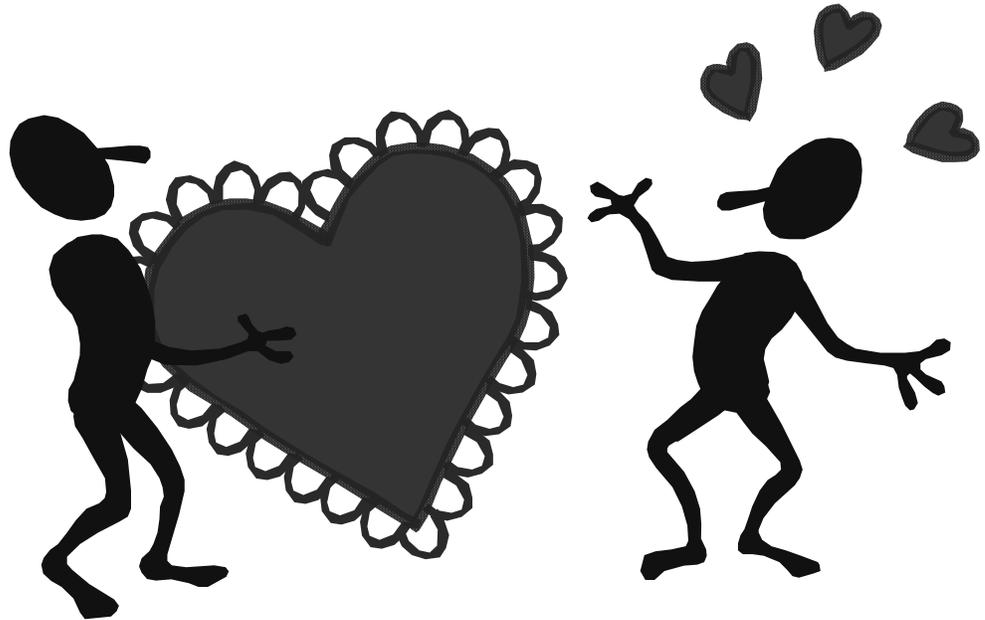


February 2014



**NEWSLETTER  
FOR SENIORS**

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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

Find the **Heart** related words listed at the bottom of the page in the Heart Word Search grid. The words can be forwards, backwards, vertical, horizontal, or diagonal. Circle each letter separately and keep in mind that letters in each Heart related word may be used in more than one word. **When the Heart Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Heart fact.**

## Heart Word Search Puzzle

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

AORTA	OXYGEN
ARTERY	PULMONARY ARTERY
ATRIUM	PULSE
BLOOD	PUMPS
CHEST	RED
CYCLES	SEPTUM
HEARTBEAT	VALVES
LOVE	VEIN
MUSCLE	VENA CAVA
ORGAN	VENTRICLE

# Queensbury Senior Citizens & Collette Vacations

present...

## Discover Tuscany

October 9th - 18th 2014

### Highlights:

*Rome, Assisi, Basilica of St. Francis, Montecatini Terme,  
Siena, San Gimignano, Winery Tour, Florence, Tuscan Feast*

Mark your calendars!

### Travel Presentation

**Monday February 3rd at 11:00am**

**Please sign up in advance  
if you plan to attend**

### Included in package:

Round trip air from Albany Airport  
First class and deluxe hotel accommodations  
Transportation to and from Albany  
13 meals: (8) breakfasts (5) dinners  
Six nights in one location  
All Baggage handling (1 bag per person)  
Guided sight seeing & tour manager services  
All taxes & service charges

*Per person rates if booked by April*  
**DbI: \$3199, Single:3499, Triple \$3169**

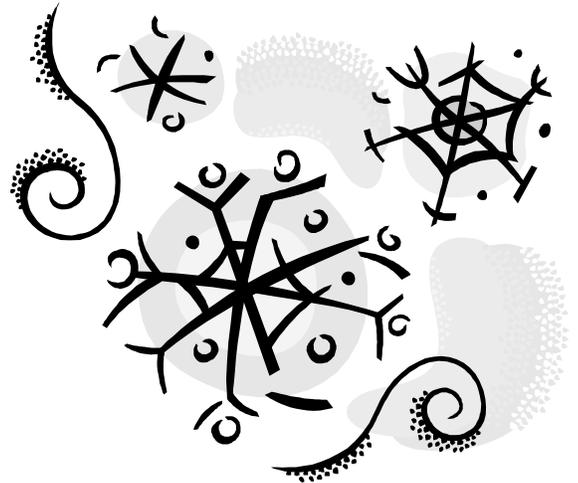
**For further information & complete Itinerary**

