

December 2012



**NEWSLETTER
FOR SENIORS**

— —

WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
1340 State Rte 9
Lake George, N.Y.
(518) 761-6347 PHONE
DIRECTOR— CHRISTIE SABO
Toll Free Number 1(888)553-4994

Famous Birthdays

Dec. 1 – Lou Rawls



Dec. 2 – Cathy Lee Crosby



Dec. 3 – Anna Chlumsky



Dec. 5 -Walt Disney



Dec. 6 – William S. Hart



Dec. 12 - Bob Barker



Dec. 22 - Robin Gibb



Dec. 25 - Sir Isaac Newton



Dec. 28 - Woodrow Wilson



Dec. 31 – George C. Marshall



Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #049 (Easy)

1			7	9		8	2	3
			2				4	
3	7				5			
7	8					6		4
			9			1		5
		1	3				7	
5				7				
2		9	4	3		7		
					2			1

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Sudoku #050 (Easy)

7		3		1	4	6		
			7		9		8	
		8	3					1
5		9					4	
				2		9	1	6
2			9		8			7
	8	7				4	5	
9	1			3		2		
3								9

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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Happy Holiday Season!*

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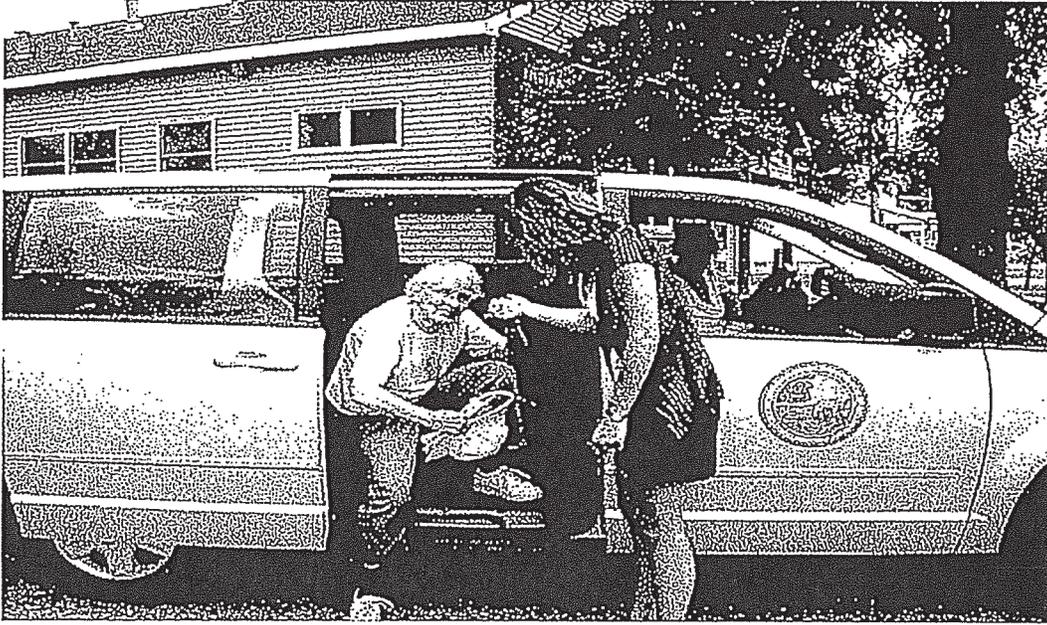
(518) 761-8224

Mon-Fri 8:30am-4:30pm

Come Join Us!



Need A Ride?



Community Transportation Services LTD

518-648-5911

**Serving Speculator, Lake Pleasant, Wells,
Piseco, Hope, Benson, Hoffmeister, Long
Lake, and Indian Lake**

CTS provides rides for elderly, disabled, and disadvantaged persons in need of and without access to transportation for medical, health and other necessary services. Please call the number above one week in advance of an appointment to enable the CTS coordinator to arrange for a driver. The coordinator will return your call and confirm your ride.

CTS is a not for profit (501 C3) organization. There is no fee for the ride. Our coordinators, directors and drivers are volunteers.

