purchase additional tickets in advance of the raffle. Join us in celebrating the season, enjoying a cornucopia of desserts and the excitement of watching and hopefully being a winner! We start pulling winners at 1:15pm. Cost to attend is \$5, stop by Queensbury Center to sign up.



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

The Facts about Salt and High Blood Pressure

Some hypertension risk factors, like age and genetics, can't be controlled, but cutting your salt intake is one way to lower your blood pressure risk.

Our bodies need salt, or sodium, for proper functioning of muscles and nerves, as well as to manage blood pressure and blood volume. But most of us ingest far more than the recommended amount of salt every day.

That's because sodium is in more than the salt shaker sitting in your kitchen. Restaurant meals and canned and processed foods often have extremely high levels of sodium; about 80 percent of the salt we ingest comes from these sources.

When you increase your salt intake, you retain fluids; this can raise your blood pressure by increasing blood volume and can increase the workload on the heart. "Arteriosclerosis, damage to the kidney and blood vessels, heart attack, and stroke are just some of the conditions you risk with hypertension

Tips for Skipping the Salt

Most people with high blood pressure shouldn't eat more than 1,500 milligrams (mg) of sodium per day. Even those at low risk for hypertension should keep their sodium intake at less than 2,400 mg



per day – the amount of salt in one teaspoon. You can check how much sodium you're taking in by carefully examining nutrition labels. Make sure to note serving sizes, as labels can be somewhat deceiving.

Because most restaurants don't publish nutritional facts on their menus, eating out makes it a little tougher to calculate and limit sodium. Ask your waiter what dishes can be prepared without salt. Even if you decide to order something light, remember that the salt content of items like bread, soup, and salad dressing can be very high.

Other Tips to Reduce Salt Intake:

Eat fresh foods as much as possible.

Cut back on condiments loaded with sodium. Try other seasonings, such as basil, curry, and oregano.

Buy a cookbook of low-sodium recipes.

Rinse off all canned foods before eating.

The Importance of Potassium

Another way to prevent hypertension and re-establish the delicate balance your kidneys work so hard to create is making sure you're getting enough of the mineral potassium in your diet. Potassium helps your kidneys remove excess fluid. Many fruits and vegetables are good sources of potassium, such as bananas and potatoes, as are low-fat dairy products.

Finding salt alternatives will not only improve your health, it will also expand your culinary talents and introduce you to a world of new tastes.

Adopted By: Melanie Winderlich

Farmer's Market Vegetable Soup

- 1/2 of a small rutabaga, peeled and chopped (2 cups)
- 2 large roma tomatoes, chopped
- 2 medium carrots or parsnips, chopped
- 1 large red-skinned potato, chopped
- 2 medium leeks, chopped
- 3 14 ounce can vegetable broth

- 1 teaspoon fennel seeds, crushed
- 1/2 teaspoon dried sage, crushed
- 1/2 teaspoon pepper
- 1/2 cup dried bow-tie pasta
- 3 cups torn fresh spinach
- 1 recipe Garlic Toasts (see recipe)

Combine rutabaga, tomatoes, carrots, potato, and leeks in a 3-1/2- or 4-quart slow cooker. Add vegetable broth, fennel seeds, sage, and pepper. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4-1/2 hours.

Meanwhile, cook pasta according to package directions; drain. Stir cooked pasta and spinach into soup mixture. Ladle into bowls and serve with Garlic Toasts.

Adopted by: Better Homes and Gardens

From the Test Kitchen - Wear kitchen gloves when handling hot peppers, such as jalapenos to avoid burning skin and eyes with volatile oils. When hands touch peppers, wash immediately in warm sudsy water.