**Call 745-4439**



**"Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand and  
for a talk beside the fire:  
it is the time for home."**

- Edith Sitwell



**"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."**

- Don Halley



**"If apples were pears  
And peaches were plums  
And the rose had a different name.  
If tigers were bears  
And fingers were thumbs  
I'd love you just the same."**

- Valentine's Day Songs and Poems

**PRUNE JUICE** by George Sfarnas © 2005

[www.PruneJuiceComics.com](http://www.PruneJuiceComics.com)



**VALENTINE'S  
DAY POTLUCK  
LUNCHEON**



**Friday February 14th**

**12 pm to 2 pm**

At The SAIL Center: 71 Glenwood Ave.  
in Queensbury, NY

**Please Bring a Holiday Dish To share.**

Please RSVP by Wednesday February 12th: call 792-3537



# High Peaks Hospice & Palliative Care Inc.

*Dignity, comfort and peace at the end of life.*

## **Hospice Information Night (optional)**

Tuesday, April 1st « 6:00 pm - 9:00 pm

**FREE!**

## **Hospice Volunteer Training Opportunity**

### **Introduction to Hospice**

Tuesday, April 8th « 6:00 pm - 9:00 pm

«»

### **Communication and Active Listening**

Thursday, April 10th « 6:00 pm - 9:00 pm

«»

### **All Things Spiritual**

Tuesday, April 15th « 6:00 pm - 9:00 pm

«»

### **Hospice Policies and Procedures**

Thursday, April 17th « 6:00 pm - 9:00 pm

«»

### **Skilled Nursing and Symptom Awareness**

Tuesday, April 22nd « 6:00 pm - 9:00 pm

«»

### **Understanding Grief**

Tuesday, April 24th « 6:00 pm - 9:00 pm

«»

### **Review and Graduation**

Thursday, April 29th « 6:00 pm - 9:00 pm

To learn more, contact

Keith Tait, Volunteer Coordinator

(518) 743-1672

E-mail: [ktait@hphpc.org](mailto:ktait@hphpc.org)

# Valentine Trivia Questions

**01. Where was the first Valentine's Day card sent from?**

- a. the battlefield
- b. a monestary
- c. a prison
- d. a hospital

**02. Who was Cupid's father?**

- a. Eros
- b. Ares
- c. Vesta
- d. Anteros

**03. According to statistics, in what profession do people receive the most Valentine's Day cards?**

- a. Nurses
- b. Secretaries
- c. Teachers
- d. Librarians

**04. What Italian city receives thousands of cards addressed to Juliet every Valentine's Day?**

- a. Rome
- b. Verona
- c. Venice
- d. Florence

**05. In Shakespearean times what bodily organ was associated with love?**

- a. liver
- b. kidneys
- c. brain
- d. stomach

**ANSWERS! 1:C; 2:B; 3:C; 4:B; 5:A.**

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](mailto: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.

**NEW MEMBERS WELCOME**

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

**SOME OF THIS MONTH'S HIGHLIGHTS**

Mon-2/3	Good Books Club-discussing " <i>House At Riverton</i> "-informed, fun	1:00 p.m.
Tues-2/4	Shoebox celebration-film and refreshments	1:00 p.m.
Wed-2/5	Special Bingo-large cards, lots of games, refreshments, stop in	1:15 p.m.
Mon-2/10	Heart Day-home made lunch, special speaker-call by February 7 to reserve-\$7	12:00 p.m.
Tues-2/11	One Stroke Painting Class-Valentine theme-\$15 all materials included, call to reserve	12:30 pm.
Wed-2/12	Defensive Driving-call for fee and to register	9 a.m.-5 p.m.
Thurs-2/13	Lunch Bunch-Bogey's-Cronin Road-call to reserve, order from the menu	12:00 p.m.
Tues-2/18	The scoop about our Presidents-refreshments, bring your interesting facts	1:00 p.m.
Wed-2/19	Hands on CPR-American Red Cross program	1:00 p.m.
Thurs-2/20	Winter Tea and Sweets-Cost: \$4-call by February 19 to reserve (limit to 30)	1:00 p.m.
Mon-2/24	Film/Popcorn-" <i>The Queen</i> " Helen Mirren-drop in and enjoy	1:00 p.m.
Wed-2/26	Blood Pressure/Blood Sugar Clinic-free	8:30-9:30 a.m.
Wed-2/26	Newsletter Mailing-fun	1:00 p.m.

