

**NEWSLETTER
FOR SENIORS**

January 2014



WARREN / HAMILTON
COUNTIES
OFFICE FOR THE AGING
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Lake George, N.Y.
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**GREATER GLENS FALLS SENIOR CITIZENS CENTER
380 Glen Street, Glens Falls**

e-mail: 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 February 12, 2014. Basket drawings at party on Monday, April 14, 2014 at 1:00 p.m.

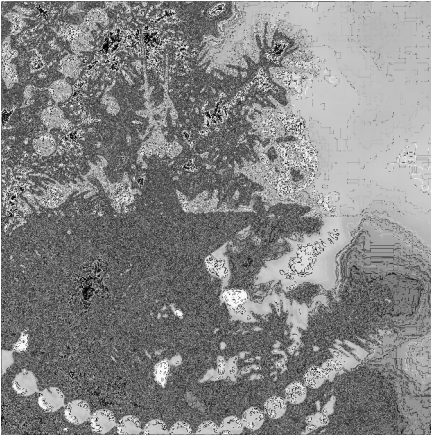
Basket forms are available on line or pick up at the Center.

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

THANK YOU!

10 INTERESTING FACTS

- 1. Chewing gum while peeling onions will keep you from crying.**
- 2. Bats always turn left when exiting a cave.**
- 3. Men's shirts have the buttons on the right, but women's shirts have the buttons on the left.**
- 4. The owl is the only bird to drop its upper eyelid to wink. All other birds raise their lower eyelids.**
- 5. When you blush, the lining of your stomach also turns red.**
- 6. The attachment of the human skin to muscles is what causes dimples.**
- 7. There are 1,792 steps to the top of the Eiffel Tower.**
- 8. The only 2 animals that can see behind itself without turning its head are the rabbit and the parrot.**
- 9. Large kangaroos cover more than 30 feet with each jump.**
- 10. If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural cause.**



How to Safely Make a Senior's House Merry and Bright

By [Anne-Marie Botek](#)

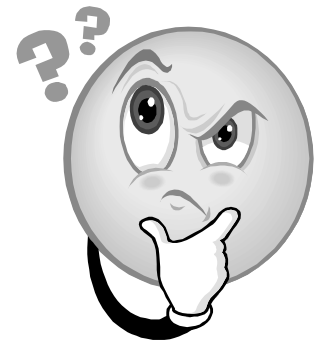
Helping an elderly loved one decorate their house, apartment, nursing home room, etc., for the holidays can help both of you get into the [holiday spirit](#). But, certain considerations should be taken into account to make sure their decorations don't become dangerous.

Here are a few tips to help you make your elderly loved one's [home merry and safe](#):

1. **Don't roast chestnuts on an open fire**-The holidays can be full of fire. Candles are used in some way for pretty much every religious celebration from Christmas to Kwanzaa, and fireplaces are used for everything from burning Yule logs to roasting chestnuts. But, open flames can be dangerous, especially to a senior who may forget to blow out a candle or won't be able to react quickly to an out-of-control fire. Use electric candles in lieu of flaming ones. For fire-free ambiance, turn the television on and flip around till you find the Yule log station. (During the holidays, there are usually several stations that show continuous, commercial-free video loops of burning fireplaces.)
2. **Oh, (fake) Christmas tree**-A fake, fire-resistant Christmas tree is the best way to go when decorating a senior's home or apartment. As their name suggests, these evergreens are less likely to catch on fire, and do not require the consistent watering that their live counterparts do. Also, certain apartment communities, nursing homes and hospitals don't allow real trees. To give a fake tree a more authentic smell, you can buy special pine-scented ornaments to place in strategic places on the tree.
3. **Hang stockings (and ornaments) with care**-Invest in safety hooks and shatter-proof ornaments to make trimming the tree and hanging decorations safer for all involved. You might also consider using bits of festive ribbon to hang things.
4. **Use caution when plugging in the Menorah**-Assuming you took the first tip to heart, you will be dealing with a good deal of electrical lighting during the holidays. Inspect all electrical wires to ensure that they aren't damaged or frayed. Look for the UL label to determine whether lights have been approved for indoor use, outdoors use, or both. It may also be prudent to put all lighted decorations on a timer. This is particularly important when decorating the home of a senior with Alzheimer's disease as they are more likely to forget to turn off the lights.

