

April 2014

*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*



WARREN COUNTY STAFF:

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CINDY ROSS – FISCAL MANAGER

DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES

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CATHERINE KEATING- - STAUCH-REGISTERED DIETICIAN / MENU

SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NY CONNECTS

**Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php
Please contact Kayla Jarrell @ (518) 824-8824 or
jarrellk@warrencountyny.gov
to be added to the email list.**

OFA HIGHLIGHTS

Save The Date!

MENTAL HEALTH MONTH CELEBRATION
~ MENTAL HEALTH MATTERS ~
AT THE CHARLES R. WOOD THEATER

Friday, May 9, 2014

11:30 am ~ 2:00 pm

Presentation by Dr. Michael Fowlin

LIGHT LUNCH FARE • COMMUNITY AWARDS

Warren-Washington Association for Mental Health
(518) 747-2284 • www.wwamh.org

Community Connections Day!

May 10th 2014

10am - 1pm

Activities for all ages.

Crandall Park, GF

For more info contact
Sue Gillingham (518) 743-1672
sgillingham@hphpc.org

OFA will have a booth full of information as well.

Wanted/Needed : New Members

AARP North Country Chapter 3891 meets the 3rd Wednesday of the month at the Queensbury Senior Center on Bay Road next to the Queensbury Town Center. April meeting will be on the 19th and we are hoping to have an interesting speaker. Bag lunch at noon, with meeting to follow at 12:45PM. Raffle tickets will be drawn at end of meeting. Please attend and bring a friend.

For more info contact
Cindy Hatin Vice President @ (518) 793-2365

BENEFIT HOUSE OF GRACE OF THE ADIRONDACKS INC.

FRIDAY FISH DINNER
FOR FIVE DOLLARS
April 4th, April 11th, April 18th.

For more information call
Jessica Robertson at 793-6567

Interested in becoming an Ombudsman Volunteer?

You must complete a New York State 36 hour training program.

Trainings in Albany on Fridays
April 11th, 25th,
May 2nd, 9th, and 16th

Volunteers serve as a voice for residents of nursing homes, assisted living and adult care facilities.

If interested please contact
Harriet Bunker at 761-6347

The 40th Annual Senior Citizen Luncheon

Honoring Senior of the Year and Contributing Senior from Warren and Hamilton Counties

Thursday, May 22nd at noon

Fort William Henry
48 Canada Street

Lake George, NY 12845

Menu Choices (Entrée)

Beef, Chicken or Salmon

Cost \$16.95

Anyone who wishes to attend please sign up with your senior club, center, meal site or contact Maureen Mihalics

All reservations, with payment, MUST be received by May 8th 2014.

If you have any questions or need additional information please contact Maureen Mihalics at 668-5506



Warren/Hamilton Counties Office for the Aging 1-866-805-3931

NY Connects Washington, Warren, and Hamilton Counties Long Term Care Council recently met to present "Preparing & Responding to Local Emergencies". A panel of experts addressed how our community can assist in becoming better prepared in the event of emergencies such as windstorm power outages, flooding, or chemical leaks. A new workgroup, "Disability Awareness" was formed to identify goals and objectives to work on in the year ahead. Goals were established to increase awareness and skills for community members as well as identifying steps to increase awareness and utilization of the "Special Needs Registry". If you are interested in becoming part of this workgroup or have questions about this, please contact Susan Dornan @ Warren-Hamilton Counties Office for the Aging at 1-866-805-3931. The purpose of the NY Connects Long Term Care Council is to identify emerging long-term care need, to forge new relationships, and to reinforce existing ones in order to work toward improved communication and more streamlined long-term care delivery system. The next quarterly meeting of the Council is Tuesday, April 8 from 10am to noon at The Glen at Hiland Meadows, 39 Longview Drive, Queensbury. Persons with disabilities, students, the public, government officials, and human service providers are encouraged to attend and become involved.

Do you have any questions, or would you like to see if you qualify for SNAP benefits?

The Regional Food Bank of NENY offers free and confidential SNAP prescreening and application assistance in Warren County.

Call Genny O'Brian at 518-424-7525 for more information.



Warren County Special Needs Registry

This registry is for full and part-time residents who may need additional assistance during an emergency. Special needs include but are not limited to: disabilities, chronic conditions, special healthcare needs, and language barriers. The information you provide may help responders meet your needs during an emergency. Registering does not guarantee that you will receive immediate or preferential treatment in an emergency or disaster situation. The registry is only intended for use by those who live independently, and not in a residential special needs facility (i.e., nursing home or hospital).