Nutrition Facts per Serving:
 198 kcal cal.
 2 g fat
 1313 mg sodium
 41 g carb.
 8 g fiber
 8 g pro.
 Percent Daily Values are based on a 2,000 calorie diet

Garlic Toast

- 8 1/2 inch slices baguette-style French bread
- 1 Tbsp garlic-infused olive oil
- 2 tsp grated Parmesan cheese

Directions

1. Preheat broiler. Brush both sides of bread slices with oil. Arrange on a baking sheet. Broil 3 to 4 inches from the heat for 1 minute. Turn; sprinkle with cheese. Broil for 1 to 2 minutes more or until light brown.

Fresh Corn Salad

- 1/2 cup cider vinegar
- 1/4 cup sugar
- 1 tsp kosher salt & 1/2 tsp sea salt or kosher
- 1/2 teaspoon coarsely ground black pepper
- 4 ears fresh corn
- 1/2 cup finely diced red onion, soaked in ice water for 20 minutes and patted dry
- 1/2 cup cucumber, seeded, peeled if waxed
- 1/2 cup red or orange sweet pepper, diced
- 1/2 cup cherry or pear tomatoes, halved or quartered
- 3 Tbsp parsley, finely torn
- 1 Tbsp basil leaves, pulled apart
- 1 Tbsp fresh jalapeno, seeds and veins removed, finely diced
- 1 cups small arugula leaves

For dressing, in a glass bowl whisk together vinegar, sugar, the 1 teaspoon kosher salt, and black pepper until sugar is dissolved. Let dressing stand while preparing salad.

For salad, cut corn kernels from cobs. In a large bowl toss corn and remaining ingredients except sea salt and arugula leaves.

To serve, transfer salad to large serving bowl. Season with the 1/2 tsp. sea salt. Add the dressing; gently thread in arugula leaves. Serve immediately. (Cucumbers and tomatoes will begin to break down.)

Makes 8 servings

Adopted by: Better Homes and Gardens

Nutrition Facts per Serving:

77 kcal cal.
 1 g fat
 0 mg chol.
 401 mg sodium,
 17 g carb.
 2 g fiber
 10 g sugar
 2 g pro.
 Percent Daily Values are based on a 2,000 calorie diet



About Walk to End Alzheimer's

The Alzheimer's Association's Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions.

Memory Walk® began in 1989 with nine Alzheimer's Association chapters raising \$149,000 from 1,249 participants. In 1993, Memory Walk grew into an event nationwide and raised \$4.5 million at 167 locations. In 2015 more than 50,000 teams participated in more than 600 Walks across the country, raising more than \$75 million. The Alzheimer's Association has mobilized millions of Americans in the fight against the disease, now we continue to lead the way with the Walk to End Alzheimer's®. The end of Alzheimer's disease starts here. When you participate in Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in your community. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.

Here are some reasons why some of our local participants walk:

“For the 5.4 Million Americans currently diagnosed with Alzheimer's disease

For the 15 million people that provided 18.1 billion hours of UNPAID care provided to someone with Alzheimer's

For the 1 in 3 seniors that DIES from Alzheimer's disease

For the 236 BILLION dollars it will cost our nation this year

For the more than 5,000 dollars that a family will spend this year caring for someone with Alzheimer's disease

For awareness to raise funds to find a CURE for the 6th LEADING CAUSE OF DEATH in the United States
For my Grandmother who LOST her battle
For my daughter, so she does not have to lose more family members to this HORRIBLE disease.”

“I walk in memory of my Mom who passed away in May of 2016. This disease robs a person of their most valuable possession, their minds and memories. My purpose is to raise money and awareness so that some day, hopefully in my lifetime, no other families will have to endure the loss of a loved one to Alzheimer's.”

“As a home care provider, I see the devastating effect this disease has on a person, on a family, on a community. As a family member myself, I have personally experienced it. I walk because I wish to show my support of those currently on this journey, to let them know that they are not alone. And I walk because I hope that the world can one day bid a resounding farewell to The Long Goodbye!”

“I walk because I support the work of the Alzheimer's Association and hope to someday find a cure. I was an adult caregiver for two parents with dementia and know how difficult it is to have a loved one with dementia”



Warren County Veterans' Services Outreach Initiative... You Are NOT Alone

We will be collecting items for "care" boxes to be sent to Soldiers currently serving overseas. This outreach project will run from **October 3rd, through November 3rd**. Below is a list of needed items for the "care" boxes.