Including your elderly loved one in the decorating process is certainly an option. Just be sure to give them tasks that aren't too difficult, or potentially hazardous.

Whats New with HIICAP...



Medicare for 2014

Those of you who have been reading my column for the past 6 months know that I have been looking at Medicare, including long term care insurance, issues for 2013. Now that the Fall open enrollment period has ended it is time to turn our attention to 2014. So, what can we expect for Medicare in 2014?

First, news reports on the implementation of the Affordable Care Act (ACA) or “Obamacare” the news media calls it, will only increase 2014. It is important to remember that if you receive your health care coverage through Medicare or a Medicare Advantage Plan. Medicare is not connected to the newly created Health Insurance Marketplace so you do not replace your current coverage. This was true for 2013 and will remain true in the future.

Even though you do not get your Medicare through the ACA, as a result of this law you will save money this year and receive some additional services including:

- **Preventive Services.** Medicare now covers a number of preventive services, including a yearly “Wellness” visit to your primary care doctor, without any Part B coinsurance or deductible. Other more expensive procedures, such as mammograms and colonoscopies, are now also fully covered. Check your *Medicare and You* booklet for a full list of services.
- **The “donut hole” is getting smaller.** In 2014 if you fall into the so-called “donut hole” you will receive a 50% discount on your covered brand-name drugs. The donut will close completely in 2020.
- **Care coordination.** This year your doctor will probably talk to you about care coordinator. Physicians will be receiving additional resources to help make sure that everyone who is providing you care will all be working from the same records and improve the quality of the care you receive.

Extra help. Extra help refers to receiving help to reduce the cost of your Medicare Part B drug coverage. For 2014 the resource limits are \$13,300 for an individual and \$26,580 for a married couple living together. The value of your home, car and life insurance are excluded. Your annual income must be limited to \$17,235 for an individual and \$23,265 for a married couple. There are some exceptions that increase these income limitations. If you feel that you may be eligible for extra help contact the HIICAP program at (518) 761-6347. This could save you hundreds of dollars on your prescription drugs. If you receive extra help you do not have to wait for next year's open enrollment period, you can make a change in your drug plan as soon as you become eligible.

Ways to improve Medicare Part-D Prescription Drug plans. On December 4, 2013 Joe Baker, the President of the Medicare Rights Center testified before Congress on the ACA and ways to improve Medicare Advantage Plans. The Center is going to be lobbying for the following changes:

- Simplifying the often confusing Medicare Advantage plan selection and coverage rules;
- Improving the notices that you receive each year about changes in your Plan;
- Continuing to streamline and standardize Medicare Advantage plans to make the comparison between plans easier;
- Improving the appeals system; and
- More funding for independent counseling, including the HIICAP program.

It is expected that legislation will be introduced in Congress this year to address some or all of these proposals. If you think you would benefit and support any of these above suggestions let your elected representatives in Congress know how you feel.

Fraud and abuse. In New York State we continue to have criminals attempting to take advantage of older people who are confused by all the talk about Obamacare. Recently residents across the State have been receiving calls stating that because of the ACA they need to do something to maintain their Medicare coverage. All they need to do is provide caller (who says they are from Medicare) with some information, such as a Social Security number. Keep in mind the Federal Government and Medicare will not call you about Medicare. These fake calls are apparently coming from Canada and are scams to obtain your personal information. Do not give them any information. Hang up immediately and report the call to HIICAP program (518-761-6347) or to the Consumer Complaints hotline operated by the NYS Office of the Attorney General (1-800-788-9898).

Dr. William Lane is the owner of William Lane Associates, a gerontological consulting 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.

WINTER NUTRITION TIPS

Keeping the body well-nourished during the winter can be difficult, but it's crucial to prevent weight gain and ward off those pesky germs.

There are ways to avoid this weighty dilemma by serving highly nutritious, tasty food even when temperatures plunge below freezing.