Monday- Friday	Thrift Shop/Boutique-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/Duplicate Bridge/Cards/Bingo & Much More. Trips include: Mediterranean Cruise, Alaska Cruise, South Dakota, Ireland, day trips

**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***

**Interested in Joining and receiving more information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**GREATER GLENS FALLS SENIOR CITIZENS CENTER  
380 Glen Street, Glens Falls**

e-mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)  
<http://www.greaterglensfallsseniorcenter.com/>  
Phone: (518)793-2189



**DONATE A BASKET!**

**Create and donate a basket for the Greater Glens Falls Senior Citizens Center fundraising basket party.**

**Contact us for theme suggestions.**

**Baskets due by Friday, February 14, 2014.**

**Basket drawings at party on Monday, April 14,  
at 1:00 p.m.**

**Basket forms are available on line or pick up at the Center.**

**Proceeds from raffle help to support the Senior Center programs and services.**

**THANK YOU!**

# Volunteer Birthdays!

**Gary Willett - 1st**

**Cathy Thompson – 6<sup>th</sup>**

**Lillian Beswick – 8<sup>th</sup>**

**Don Strycker – 8<sup>th</sup>**

**Tricia Freer – 9<sup>th</sup>**

**Pat Sennett – 13<sup>th</sup>**

**Al Katz – 14<sup>th</sup>**

**Casey Jarrell – 16<sup>th</sup>**

**Kathy Dever – 23<sup>rd</sup>**

**Mary Strycker – 26<sup>th</sup>**

## Joke of the Month

**off the mark**.com by Mark Parisi



© Mark Parisi, Permission required for use.



**GREATER GLEN FALLS SENIOR CITIZENS CENTER**  
**380 Glen Street**  
**Glens Falls, NY 12801**  
**518 793-2189**

web: [www.greaterglensfallsseniorcenter.com](http://www.greaterglensfallsseniorcenter.com)  
e-mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)



Call for appointment- M-F 9-4

### **FREE TAX ASSISTANCE**

*Tuesdays, Wednesdays, and Thursdays*

**February 4-April 15, 9:30-3:00**

This program is offered to low/ middle income people 55 plus & handicapped individuals.

### **DOCUMENTS REQUIRED:**

- **Social Security Card**
- **Picture ID**
- **2012-Last Year's tax return**
- **2013-Social Security form SSA**
- **2013-1099s-Statements for interest accounts, dividends, pensions, retirement benefits, income of any kind**
- **2013 W-2- received from your employer**
- 

Ask for a 2-hour appointment if you have income from self-employment, stock sales, bonds, mutual funds, annuities.

**If the Glens Falls City schools are closed due to bad weather, the Center is closed and you will have to reschedule your appointment.**

We are sincerely grateful to our **AARP** volunteers for making this program possible. **The Center is now taking appointments.**

**\*\*\*\*\*VIP- You must pick up a packet at the Glens Falls Senior Center prior to your appointment and completely fill out and bring with you to your tax appointment. \*\*\*\*\***

# February is American Heart Month



**This American Heart Month,  
take your first step on the road to a healthy heart with us.**

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

## **One Step at a Time - Plan for Prevention**

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting [salt or sodium](#) in your diet also can lower your blood pressure.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the *body mass index* (BMI). If you know your weight and height, you can calculate your BMI at [CDC's Assessing Your Weight Web site](#).
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible.
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Together, we can prevent heart disease, one step at a time.

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

Adopted By: a report from the American Heart Association

# Heart Healthy Recipes for Two

## Vegetable Lover's Chicken Soup



Classic comfort food is yours, in just slightly more than half an hour. Serve with some crusty whole-grain bread and top with grated Romano or Parmesan cheese.

**2 servings, 2 cups each | Active Time:** 35 minutes | **Total Time:** 40 minutes

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 8 ounces chicken tenders, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1 large shallot, finely chopped
- 1/2 teaspoon Italian seasoning blend
- 1/8 teaspoon salt
- 2 plum tomatoes, chopped
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 cup dry white wine
- 2 tablespoons orzo, or other tiny pasta, such as farfelline
- 1 1/2 cups packed baby spinach

### Preparation

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.
2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

**Nutrition - Per serving** :261 Calories; 8 g Fat; 1 g Sat; 5 g Mono; 72 mg Cholesterol; 12 g Carbohydrates; 31 g Protein; 2 g Fiber; 335 mg Sodium; 483 mg Potassium **Exchanges:** 2 vegetable, 3 1/2 very lean meat, 1/2 fat

**Tips & Notes - Make Ahead Tip:** Cover and refrigerate up to 3 days or freeze up to 3 months.

Lean cuts of beef can be included in a heart-healthy diet.