Preferred method is to visit www.warrencountyny.gov/emergency/registry/ and fill out the online form or call 518-761-6580 to register over the phone if unable to do so online. Participation is voluntary and your information will be kept confidential. The county will share the information with local, county, state and federal agencies for the purpose of emergency planning and emergency response.

HAMILTON COUNTY

Long Lake is offering a
DEFENSIVE DRIVING CLASS

Saturday May 3rd 9am-3:30pm

@ Long Lake Town Hall

\$35 per person

Space is LIMITED

Contact Parks & Recreation

(518) 624-3077 for more information.

Outrageous Things People With Dementia Say and How to Respond

[Carol Bradley Bursack](#), Expert

Author, speaker, columnist and eldercare consultant

I recall sitting with my neighbor, Joe, as we waited at the local clinic for some medical tests he required. Joe looked up, saw a man pulling an oxygen tank behind him, and yelled excitedly, "Look! He's got a golf cart!" Since Joe had loved playing golf and his sight was poor, he saw what he "knew." A golf cart. The man walking by was embarrassed. I simply smiled at him and talked to Joe about his years playing golf.

This incident was a little embarrassing, but not nearly as embarrassing as other incidents that I've experienced. These incidents presented me with a valuable window into dementia behavior,

Person with Dementia:

(upon seeing their new agency caregiver) "She's a foreigner!" (Or worse yet, a racial slur.)

Response:

"Yes, isn't it exciting to see so many people working together to help each other. It's fun to be exposed to more cultures." If more grumbling or even outrage is shown, such as the refusal to let the agency caregiver help, we need to remember that likely this isn't the first time the nursing home employee or in-home agency caregiver has been insulted in this way.

Explanation:

Many of our elders grew up in much less diverse communities than we have today. Many elders grew up rarely seeing anyone who wasn't light skinned. Most of these people aren't racists. They simply haven't been used to interacting with people of color.

Now, this doesn't necessarily mean the people are racist, though, of course, some are. Many, however, simply have lost their short-term memory and whatever inhibition they may have had. So, when they see someone of another race, they blurt out labels that they heard as youths, thus embarrassing everyone involved.

Person with Dementia:

(generally a man) pinches a woman or otherwise acts out sexually: "Nice butt!"

Response:

Calmly say, "That's inappropriate, Dad," or something to indicate that the action is not acceptable. It won't help to scold, however. Apologize to the person affected and then if possible move your dad away. Explain to the person that dad has Alzheimer's and his actions are the result of the disease. If you can't defuse the situation by moving him away, just allow the affected person to handle it. If it happens to a professional caregiver, they are trained to handle these challenging Alzheimer's situations.

Explanation:

Stay calm and realize that this behavior is caused by the disease. Dementia has stripped your dad of his inhibitions and he really can't help it. Try not to overreact from embarrassment.

When these and other uncomfortable situations occur, we are embarrassed for ourselves and for the person our elder once was. Learning that we aren't alone in enduring this public embarrassment helps, so I'd suggest talking with other caregivers, either in person or online, for support. When we share our stories with people who understand, our pain and embarrassment doesn't take on a life of its own. We can gain perspective if we communicate with other caregivers who've been through similar situations.

Whats New with HIICAP...



HIICAP Is More than Prescription Drug Counseling

By William Lane, PhD

Over the past months this column has discussed various aspects of the Health Insurance Information, Counseling and Assistance Program (HIICAP).

However, I suspect that for many County residents the HIICAP program really means one thing – assistance during the annual fall review of Medicare Part D prescription drug coverage. But, the HIICAP program offers much more than prescription drug counseling.

What is HIICAP? HIICAP is a state-wide network of programs generally located in Area Agencies on Aging or selected non-profit agencies that are contracted by the State to provide a wide range of counseling services. HIICAP provides accurate and objective information, counseling, assistance on Medicare, private health insurance, and related health coverage plans.

The Warren/Hamilton Counties Office for the Aging Offices offers a range of HIICAP services. Below is a partial list of these services:

- Education about original Medicare.
- Information on Medicare Advantage Plans.
- Assistance with obtaining a Medigap plan.
- Help in selecting your Part D drug coverage plan.
- Information about the Elderly Pharmaceutical Insurance Coverage (EPIC) program.
- Information about Medicare Savings Programs.
- Obtaining “Extra Help” in paying for prescription drugs.
- Accessing pharmacy discount programs.