Helpful tips include:

- **Fruits and vegetables** contain so many immune boosting properties that if we adhered to the recommended 5-9 servings a day, we would hardly ever get a cold.
- **Garlic** is a fantastic immune booster. It contains anti-bacterial, anti-inflammatory and anti-fungal properties.
- If you feel nasally and congested, **beets** are a magnificent decongestant. They nourish the blood and aid circulation.
- **Onions** are also a powerful aid in keeping healthy this winter. They are powerful when dealing with colds, headaches, constipation, nasal congestion, swelling, bruises and coughs. They also help with circulation.
- **Chicken soup** is a traditional fare in winter and has been found to help recover from colds. There has been research that has proven that it contains some compounds that clear congestion in the chest and back of the throat.
- Typically our throats suffer a lot in winter and **honey** is a wonderful natural remedy as it protects throat tissues and has an anti-bacterial action. Add it to hot tea or hot water with lemon.
- Remember also to drink lots of **water**, 2-3 liters per day. With all the extra insulation and central heating, our bodies can become excessively dehydrated
- It is also recommended to get out and **exercise** as daily activity will keep your heart and lungs healthy. 30 minutes of moderate activity a day will lead to an improved state of health and also improved mood. Make sure you are covered up well especially your head, feet, hands, neck
- This may not sound enticing, but cool or **cold showers**, or a cool rinse-off at end of showers, have proven highly effective in promoting better immunity to diseases by helping the body's internal thermostat adjust to external temperature changes. It is especially important to allow the cool water to hit the back of the neck. This has also helped in reducing migraines.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Sage Chicken Dumpling Soup

Makes: 8 servings Prep 30 mins Cook 18 mins



Ingredients

- **2** cups sliced fresh mushrooms
- **1** cup chopped onions
- **1** tablespoon olive oil
- **1/4** cup all-purpose flour
- **6** cups reduced-sodium chicken broth
- **1** 2 - 2 1/2 pound deli-roasted chicken, skinned, boned, and cut in chunks
- **2** cups frozen peas
- **1/2** cup pitted kalamata olives, halved
- **1** tablespoon lemon juice
- **1** teaspoon ground sage
- **1** recipe Buttermilk Dumplings
- Thinly sliced green onion (optional)
- Fried Sage Leaves (optional)

Directions

1. In 4-quart Dutch oven cook mushrooms and onions in hot oil over medium heat 6 to 8 minutes until liquid has evaporated. Stir in flour until combined. Add broth all at once; cook and stir until thickened and bubbly. Stir in chicken, peas, olives, lemon juice, and sage. Return to boiling.

2. Prepare Buttermilk Dumpling dough; drop dough, 1/3 cup at a time, onto boiling soup. Simmer, covered, 10 minutes or until toothpick inserted near centers comes out clean. To serve sprinkle with green onion and Fried Sage Leaves.

See Next page

Buttermilk Dumplings

Ingredients

- **2** cups all-purpose flour
- **1/2** teaspoon baking powder
- **1/4** teaspoon baking soda
- **1/4** teaspoon salt
- **1/4** cup sliced green onions
- **1** tablespoon snipped Italian parsley
- **1** cup buttermilk
- **2** tablespoons olive oil

Directions

1. In a medium bowl combine flour, baking powder, baking soda, and salt. Stir in green onions and parsley. Add buttermilk and olive oil; stir until moistened.

Nutrition Facts (Sage Chicken Dumpling Soup) Servings Per Recipe 8,

cal. (kcal) 367, Fat, total (g) 12, chol. (mg) 56, sat. fat (g) 2, carb. (g) 37, fiber (g) 4, pro. (g) 25, vit. A (IU) 243, vit. C (mg) 8, Folate (µg) 81, sodium (mg) 776, Potassium (mg) 352, calcium (mg) 61, iron (mg) 3,

Percent Daily Values are based on a 2,000 calorie diet

Fried Sage Leaves

Makes: 8 servings

Ingredients

- **1/4** cup olive oil
- **8** sage sprigs

Directions

1. Heat olive oil over medium heat. Add sage sprigs, 2 at a time. Cook until crisp for 30 to 60 seconds; drain.

presents...

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
Dbl: \$3199, Single: 3499, Triple \$3169



Pick-Up Lines & Comebacks

Did they just take you out of the oven? Because you're hot!

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If you were a new hamburger at McDonald's, you would be McGorgeous.