## Ginger-Beef Stir-Fry



**Makes:** 4

**Start to Finish** 30 mins

### Ingredients

- 8 ounces beef top round steak
- 1/2 cup reduced-sodium beef broth
- 3 tablespoons reduced-sodium soy sauce
- 2 1/2 teaspoons cornstarch
- 1 teaspoon sugar
- 1 teaspoon grated fresh ginger
- Nonstick cooking spray
- 1 1/4 pounds fresh asparagus spears, trimmed and cut into 2-inch pieces (3 cups), or 3 cups small broccoli florets
- 1 1/2 cups sliced fresh mushrooms
- 4 green onions, bias-sliced into 2-inch lengths (1/2 cup)
- 1 tablespoon cooking oil
- 2 cups hot cooked brown rice

### Directions

If desired, partially freeze beef for easier slicing. Trim fat from beef. Thinly slice beef across the grain into bite-size strips. Set aside. For the sauce, in a small bowl stir together the beef broth, soy sauce, cornstarch, sugar, and ginger; set aside.

Lightly coat an unheated wok or large skillet with nonstick cooking spray. Preheat over medium-high heat. Add asparagus, mushrooms, and green onions. Stir-fry for 3 to 4 minutes or until vegetables are crisp-tender. Remove from wok or skillet.

Carefully add the oil to wok or skillet. Add beef; stir-fry for 2 to 3 minutes or until brown. Push the beef from center of the wok or skillet. Stir sauce. Add sauce to center of wok or skillet. Cook and stir until thickened and bubbly.

Return vegetables to wok or skillet. Stir all ingredients together to coat with sauce; heat through. Serve immediately over hot cooked brown rice.

Catherine Keating RD CDN

Warren/Hamilton Co.'s OFA

Adopted From: BHG – Heart Healthy Cooking

# Famous Birthdays!



4<sup>th</sup> Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat

8<sup>th</sup> Gary Coleman -- Child star became famous on TV's "Diff'rent Strokes"



15<sup>th</sup> Chris Farley -- "Saturday Night Live" and movie comedian, Died at 33

18<sup>th</sup> John Travolta -- Icon from "Saturday Night Fever" to Pulp Fiction"



# Whats New with HIICAP...

## **EPIC - The Forgotten Insurance Program**

**William Lane, PhD**

In 1986, under Governor Mario Cuomo, New York State created the Elderly Pharmaceutical Insurance Coverage (EPIC) program to provide older adults with assistance in paying for their prescription drugs. Soon after it was passed it became a model for other states. However, with the implementation of the Medicare Part D program in 2005 the program began to be overlooked by many. Ironically, in 2011 Governor Andrew Cuomo made major cuts to the EPIC. Due to outcry by advocates across the state the Legislature responded in 2012 by restoring most of the cuts in the beginning in 2013. So, what is EPIC?

EPIC is a State program administered by the Department of Health (DOH) that provides older New Yorkers with co-payment assistance in paying for Medicare Part D covered drugs after any deductibles are met. EPIC also may cover the costs of some excluded drugs. According to the DOH website, to join EPIC you must:

- be a New York State resident and aged 65 or older;
- have an annual income below \$35,000 if single and \$50,000 if married;
- be enrolled or eligible to be enrolled in a Medicare Part D plan (no exceptions to this rule), and;
- not be receiving full Medicaid benefits.

**EPIC helps you in three ways:**

- **Part D premium assistance**
- **Coverage gap or “Doughnut Hole” assistance**
- **Special Enrollment Period.** If you are covered by EPIC you are allowed to change your Part D plan once during the year outside of the annual fall enrollment period just because you are an EPIC member.

There two tiers or basic plans, the **Fee Plan** and the **EPIC Deductible Plan**.