Usually two boxes are sent to every soldier every month but supplies are low, especially with food and fun items.

It would be extremely helpful if you could drop off your items at Warren County Veterans' Services 1340 State Route 9, Lake George NY 12845, **Monday - Friday from 10am - 4pm**. But arrangements can be made for afternoon pick-ups at your location, please call 518/761-6342.

The items listed in **BOLD** are the most needed items but most important is *little stuff* a soldier can put in his/her pockets and take with them on missions. Please no big boxes just individualized items.



You Are NOT Alone

Troop Support Group ▪ PO Box 331 ▪ Glens Falls, NY 12801

We Support Our Troops ~ Every Day

Please join us - 1st Thursday of every month at 7pm
VFW Post 6196, 32 Luzerne Road, Queensbury NY 12804

Contact person: Pat Wells 518/793-4916

"Care" boxes are sent to soldiers currently serving overseas. If you know someone please contact me at the address or phone number listed above.

***Monetary donations** are accepted: These donations are used to buy more supplies and cover postage. Please make checks payable to:

VFW Post 6196 (in the memo write You Are Not Alone - Troop Support Group) and send to the address listed above.

Suggested items for "care" boxes:

Candy - (Chocolate only from Nov. to April)	Nuts
Cookies, Crackers, Pop-tarts	Beef Jerky (NO PORK)
Granola Bars, Trail Mix	Gum
Individual microwave items i.e. Cup O Soup, Popcorn, or Mac & Cheese	Coffee, Tea, Drink Mixes (for water)
Stationary, Pens & Envelopes	Puzzle Books, Deck of Cards, Frisbee or Games
Paper Back Books (no hard covers please)	Magazines
White Socks	Skin Lotion, Sunscreen or Chap stick
Deodorants (no aerosols please), Shampoo	Q-Tips
Toothpaste, Toothbrushes, Floss	Feminine Products
Baby Wipes	Tweezers, Nail Clippers, Combs

*And always - Notes, letters and cards from you!!

Please - no aerosols, no glass, no hardcover books and no cans WITHOUT pop-tops.

This year's Walk to End Alzheimer's will be held at Glens Falls Civic Center, 1 Civic Center Plaza Glens Falls, NY.

Registration begins at 9am, ceremony at 10am and the walk to begin at 10:15am.

Our route length is about 2 miles through the streets of downtown Glens Falls. We also have a mini walk of about ½ mile for folks that cannot make the longer distance. We are looking for teams and individuals to join us in bringing awareness and raising funds to help find a cure and END ALZHEIMER'S! For more information, please contact: Stefanie Bastien at 518-867-4999 x304 or sbastien@alz.org.

The event will also have free refreshments, activities for the kids, sponsor booths, guest speakers, and a special tribute to those who have experienced the disease. Come on down, definitely. Even if you just want to watch, but we would encourage you to come down or form a team. Our goal for this walk is \$60,000. The money raised will help in funding research, but also provides for funding for the local programs and services provided by the Alzheimer's Association right here in our local community.



Office Board Bulletin

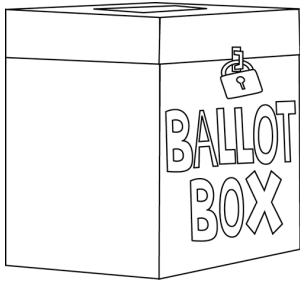
Meal Site Closed

Columbus Day
Monday, October 10th



New for 2016 Election: SAIL to Offer Absentee Ballot Assistance

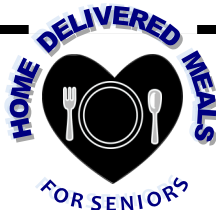
SAIL staff will be available Monday October 17th and Tuesday October 18th to assist individuals who may need help in filling out their absentee ballots for the November 8, 2016 Presidential Election. The ballots will be completed with the assistance of 2 staff in a confidential setting. Please call Lynn or Shirley at 792-3537 for further information.



and Tuesday October 18th to assist individuals who may need help in filling out their absentee ballots for the November 8, 2016 Presidential Election. The ballots will be completed with the

Volunteers Needed

Deliver Meals to the Homebound



Substitute when you are available or have your own route once per week.