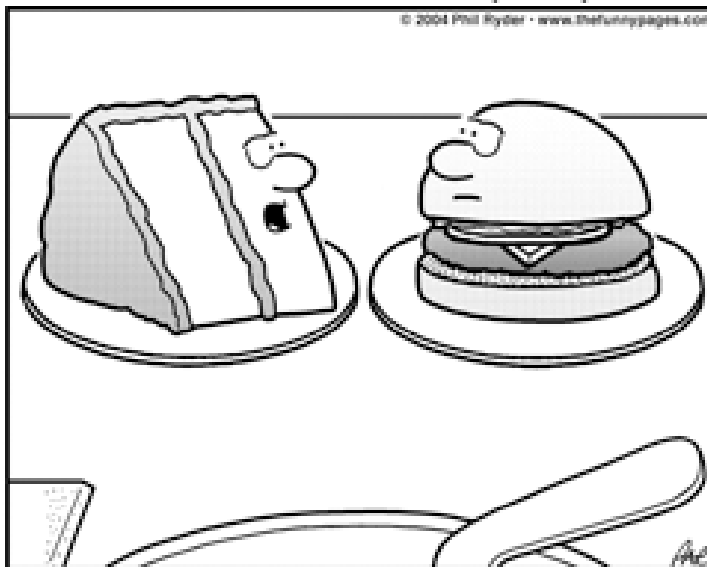
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Can I borrow a quarter? I want to call my mom and tell her I just met the girl of my dreams.

THE JOKE'S ON YOU

by Phil Ryder & YOU

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"Don't sweet-talk me! I saw you holding the pickle and the lettuce!"

- Trudy McConnell • Averagetown, USA



FAMOUS BIRTHDAYS!



3rd Mel Gibson
(Popular star of “Braveheart”
and “Lethal Weapon”)



7th Nicolas Cage
(Best Actor Academy Award (1995))



8th Elvis Presley
(The King of Rock n’ Roll)



15th Dr. Martin Luther King Jr.
(Civil Right leader “I Have a Dream”)



29th Oprah Winfrey
(Talk show host, actress)

Widely Observed New Year Symbols and Traditions

Resolutions: It is believed that the Babylonians were the first to make New Year's resolutions, and people all over the world have been breaking them ever since. The early Christians believed the first day of the new year should be spent reflecting on past mistakes and resolving to improve oneself in the new year.

Hogmanay (Scotland)

The birthplace of "Auld Lang Syne" is also the home of Hogmanay (hog-mah-NAY), the rousing Scottish New Year's celebration (the origins of the name are obscure). One of the traditions is "first-footing." Shortly after midnight on New Year's eve, neighbors pay visits to each other and impart New Year's wishes. Traditionally, First foots used to bring along a gift of coal for the fire, or shortbread. It is considered especially lucky if a tall, dark, and handsome man is the first to enter your house after the new year is rung in. The Edinburgh Hogmanay celebration is the largest in the country, and consists of an all-night street party.

Oshogatsu (Japan)

The new year is the most important holiday in Japan, and is a symbol of renewal. In December, various *Bonenkai* or "forget-the-year parties" are held to bid farewell to the problems and concerns of the past year and prepare for a new beginning. Misunderstandings and grudges are forgiven and houses are scrubbed. At midnight on Dec. 31, Buddhist temples strike their gongs 108 times, in an effort to expel 108 types of human weakness. New Year's day itself is a day of joy and no work is to be done. Children receive *otoshidamas*, small gifts with money inside.

Spain

The Spanish ritual on New Year's eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year.

The Netherlands

The Dutch burn bonfires of Christmas trees on the street and launch fireworks. The fires are meant to purge the old and welcome the new.

Greece

In Greece, New Year's day is also the Festival of St. Basil, one of the founders of the Greek Orthodox Church. One of the traditional foods served is Vassilopitta, or St Basil's cake. A silver or gold coin is baked inside the cake. Whoever finds the coin in their piece of cake will be especially lucky during the coming year.

United States

Probably the most famous tradition in the United States is the dropping of the New Year ball in Times Square, New York City, at 11:59 P.M. Thousands gather to watch the ball make its one-minute descent, arriving exactly at midnight. The tradition first began in 1907. The original ball was made of iron and wood.

Volunteer Birthdays!