What are some of the questions that a HIICAP program can answer for you?

- What is the difference between “original Medicare” and a Medicare Advantage Plan.?

- I want to move to a Medicare Advantage Plan. What are my options?
 - My prescriptions have changed. Can you help me in finding a different Part D prescription drug plan?
 - If I am still working when I turn 65, how will Medicare work with my employee coverage?
 - How do I go about selecting a Medigap supplemental insurance policy?
 - My retirement income is not very high. Am I eligible for any Extra Help in paying for my Medicare or my prescription drug coverage?
- The above are only a few examples of the many questions that HIICAP counselors are trained to answer.

Who is Eligible to use the HIICAP program?

All current Medicare beneficiaries, their caregivers and designated representatives as well as those who will soon become Medicare are eligible. HIICAP counseling services are funded through the Federal Centers for Medicare and Medicaid Services and the State of New York and are provided to you without cost.

Who do I contact to receive HIICAP services?

Call the Warren-Hamilton Counties Offices for the Aging at (518) 761-6347 and ask to speak to someone in the HIICAP program. You will be directed to a counselor who can help you with your questions.

The Medicare system is complex and questions can arise anytime. The HIICAP program is ready to assist you throughout the year. Remember, HIICAP provides more than just prescription drug counseling every fall.

Dr. William Lane is the owner of William Lane Associates; a gerontological consulting firm based in Albany. He does not sell insurance, work for any insurance company, recommend any insurance products or offer financial planning or legal services.

THE FUN

Volunteer Birthdays

Nancy Wilson 3rd

Evelyn Casella - 6th

Bernice Mennis - 7th

Lance Vanderwalker 25th

Peter Trumbull 29th



60 million chocolate bunnies are sold each Easter.



Most children (74%) eat the ears of their chocolate bunny first. 15% eat the feet first, and 11% eat the tails first.

~JOKE~

Why did the Easter egg hide?

He was a little chicken!

Famous April Birthdays

3rd Eddie Murphy - Famous Actor

10th Harry Morgan - Colonel Potter on "M*A*S*H"

29th Jerry Seinfeld - Comedian

CENTER

off the mark by Mark Parisi
www.offthemark.com

1. CALL DENTIST ABOUT MISSING DENTURES.
2. CALL DOCTOR ABOUT EMBARRASSING NEW DISCOMFORT.



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

April Word Search Puzzle

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

When the April Word search Puzzle is complete, read the un-circled letters from left to right, top to bottom, to read a fact about April.

APHRODITE
APRIL FOOL'S DAY
ARBOR DAY
ARIES
BASEBALL BEGINS
BIRDS MIGRATE
BLOOM
DAISY
DIAMOND
EASTER

FLOWERS
FOURTH MONTH
GOOD FRIDAY
PALM SUNDAY
PASSOVER
PLANTING
SPRING
SWEET PEA
TAURUS
WARMING UP

SENIOR CEN

The Greater Glens Falls Senior Citizens Center

Located at: 380 Glen Street, Glens Falls, NY 12801

Phone 793-2189 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

Visit our website at

<http://www.greaterglensfallsseniorcenter.com> for more information.

Tues-4/1	April Fool or Not-refreshments and fun	1:00 p.m.
Wed-4/2	Special Bingo-refreshments, large cards, fun	1:15 p.m.
Thurs-4/3	Shoebox Workshop-bring glue, scissors	1:00 p.m.
Mon-4/7	Golf League meeting-details on golf season	11:00 p.m.
Mon-4/7	Good Books Club- "Eddie's Bastard" by William Kowalski	1:00 p.m.
Tues-4/8	Kick off event for new MVP Thursday Walk-sign up	1:00 p.m.
Wed-4/9	Acupuncture information and demonstration	1:00 p.m.
Thurs-4/10	Arts, Craft experience/demonstration-free	12:00-3:30 p.m.
Mon-4/14	Basket Raffle party/drawing	1:00 p.m.
Tues-4/15	Shoebox Workshop-bring scissors and glue	1:00 p.m.
Wed-4/16	Defensive Driving Class-AARP sponsored-call to reserve	9 a.m.-5 p.m.
Thurs-4/17	Candy Shop/Bear Cupboard trek, Warrensburg-gas donation \$3	1:00 p.m.
Mon-4/21	One Stroke Art class- Cost: \$15-register by April 14.	12:30-2 p.m.
Tues-4/22	Eating healthy for less-lunch, information from Cornell Co-op	12-1:30 p.m.
Wed-4/23	Film/Popcorn- "The Butler" -free	1:00 p.m.
Thurs-4/24	Lunch Bunch-SUNY Adirondack, Bay Road-reserve by April 21	12:00 p.m.
Tues-4/29	Decorate for Victorian Tea	1:00 p.m.
Wed-4/30	Victorian Tea-call to reserve immediately-limited to 60	1:30 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	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.