Call Suzanne for more information. 761-6347

Happy Birthday

to our Volunteers celebrating in

October!

- Andy Houtman8
- Priscilla Sanderspre8
- Ellen O'Hara.....10
- Maureen Shaughnessy 12
- Clara Fiore21
- Jacqueline Varnado26



Volunteer drivers needed

to take people to their medical appointments. Local drivers needed for the Glens Falls/Queensbury area as well as northern Warren/Hamilton County drivers.



Mileage reimbursement is available.

We ask our clients to give us at least one week's notice before the appointment.

If you are interested please call Office for the Aging at 761-6347.

Ask for Suzanne regarding volunteer opportunities.

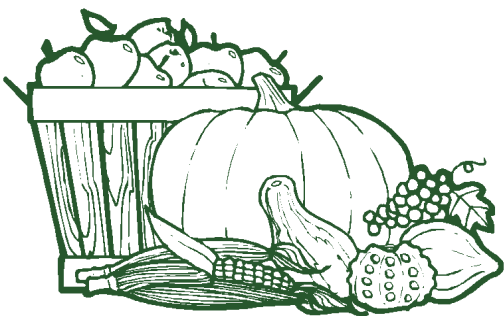
Fill Your Time & Your Heart Helping Others

Fall Harvest

WORD SEARCH



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



LEAVES
FALL
ACORNS
WIND
TREES





APPLES
PUMPKINS
MAPLESYRUP
SCARECROW
CORN

RAKE
SQUIRREL
HAY
TURKEY

October 2016

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 3 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	October 4 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange	October 5 Turkey Divan Broccoli Rice Veggie Casserole Gingerbread/Topping	October 6 Beef Stew Boiled Potatoes/ Carrots Biscuit Cookie of the Day	October 7  Chef's Choice
October 10 Meal Site Closed  Columbus Day	October 11 Breaded Haddock Scalloped Potatoes Scandinavian Veggies Mandarin Orange	October 12 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	October 13 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake	October 14 Swedish Meatballs Over Noodles California Medley Tossed Salad Cranberry Crunch
October 17 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Salad	October 18 Beef Pot Pie with Potatoes and Veggies Green Beans Chilled Peaches	October 19 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	October 20 Quiche of the Day Scandinavian Veggies Muffin of the Day Pears	October 21 Spaghetti & Meatballs Marinara Sauce Italian Veggies Tossed Salad Cinnamon Coffee Cake
October 24 Creamy Parmesan Fish Au Gratin Potatoes Mixed Veggies Pudding of the Day	October 25 Pepper Steak Mashed Potatoes Brussels Sprout Chilled Peaches	October 26 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apple Crisp	October 27 Cheeseburger Pie Roaster Potatoes Bites Broccoli Mandarin Oranges	October 28 Chicken & Biscuit Scandinavian Veggies Juice of the Day Chilled Pineapple
 October 31 Chicken Parmesan Penne Pasta/Marinara Cauliflower Halloween Dessert				Suggested Contribution Per Meal: \$3

Meal site numbers: _____

Bolton: 644-2368
Cedars: 832-1705
 cedars@warrencountyny.gov
Chestertown: 494-3119

Johnsburg: 251-2711
Long Lake: 624-5221
Warrensburg: 623- 2653
Lake Pleasant: 548-4941
Indian Lake: 648-5412

Lake Luzerne: 696-2200
**First Presb. Church Glens Falls &
 Solomon Heights, Queensbury:**
 832-1705
Wells: 924-4066