***The purpose of the NY Connects Long Term Care Council is to identify emerging long-term care needs, to forge new relationships, and to reinforce existing ones in order to work toward improved communication and a more streamlined long-term care delivery system.**



The Washington, Warren, and Hamilton Counties Long Term Care Council is comprised of:

senior citizens	residential-based long term care providers	
government officials	community-based long term care providers	
advocates	persons with a disability	caregivers
health care recipients	business leaders	clergy

PLEASE JOIN IN OUR UPCOMING MEETINGS

**Wednesday, December 5, 2012 Work force development workgroup meets 2pm
@ Washington County Municipal Center**

**Thursday, December 13, 2012 By laws revision meeting 10am
@ Southern Adirondack Independent Living Center**

**Wednesday, January 9, 2013 Long Term Care Council Meeting 10am-12
@ Washington County Municipal Center ***Voting on by-laws**

**For more information contact Susan Dornan at Warren/Hamilton Counties Office
for the Aging at 1-866-805-3931**

Foods for a healthy immune system

The best defense against winter sniffles and sneezes



Flu season is coming. We are more susceptible to the common cold and other illnesses during the winter months. While a healthy lifestyle in general is important, studies have shown that diet plays a special role in keeping the immune system strong.

By adding the following foods you can build your immune system and you can help your body build its resistance to germs and help yourself stay healthy this winter.

FOOD CHOICES:

1) Ginger: Traditionally, ginger has been used to treat the common cold and help to alleviate flu like symptoms. Ginger not only helps the body fight off infection, but is a great natural cure for indigestion or nausea.

Try adding fresh grated ginger with tamari, garlic and basil while sautéing veggies for a quick and healthy stir fry, or enjoy some ginger tea after meals.

2) Turmeric: Turmeric has many healing benefits, some of which include helping to detoxify the body, enhancing and boosting the immune system, as well as having an anti-inflammatory effect on the body and helping you to prevent cancer.

Turmeric can be added to whole grains, vegetables and bean dishes, curries and so much more.

3) Garlic: Garlic increases the immune function. It is an antibacterial, anti viral and anti fungal, acting as a natural antibiotic in your system.

Try adding raw garlic to your juicer when making fresh juices or add roasted or sautéed garlic to any recipe for a great addition.

4) Cruciferous Vegetables: The family of Cruciferous vegetables includes cabbage, cauliflower, broccoli, kale, turnip, brussel sprouts, radish and watercress. Cruciferous vegetables assist the body in its fight against toxins and cancer. They are good sources of betacarotene and protect against free radical damage. They also contain vitamin C and Calcium.

If possible, eat them raw or very lightly steamed or boiled so that the important enzymes remain intact.

5) Vitamin C Foods: Citrus fruits, kiwi, guava, strawberries, broccoli, spinach, goji berries and cauliflower are all good sources of vitamin C. Vitamin C increases the production of infection fighting white blood cells and antibodies, making it easier for you to fight off germs.

Eating fruit in its whole form offers you additional nutrients and fiber, slowing down the absorption of the natural sugar and helps to prevent blood sugar spikes for most people.

6) Fluids help flush out bad bugs, such as bacteria. Normally, eight glasses of fluid a day is recommended for good health. When you're sick, try to get double that. It's important to stay hydrated, even in winter.

7) Yogurt: Yogurt, especially Greek yogurt, has active cultures (known as probiotics) which are a friendly bacteria that keeps down the population of pathogens in the GI tract.

8) Fatty fish: Oily fish such as salmon, tuna and trout are rich in selenium and omega-3 fatty acids (that's the good type of fat that reduces inflammation, increases airflow and protects lungs by increasing the activity of white blood cells that eat up bacteria). Fatty fish has powerful immune effects and is so important for making the structures and antibodies for the immune system.

Chicken Noodle Soup with Dill

Whole-wheat egg noodles add fiber and nutrients and reduced-sodium chicken broth cuts the sodium. By all means use homemade chicken broth if you have it.