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/Woodshop/Bowling/Crafts/Cards/Bingo & Much More. Trips include: South Dakota, Irish Splendor, Alaska Cruise, Mediterranean Cruise.

Call Center for pricing and information on the upcoming trips and events or see on line.

Don't be lonely- come and participate in "YOUR SENIOR CENTER".

TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

TER NEWS

Queensbury Senior Center

Join Queensbury Senior Citizens for the following Day Trips...



Montpelier and Stowe Vermont

Thursday May 8th 8am - 8pm

Vermont State Capital Tour
Guided Tour

The New England Culinary
Lunch at Neci on Main

The Trapp Family Lodge
History tour and documentary film

Ben & Jerry's Factory
Tour & dessert

Cost \$74 Deadline: Friday April 4th!

Experience Albany! Day Trip Wed. June 4th



At the Albany Institute of History & Art

GE presents...The Mystery of the Albany Mummies

Albany Visitor's Center Planetarium

"Ancient Egypt and Stars of the Pharaohs"

Dutch Apple Lunch Cruise

On the Hudson River

Checks & Credit Cards Accepted. For info call 745-4439

Deadline:
Fri. May 2nd
Cost \$68

Catherine's Corner

Peppers Stuffed with Turkey and Wild Rice

This recipe features a rainbow of healthy veggies and flavorful wild rice packed inside an edible pepper bowl. Ground turkey adds lean protein and onions and garlic lend flavor and cancer-fighting antioxidants.

Makes 4 servings.

- 1 Tbsp. olive oil
- 1/2 medium onion, chopped
- 1 cup coarsely chopped mushrooms, any kind
- 1 lb. ground turkey
- 2 cups of baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. oregano
- Salt and pepper to taste
- 3/4 cup chopped carrots, steamed and cut into 1/2-inch chunks
- 1 1/2 cups cooked wild rice
- 4 large green or red bell peppers (or any combination), tops removed* and seeded

**Save tops to cover peppers during baking for a moister filling.*

Preheat oven to 350 degrees.

Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.

Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.

Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Per serving: 329 calories, 14 g total fat (3 g saturated fat), 28 g carbohydrate, 26 g protein, 6 g dietary fiber, 146 mg sodium.

Catherine Keating RD CDN
Certified Dietician Nutritionist

Healthy Eating on a Budget

You don't have to abandon your diet in a tough economy. Find out how to make healthy, low-calorie choices on a budget.

Shopping Guidelines

Fortunately, there are smart ways to overcome the current costs for food. Here are some general guidelines for healthy food shopping when **counting calories** and pennies:

Buy whole foods. The more preparation that has gone into a food, the more it will cost. For example, a head of lettuce, whether it's romaine or iceberg, costs less than bagged salad. The same applies to meats — buying and roasting your own turkey breast is usually a fraction of the per-pound cost of sliced turkey at the deli counter.

Buy in bulk. Put your freezer to good use; large bags of frozen vegetables and fruits can save you money over fresh produce. Apply the same strategy to bulk meats, especially when they are on sale.

Buy in season. Buying fruits and veggies in season is always easier on your budget.

Try dishes with beans and rice. Both beans and rice are budget-friendly, especially when bought in bulk, and can add fiber, nutrients, and texture to any meal. They can be a healthy, low-fat meal on their own, as well.

Watch the sales. If you're wondering where to shop, keep an eye on sales announcements. You can find deals at almost any store.

Stretching Your Dollar

The lowest-cost proteins are dried beans and eggs. Then the next step up is canned beans, milk, and whole chicken. And the next step up is chicken thigh, then chicken breast, then deli chicken. Chicken is really a bargain, but the deli chicken is out of sight compared to the rotisserie chicken. Use the leftover chicken in a chili, stew, or soup later in the week. And of course, the bones can be used to make stock for another soup later as well.