- **Fee Plan.** The Fee Plan is for New Yorkers with the lower incomes. The income limits are up to \$20,000 per year if single and \$26,000 if married. EPIC members pay an annual fee based on their prior year's income. The fee ranges from \$8.00 to \$300.00. After any Part D deductible is met, EPIC Plan members only pay the EPIC co-pay which ranging from \$3.00 to \$20.00 based upon the cost of drugs not covered by Part D. EPIC will also pay a portion of the cost of your Part D plan premium. For 2013 these plan payments could be as high as \$43.22 per month. In addition, if you are already receiving the full Extra Help Low-Income Subsidy (LIS) from Medicare, you will not have to pay any EPIC fees and your co-payments will be even lower.
- **EPIC Deductible Plan.** This plan is for those with incomes ranging from \$20,000 to \$35,000 if single and \$35,000 to \$50,000 if married. Without going into great detail, members must meet an out-of-pocket deductible based on their income before EPIC begins to cover these expenses. The deductible depends on your last year's income.

**Applying for EPIC is relatively easy.** Married couples use the same form to apply. Beyond the usual name, address, date of birth and Medicare number you will need to list income for 2013 for both you and/or spouse. Forms are available at the Office for the Aging or on-line at [www.health.ny.gov](http://www.health.ny.gov) in both English and Spanish.

While the EPIC is, in theory, rather straight forward in practice it may seem more complicated to actually figure out what benefits you will receive. So, you may want to call the Warren-Hamilton Counties HIICAP program for additional assistance and to find out if EPIC is right for you. Call (518) 761-6347. You can also call the NYS EPIC Helpline at 1-800-332-3742.

Remember: **EPIC is a supplement to your Part D coverage, it does not replace it.**

**Don't pass up the savings.** We know that many seniors across the state are reluctant to give out their incomes and will not sign up for many services they are entitled to receive. In many cases they are missing out on hundreds of dollars in savings. Please remember that any information you give is held in strict confidence.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.

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B

## February 2014

Warren/Hamilton Counties Office for the Aging

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>February 3 Brunch</b> Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry &amp; Granola</p>	<p><b>February 4</b> Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad</p>	<p><b>February 5</b> Beef Stroganoff over Noodles Broccoli Pumpkin Bar</p>	<p><b>February 6</b> Chicken Reuben Rice Veggie Casserole Carrots Mandarin Orange</p>	<p><b>February 7</b> Shepherd Pie with Mashed Potatoes &amp; Veggies Green Beans <b>Birthday Cake</b></p>
<p><b>February 10</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple</p>	<p><b>February 11</b> Turkey Divan Broccoli Roasted Red Potatoes Cranberry Crunch</p>	<p><b>February 12</b> Beef Stew Boiled Potatoes/Carrots Biscuit Chilled Pears</p>	<p><b>February 13</b>  <b>CHEF'S CHOICE</b></p>	<p><b>February 14</b> <b>Happy Valentine's Day</b> Stuffed Shells with Marinara Meat Sauce Peas &amp; Onions Tossed Salad Garlic Bread <b>Valentine Day's Dessert</b></p>
<p><b>February 17</b> <b>Meal Site Closed</b> </p>	<p><b>February 18</b> Breaded Haddock Scalloped Potatoes Italian Blend Veggies Apricots</p>	<p><b>February 19</b> Apple n' Onion Chicken Sweet Potatoes Spinach Strawberry Shortcake</p>	<p><b>February 20</b> Chili/ Shredded Cheese Brown Rice Coleslaw Corn Bread Fruited Gelatin/Topping</p>	<p><b>February 21</b> Soup of the Day (at congregate sites only) Liver &amp; Onions Potato of the Day Scandinavian Veggies Brownie</p>
<p><b>February 24</b> Sweet &amp; Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Cup</p>	<p><b>February 25</b> Pork Chop/Applesauce Mashed Potatoes Green Beans Gingerbread/Topping</p>	<p><b>February 26</b> Macaroni &amp; Cheese Stewed Tomatoes Carrot/Raisin Salad Mandarin Orange</p>	<p><b>February 27</b> Turkey Pot Roast Cranberry Sauce Mashed Potatoes Brussels Sprouts Pineapple Up-side Down Cake</p>	<p><b>February 28</b> Spaghetti &amp; Meatballs Marinara Sauce Mixed Veggies Tossed Salad Fresh Fruit</p>
				

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 Jarrell @ 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  
HARRIET BUNKER – COORDINATOR OF SERVICES  
CINDY CABANA – SPECIALIST SERVICES FOR THE AGING  
ROSE-ANN O’ROURKE – AGING SERVICES ASSISTANT  
CECILY BURLINGAME – 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.warrencountyny.gov/ofa](http://www.warrencountyny.gov/ofa)

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