6 servings, about 1 1/2 cups each | Active Time: 20 minutes | Total Time: 50 minutes

Ingredients

- 10 cups reduced-sodium chicken broth
- 3 medium carrots, diced
- 1 large stalk celery, diced
- 3 tablespoons minced fresh ginger
- 6 cloves garlic, minced
- 4 ounces whole-wheat egg noodles, (3 cups)
- 4 cups shredded cooked skinless chicken breast, (about 1 pound; see Tip)
- 3 tablespoons chopped fresh dill
- 1 tablespoon lemon juice, or to taste

Preparation

1. Bring broth to a boil in a Dutch oven. Add carrots, celery, ginger and garlic; cook, uncovered, over medium heat until vegetables are just tender, about 20 minutes.
 2. Add noodles and chicken; simmer until the noodles are just tender, 8 to 10 minutes. Stir in dill and lemon juice.
- **Tip:** Place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Nutrition Per serving : 267 Calories; 4 g Fat; 2 g Sat; 1 g Mono; 90 mg Cholesterol; 18 g Carbohydrates; 38 g Protein; 2 g Fiber; 329 mg Sodium; 330 mg Potassium **Exchanges:** 1 starch, 1 vegetable, 4 lean meat

Pina Colada Yogurt Parfait

Take a trip to the tropics with our pina colada inspired parfait. It even makes a great breakfast when you need a sunny start to your day.

1 serving | Active Time: 10 minutes | Total Time: 10 minutes

Ingredients

- 1/3 cup reduced-fat vanilla yogurt
- 1/2 cup crushed canned pineapple, or canned mandarin oranges
- 1 tablespoon toasted coconut, (see Tip)

Preparation

1. Top yogurt with pineapple (or canned mandarin oranges) and coconut.

Tip: To toast coconut: Place coconut in a small dry skillet and cook, stirring often, until golden, about 5 minutes or spread in a shallow baking dish and bake at 350°F until light golden and fragrant, 5 to 10 minutes.

Nutrition Per serving : 155 Calories; 3 g Fat; 3 g Sat; 4 mg Cholesterol; 28 g Carbohydrates; 5 g Protein; 2 g Fiber; 57 mg Sodium; 325 mg Potassium **Exchanges:** pineapple: 1/2 low-fat milk, 1 fruit, oranges: 1/2 low-fat milk, 1 fruit



The Greater Glens Falls Senior Citizens Center
 Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 Fax 793-7640 E-Mail: agreaterglensf@nycap.rr.com
 Celebrating over 50 years of Service to our Senior Community
 Something for everyone No Residency Requirements.....
 Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

NEW MEMBERS WELCOME

NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH'S HIGHLIGHTS

Sat-12/1	Christmas Boutique-all things holiday	9 a.m.-2 p.m.
Mon-12/3	Good Books Club- "The Unlikely Pilgrimage of Harold Fry"	1:00 p.m.
Tues-12/4	McMullen/Leaven history-Chapman Museum education	1:00 p.m.
Wed-12/5	Christmas tour-Parks Bentley Place-Cost: \$2.00	1:00 p.m.
Mon-12/10	One Stroke Art Class-Painting on soap-Cost: \$15	12:30-2:00 p.m.
Tues-12/11	Christmas Banquet-Queensbury Hotel-Cost: \$22-Call to sign up ASAP	12:00 p.m.
Wed-12/12	HEAP applications	10:00 a.m.
Wed-12/12	Aging In Place film	1:00 p.m.
Tues-12/18	Christmas film	1:00 p.m.
Wed-12/19	Special Christmas Bingo-wear festive colors	1:15 p.m.
Wed-12/26	"Wild Visions"- Carl Heilman film on Adirondack Park	1:00 p.m.
Thurs-12/27	Blood Pressure/Sugar Clinic-Warren County Health Nurse	8:30-9:30 a.m.
Thurs-12/27	Newsletter mailing	1:00 p.m.
Monday- Friday	Thrift Shop/new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon.-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by MVP	9-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.-Cost: \$6

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/ Performing Line Dancing/ Beginning Line Dancing/Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

Call Center for pricing and information on the upcoming events and trips!
Don't be lonely- come and participate in "YOUR SENIOR CENTER".
TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name: _____

Address: _____ Phone: _____

ALWAYS NEEDED- HOUSEHOLD ITEMS, BOOKS & JEWELRY
COME AND JOIN THE SENIOR CENTER-BRING A FRIEND

CHRISTMAS BOUTIQUE SALE
December 1st - 9:00 a.m.-2:00 p.m.