Whole baking potatoes present a cost-saving opportunity, as does buying frozen vegetables. Frozen red peppers are cheaper than buying the fresh peppers, for example. Another trick for cost saving is to think in terms of versatility and multiple meals, especially if using bulk ingredients: A bean chili today might become the filling for a taco or wrap tomorrow.

With smart shopping and a willingness to experiment with new foods and flavors, calorie counting on a budget is not only doable, but can be fun, too.

Catherine Keating RD CDN
Warren/Hamilton Co.'s OFA

Adopted By: By Madeline Vann, MPH

Banana Oatmeal Cookies

Banana Oatmeal Cookies are the kind of cookies that makes digging through old cookbooks rewarding

Canola oil spray
3/4 cup unbleached flour
1/4 tsp. salt
1/4 tsp. baking soda
1/2 tsp. ground cinnamon
1/4 tsp. ground allspice
1 cup quick-cooking oats (not instant)
1/3 cup raisins
1/4 cup chopped walnuts
1 large egg white
3 Tbsp. butter (preferably unsalted), cut in 1/2-inch pieces
1/2 cup (packed) dark brown sugar
1 small banana, cut in 1-inch pieces
1 tsp. vanilla extract

Set baking racks in top and lower thirds of the oven. Preheat oven to 400 degrees. Coat 2 baking pans or cookie sheets with oil spray.

Whisk together flour, salt, baking soda, cinnamon and allspice in a mixing bowl. Mix in oats, raisins and nuts.

In a blender on medium speed, mix egg white, butter and sugar until smooth. Blend in banana and vanilla until mixture is smooth. Pour banana mixture into bowl with dry ingredients, mixing with spatula until well combined. Batter will be fairly stiff.

Drop batter by walnut-size spoonfuls onto prepared baking sheets, spacing cookies at least 2 inches apart. Flatten them slightly with the back of a wet spoon, wetting spoon frequently between cookies, to make 2-inch cookies.

Bake 10 minutes. Switch position of pans in oven. Bake an additional 5 to 8 minutes or until cookies are golden brown and almost firm in the center when pressed with a finger. Transfer cookies to a baking rack and cool. Stored in airtight container, these cookies keep up to 1 week.

Makes 2 dozen cookies.

Per cookie: 76 calories, 3 g. total fat (1 g. saturated fat), 13 g. carbohydrate, 1 g. protein, <1 g. dietary fiber, 42 mg. sodium

April 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested contribution \$3 per meal.	April 1 Chili/ Shredded Cheese Brown Rice Carrots Corn Bread Mandarin Orange	April 2 Apple n' Onion Chicken Roasted Red Potatoes Winter Squash Peach Cobbler	April 3 American Goulash California Medley Tossed Salad Brownie	April 4 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup
April 7 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	April 8 Pork Chops Mashed Potatoes Broccoli Peaches	April 9 Meatloaf Mashed Potatoes Peas & Onions Birthdays Cake	April 10 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Fresh Tomato Salad Berry Crisp	April 11 Meal Site Closed  Staff Training Day
April 14 Salisbury Steak Potato of the Day Brussels Sprouts Chilled Pineapple	April 15 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Italian Mix Veggies Apricots	April 16 CHEF'S CHOICE	April 17 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert	April 18 Baked Fish Scandia Au Gratin Potatoes Spinach Strawberry Shortcake
April 21 Chicken Stir-Fry Brown Rice Oriental Veggies Tropical Fruit Cup	April 22 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Berries & Granola	April 23 Chicken & Stuffing Sweet Potatoes Scandinavian Veggies Jell-O Poke Cake/Topping	April 24 Veal Parmesan Spaghetti/Marinara Sauce California Medley Tossed Salad Fresh Fruit	April 25 Cold Plate Sliced Roast Beef Plate with Potato Salad Coleslaw Sandwich Roll Gingerbread/Topping
April 28 Baked Chicken Tenders with Sauce Roasted Potato Bites Tomato & Zucchini Chilled Pears	April 29 Beef Tomato Florentine with Noodles & Cheese Garlic Bread Mixed Veggies Mandarin Orange	April 30 Roast Pork/ Gravy Mashed Potato Broccoli Cookie 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.**

Meal site Numbers:

Bolton-644-2368;
Indian Lake; 648-5412;
Lake Pleasant-548-4941;

Cedars-832-1705;
Johnsburg-251-2711;
Long Lake-624-5221;
Wells-924-4066

Chestertown-494-3119
Lake Luzerne; 696-2200
Warrensburg-623-2653;