Jackie McCann – Jan 1st

James O'Hara – Jan 3rd

Ann Blanchard – Jan 8th

Frank O' Keefe – Jan 14th

Nick Orsini – Jan 16th

Robert Moore – Jan 21st

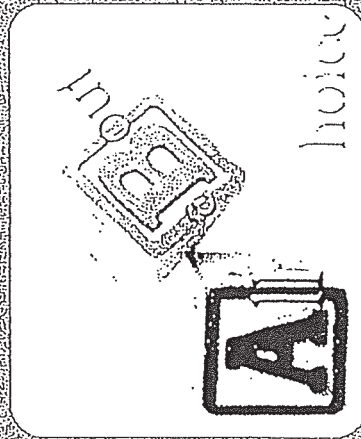
Mary Smith – Jan 21st

Don Bernhoft – Jan 26th

Robert Dalaba – Jan 27th

Turning You Inside Out

- ◆ Shift Gears: Listen to your life.
- ◆ Pay attention to what ignites your passion and give you energy vs. what drains, distracts and irritates you.
- ◆ Choose to follow what you hear.
- ◆ Finding your energy is as easy as ABC: it's All About Choice!



*Create a brand
new you!*

Copes & Cures for the Holidaze and Beyond

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It's about people.



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It's about people.

10 Hawthorne Road
Lake George, NY 12845

Phone/Fax: 518-761-1220

E-mail: gamel@hamelresources.com

Just the Facts

We all have things in our own lives to cope with on top of taking care of everyone else's issues. And just when it seems like it couldn't possibly get more stressful.....along come the "holidayze!"

The demand from those in need becomes even more demanding not to mention all of the additional tension that this time of year can bring to many of us personally.

We must take a step back and ask ourselves—not just at this time of year but always—when working with clients who are dealing with life's most difficult challenges, who takes care of YOU?

If we don't take care of ourselves first, it is impossible to offer our best to others.

Remember.....the best techniques are those that are the easiest to use. Taking control of yourself will help you to be a healthier, happier and more pleasant person to be around. What better way is there to help others!

Stressful Facts

- ◆ Stress shortens lives.
- ◆ Stress accelerates the aging process.
- ◆ Stress contributes directly to cancer, heart disease, obesity, hypertension, arthritis, diabetes, etc.
- ◆ Stress costs Americans at least \$300 billion a year in treatment and lost productivity.

Morning Copes and Cures: A Wake Up Call

- ◆ Sooth your wake up call:
- ◆ Take three (3) deep breaths and smile before you let your feet hit the floor.
- ◆ Begin each day with peace and gratitude.
- ◆ Self massage your face and scalp.
- ◆ Have something inspirational at your bedside.

ASK YOURSELF:

- ◆ How can I bring more peace to my morning routine?
- ◆ Do I choose gratitude over grumpiness?
- ◆ Can I take a few quiet moments?

Morning Copes and Cures: Shower Power

- ◆ Water mesmerizes and calms us.
- ◆ Water is alive and full of oxygen and minerals.
- ◆ Singing makes us happy.
- ◆ Aromas bring us peace.

ASK YOURSELF:

- ◆ Is my shower area inspiring?
- ◆ How can I use this time to revitalize?

GIVE YOURSELF:

- ◆ The opportunity to release negative emotions and events.
- ◆ Time to sing.
- ◆ Favorite scented soaps and shampoos.
- ◆ At least 3 times a day to connect with water.

Mid Day Copes and Cures

- ◆ Humor
- ◆ Take a mental break
- ◆ Choose your attitude
- ◆ Walk and sit tall
- ◆ Make a Bummer Buster list and use it

Nighttime Copes and Cures

- ◆ Turn off the television.
- ◆ Say three "gratitudes."
- ◆ A warm washcloth.
- ◆ Linen spray and/or candles.
- ◆ Shower Power.
- ◆ Go to bed: if all else fails.

Weekend Copes and Cures

- ◆ Chore Busters
- ◆ Plan at least one fun activity.
- ◆ Free stuff.

**BED BATH &
BEYOND**

10 Hawthorne Road
Lake George, NY 12845

Phone/Fax: 518-761-1220

E-mail: gamel@hameiresources.com



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.greaterglensfallsseniorecenter.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