CHRISTMAS LUNCHEON
December 11th at Queensbury Hotel
Call for details!

Christmas Questions!

1 In *Frosty the Snowman*, who brought Frosty back to life?

2 Who said "God Bless Us, Every One!"?

3 Name the three reindeer whose names begin with a "D"?

4 How many pipers piping did my true love give to me?

5 What did the traffic cop holler to Frosty?

6 What holiday drink contains sugar, milk, and eggs?

7 Name the two reindeer whose name begins with a "C"?

8 On what street did a Santa Claus miracle occur?

9 Counting Rudolph, how many reindeer are there?

10 Whose eyes were made of coal?

11 What is Frosty's nose made of?

12 Name the reindeer whose name begins with a "B"?

13 Where was Mommy when she was kissing Santa Claus?

14 What song is full of threats and warnings about Santa Claus?

15 Where did Santa land his sleigh in "The Night Before Christmas"?

Answers to Christmas Trivia

1. Santa Claus
2. Tiny Tim
3. Dasher, Donder, Dancer
4. Eleven
5. Stop
6. Eggnog
7. Comet and Cupid
8. 34th
9. Nine
10. Frosty's
11. A Button
12. Blitzen
13. Underneath the mistletoe
14. "Santa Claus Is Comin' to Town"
15. Upon the Roof

VOLUNTEER BIRTHDAYS!

Gene Casella 6th

Bob Diamond 13th

Pete Cartier 19th

Neva Herrick 20th

Joan Bovee 25th



Medicare covers the cost of HIV Testing!

Every 12 months Medicare covers the cost for HIV Testing.

The Center for Disease Control (CDC) estimates that by 2015, 50% of people with HIV in the U.S. will be over age 50. Ageism may lead to older adults being seen as being sexually inactive or not using drugs. Many older adults don't perceive themselves to be at risk for HIV even when they engage in risky behaviors. Your health care provider has a responsibility to discuss this with you and you have a responsibility to ask questions about being tested for HIV.

NY Connects is a joint initiative between Warren/Hamilton Counties Office for the Aging, Hamilton County Public Health & Department of Social Services, Warren County Health Services & Department of Social Services providing free information and assistance on long term care.

Contact Susan Dornan, NY Connects Program Coordinator toll-free at 1-866-805-3931 for more information or questions you may have.

The Christmas Music Quiz

1. Neither composer nor lyricist would have approved of which famous Christmas carol, assembled after their deaths?

Answer: Hark! The Herald Angels Sing!

2. Which carol may have been written by cowboy singer Montana Slim?

Answer: Jolly Old St. Nicholas

3. Which carol (melody) was composed by an editor and critic for the New York Tribune?

Answer: It Came Upon A Midnight Clear

4. Which beautiful carol was frowned upon by church authorities who denounced it for lack of musical taste and "total absence of the spirit of religion"? [Hint: It's composer is most famous for his ballet Giselle.]

Answer: Cantique de Noel (O Holy Night)

5. Which carol was originally composed for guitar, along with two voices, and choir, because, according to some, the church organ was broken? [It was composed on Christmas Eve and ready in time for Midnight Mass!]

Answer: Silent Night

6. When Scrooge hears this song in Dicken's "A Christmas Carol," he grabs a ruler and the singer flees in terror. Which carol is it?

Answer: God Rest You Merry Gentlemen

7. Which carol gets its melody from a song that is mentioned in Shakespeare's "Merry Wives of Windsor"?

Answer: What Child Is This

8. Which song was originally written for a Thanksgiving program?

Answer: Jingle Bells



The Symbols and Traditions of Christmas

The Date of Christmas

The idea to celebrate Christmas on December 25 originated in the 4th century. The Catholic Church wanted to eclipse the festivities of a rival pagan religion that threatened Christianity's existence. The Romans celebrated the birthday of their sun god, Mithras during this time of year. Although it was not popular, or even proper, to celebrate people's birthdays in those times, church leaders decided that in order to compete with the pagan celebration they would themselves order a festival in celebration of the birth of Jesus Christ.

Mistletoe and Holly

Two hundred years before the birth of Christ, the Druids used mistletoe to celebrate the coming of winter. They would gather this evergreen plant that is parasitic upon other trees and used it to decorate their homes. They believed the plant had special healing powers for everything from female infertility to poison ingestion. Scandinavians also thought of mistletoe as a plant of peace and harmony. They associated mistletoe with their goddess of love, Frigga. The custom of kissing under the mistletoe probably derived from this belief. The early church banned the use of mistletoe in Christmas celebrations because of its pagan origins. Instead, church fathers suggested the use of holly as an appropriate substitute for Christmas greenery.



Poinsettias

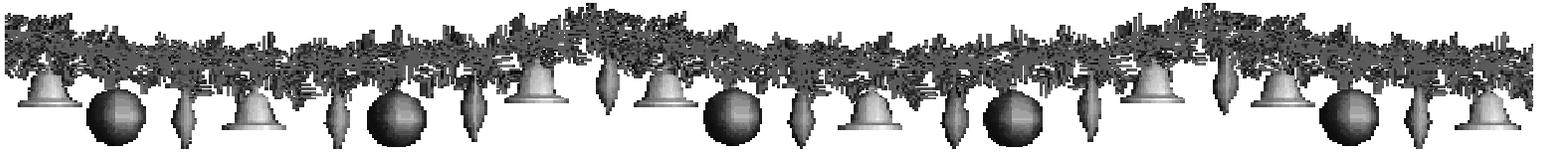
Poinsettias are native to Mexico. They were named after America's first ambassador to Mexico, Joel Poinsett. He brought the plants to America in 1828. The Mexicans in the eighteenth century thought the plants were symbolic of the Star of Bethlehem. Thus the Poinsettia became associated with the Christmas season. The actual flower of the poinsettia is small and yellow. But surrounding the flower are large, bright red leaves, often mistaken for petals.



The Christmas Tree

The Christmas Tree originated in Germany in the 16th century. It was common for the Germanic people to decorate fir trees, both inside and out, with roses, apples, and colored paper. It is believed that Martin Luther, the Protestant reformer, was the first to light a Christmas tree with candles. While coming home one dark winter's night near Christmas, he was struck with the beauty of the starlight shining through the branches of a small fir tree outside his home. He duplicated the starlight by using candles attached to the branches of his indoor Christmas tree. The Christmas tree was not widely used in Britain until the 19th century. It was brought to America by the Pennsylvania Germans in the 1820's.





Christmas Lights

The appeal of the Christmas light is often likened to the stars in the sky, or the glisten of freshly fallen snow in the moonlight. Early Christmas lights were not quite as safe as today's light strings. Candles were used in trees inside the home, and lit in windows. Hot flames and live trees were not the safest mix, but the temptation to add lights to Christmas decorating was too strong to curb. Many factors have contributed to the widespread use of Christmas lights, including lighting contests promoted by manufacturers, war propaganda using holidays as an opportunity to bond the nation, and local celebrations across the country to try and start traditions of hope and peace. Light strings are now found in all shapes, sizes, and colors, as well as in cool-to-the-touch LEDs.

The Candy Cane

Candy canes have been around for centuries, but it wasn't until around 1900 that they were decorated with red stripes and bent into the shape of a cane. They were sometimes handed out during church services to keep the children quiet. One story that is often told about the origin of the candy cane is as follows:

In the late 1800's a candy maker in Indiana wanted to express the meaning of Christmas through a symbol made of candy. He came up with the idea of bending one of his white candy sticks into the shape of a Candy Cane. He incorporated several symbols of Christ's love and sacrifice through the Candy Cane. First, he used a plain white peppermint stick. The color white symbolizes the purity and sinless nature of Jesus. Next, he added three small stripes to symbolize the pain inflicted upon Jesus before His death on the cross. There are three of them to represent the Holy Trinity. He added a bold stripe to represent the blood Jesus shed for mankind. When looked at with the crook on top, it looks like a shepherd's staff because Jesus is the shepherd of man. If you turn it upside down, it becomes the letter J symbolizing the first letter in Jesus' name. The candy maker made these candy canes for Christmas, so everyone would remember what Christmas is all about.