Thurs-1/2	Christmas Child workshop	1:00 p.m.
Mon-1/6	Good Books Club-discussing " <i>House at Riverton</i> "	1:00 p.m.
Tues-1/7	Wood Tea Company DVD-folk music	1:00 p.m.
Wed-1/8	Red Cross emergency tips program	1:00 p.m.
Thurs-1/9	Coffee, Cake and Conversation-come one-come all	1:00 p.m.
Mon-1/13	One Stroke Painting Class-Cost: \$15, complete project	12:30 p.m.
Tues-1/14	" <i>Name That Tune</i> "-with Gil Dannenberg	1:00 p.m.
Wed-1/15	Singing Group	1:00 p.m.
Thurs-1/16	Lunch Bunch-Samantha's Café-11 Broad Street	12:00 p.m.
Tues-1/21	Film/Popcorn-"42"-Jackie Robinson story	1:00 p.m.
Wed-1/22	Winter Lunch-Cost:\$7-sign up by January 21	12:00 p.m.
Mon-1/27	Special Bingo-prizes, lots of games	1:12 p.m.
Tues-1/28	Michigan Rummy-board games	1:00 p.m.
Wed-1/29	Blood Pressure/Blood Sugar screening	8:30-9:30 a.m.
Wed-1/29	Newsletter Mailing	1:00 p.m.
Thurs-1/30	Racino trek-\$6-call by January 22	9:15 a.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.

Call Center for pricing and information on the upcoming trips and events!

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: _____

Find the Snow words from the bottom in the Snow 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 Snow word may be used in more than one word. **When the Snow word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Snow fact.**



Snow Word Search Puzzle

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

BLIZZARD	SNOW FORTS
COLD	SNOWBALLS
DRIFTS	SNOWBANK
FLURRY	SNOWMAN
FROZEN	PLOW
ICE CRYSTALS	STICKY
PACKED	SUB-ZERO
POWDERY	UNIQUE
SHOVEL	WHITE
SLIPPERY	

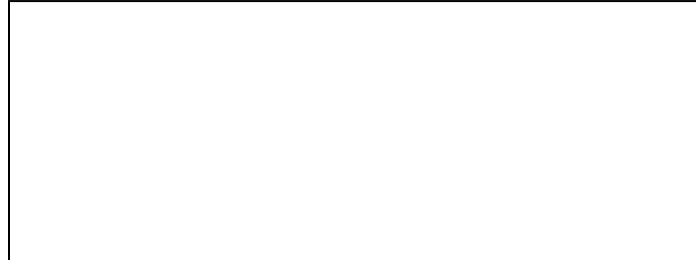
January 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>January 1</p>  <p>Meal site Closed</p>	<p>January 2</p> <p>Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad Garlic Bread Mixed Fruit Cup</p>	<p>January 3</p> <p>Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch</p>
<p>January 6</p> <p>Breaded Haddock Scalloped Potatoes Brussels Sprouts Tropical Fruit Cup</p>	<p>January 7</p> <p>Apple n' Onion Chicken Sweet Potatoes Green Beans Mandarin Orange</p>	<p>January 8</p> <p>Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day</p>	<p>January 9</p> <p>Chicken Stir-Fry Brown Rice Oriental Veggies Fresh Fruit</p>	<p>January 10 Cold Plate</p> <p>Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Gingerbread/Topping</p>
<p>January 13</p> <p>Quiche of the Day Mixed Veggies Muffin of the Day Pears</p>	<p>January 14</p> <p>Ground Beef And Gravy Mashed Potatoes Winter Squash Chilled Peaches</p>	<p>January 15</p> <p>CHEF'S CHOICE</p>	<p>January 16</p> <p>Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake</p>	<p>January 17</p> <p>Spaghetti & Meatballs Marinara Sauce Peas & Onions Tossed Salad Birthday Cake</p>
<p>January 20</p>  <p>Meal site Closed</p>	<p>January 21</p> <p>Juice of the Day Chicken & Biscuit Scandinavian Veggies Chilled Pineapple</p>	<p>January 22</p> <p>Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Baked Beans Mandarin Orange</p>	<p>January 23</p> <p>Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Pumpkin Bar</p>	<p>January 24</p> <p>Roast Pork Loin/Gravy Potato of the Day Winter Squash Apple Crisp</p>
<p>January 27</p> <p>Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots</p>	<p>January 28</p> <p>Pork Chop/Applesauce Roasted Red Potatoes Spinach Chilled Pears</p>	<p>January 29</p> <p>Meatloaf/Gravy Mashed Potatoes Green Beans Peach Cobbler</p>	<p>January 30</p> <p>Lemon Baked Fish Au gratin Potatoes Italian Mixed Veggies Pudding of the Day</p>	<p>January 31</p> <p>Macaroni & Cheese Stewed Tomatoes Carrot/Raisin 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 @ 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
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Web site- 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

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