Santa Claus

The original Santa Claus, St. Nicholas, was born in Turkey in the 4th century. He was very pious from an early age, devoting his life to Christianity. He became widely known for his generosity for the poor. But the Romans held him in contempt. He was imprisoned and tortured. But when Constantine became emperor of Rome, he allowed Nicholas to go free. Constantine became a Christian and convened the Council of Nicaea in 325. Nicholas was a delegate to the council. He is especially noted for his love of children and for his generosity. The Dutch kept the legend of St. Nicholas alive. In 16th century Holland, Dutch children would place their wooden shoes by the hearth in hopes that they would be filled with a treat. The Dutch spelled St. Nicholas as Sint Nikolaas, which became corrupted to Sinterklaas, and finally, in Anglican, to Santa Claus.



Find the words about Santa's Reindeer from the bottom in the Santa's Reindeer word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each Santa's reindeer word may be used in more than one word. **When the Santa's Reindeer Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about Santa's Reindeer.**

Santa's Reindeer Word Search Puzzle

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

ANTLERS
 ARCTIC
 BLITZEN
 CARROTS
 CHRISTMAS EVE
 COMET
 CUPID
 DANCER
 DASHER
 DONNER

FAST
 FLY
 MAGICAL
 NORTH POLE
 PRANCER
 PULL SLEIGH
 ROOF TOPS
 RUDOLPH
 SUGAR CUBES
 VIXEN

December 2012

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 3 Brunch Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola	December 4 Beef Stroganoff over Noodles Carrots Tropical Fruit Salad	December 5 Baked Fish Scandia Scalloped Potatoes Spinach Pineapple Up-side Down Cake	December 6 Chicken Reuben Rice Veggie Casserole Italian Mix Veggies Fresh Fresh Fruit	December 7 Shepherd Pie with Mashed Potatoes & Veggies Brussels Sprouts Brownie
December 10 Salisbury Steak/Gravy Mashed Potatoes Succotash Chilled Pineapple	December 11 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Chilled Pears	December 12 Beef Stew Boiled Potatoes/Carrots Biscuit Birthday Cake	December 13 Turkey Divan Broccoli Rice Pilaf Cranberry Crunch	December 14 Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad Mixed Fruit Cup
December 17 Breaded Haddock/Bun Scalloped Potatoes Beets Tropical Fruit Cup	December 18 Apple n' Onion Chicken Potato of the Day Scandinavian blend Veggies Strawberry Shortcake	December 19 CHEF'S CHOICE	December 20 CHRISTMAS DINNER Baked Ham with Sauce Sweet Potatoes French Green Beans Christmas Dessert	December 21 Winter Begins Chili/ Shredded Cheese Brown Rice Corn Mandarin Orange
December 24 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Chilled Peaches	December 25  Meal Site Closed	December 26 Creamy Chicken Casserole Sweet Potatoes Spinach Tropical Fruit Cup	December 27 Soup of the Day (at congregate sites only) Liver & Onions Boiled Potatoes California Medley Cookie of the Day	December 28 Turkey Pot Roast Cranberry Sauce Roasted Red Potatoes Carrots Pumpkin Bar
December 31 Lemon Baked Fish Au gratin Potatoes Mixed Veggies Pudding of the Day				

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

WARREN COUNTY OFFICE FOR THE AGING
1340 State Rte 9
Lake George , N.Y. 12845



Newsletters now available online at
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call
Kayla @ 824-8824

**“If your local school district is closed due to a snow
day, your meal site is also closed.”**

Staff:

WARREN COUNTY

CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
CHRIS LITTLE – COORDINATOR OF SERVICES
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING
CINDY CABANA – AGING SERVICES ASSISTANT
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO- DIRECTOR

(518) 761-6347 PHONE

Web site- www.co.warren.ny.us/

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsbury-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066
Toll Free Number 1(888)553-4994