

March 2014



**NEWSLETTER
FOR SENIORS**

WARREN / HAMILTON
COUNTIES
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Queensbury Senior Citizens Present...
Tech Savvy Workshop Series



Tuesday
March 25th
10 -11 am

Instructor - Dave Legg

Tablets 101

Please preregister
workshop is free

- Introduction to tablets
- Is a tablet or a laptop right for you?
- Basic navigation instruction on android based tablet
- Tablet capabilities
- Brief overview of various tablets on the market
- How to choose the best one for your needs.
- Bring your tablet and follow along if you have one.



Wellness Workshop



“Healthy Skin”

Learn how to protect & promote healthy skin as you age

Tuesday March 18th 10am -11am
with Karen Brooks, RN, MSN

Program Director Wound Healing Center Glens Falls Hospital



Class fee \$3 - Fun giveaways included

Reserve your spot by Tuesday, March 11th for \$10.00

Humor Shared Among Caregivers is Therapeutic



As I visited with a friend and her mother who had mid-stage Alzheimer's, her mother abruptly stood, held out her hand, and said to me, "You can go now." Since I'd been forewarned that this may happen and I'd been around people with dementia for years, I wasn't offended. My friend and I both managed not to laugh. I simply agreed with her mom and said that, indeed, it was time for me to be off, as there was much to do. I thanked her for the lovely visit and left.

My friend and I have since shared a number of chuckles over this incident. Are we wrong to find our amusement where we can get it? I don't think so. We aren't laughing at her mom who was – and is – a lovely person. We're laughing at a situation that, if we examine it too closely, would simply bring more tears. [Alzheimer's disease](#) not only affects one's memory. It affects judgment as well as social filters. People with Alzheimer's are often extremely blunt, saying what they are feeling at the moment.

We laugh so we won't cry

We caregivers must cope with difficult decisions. We're continually coping with the knowledge that our loved one has a devastating, and in the case of dementia, irreversible disease. The stress from providing care day in and day out can be enormous.

Though we may be emotionally shredded by the changes in our loved ones' physical and often mental health, we soldier on daily trying to help them maintain some quality in their lives. This can drain us of energy and devour our time to where we have little left to give to our friends, so those who don't understand the challenges caregivers face often [drift away](#).

Other caregivers understand our stress and our attempts at humor. While a non-caregiver may think my friend and I were laughing at her mom, a caregiver instinctively knows why we are laughing and the love and pain behind our laughter.

During the years that several of my loved ones lived in a nearby nursing home, often I'd find myself walking out the door with others who had family members living in the

facility. We'd frequently ask one another how we were doing and how our loved ones were feeling.

Occasionally, our brief chats were accompanied by sorrow and perhaps [a good cry](#), but nearly always there was laughter, as well. The laughter was wry and tinged with pain, yet cathartic. It was aimed at an ugly disease or illness that was slowly destroying a loved one. The only alternate relief for us would seemingly be tears, and most of us had shed buckets of tears already. Empathetic laughter was what we had left.

Some people may find it strange that we didn't want sympathy. What we wanted and needed was empathy – that shared fellowship from people who know what we are feeling without our having to explain it. Empathy was often expressed by a hug or a smile, but just as often it was expressed by a story that was humorous only to those of us who'd been humbled by the unique demands of caregiving.

Humor with our care receiver can be good for us all

Sharing humor with our aging loved ones who are mentally sharp but physically challenged can be cathartic for both parties. There are also stages in dementia care when humor can still be a way of bonding with our loved one. The caveat here is that we must know the person we are kidding well enough to understand what will encourage a smile or laugh without causing hurt feelings.

One amazing CNA who was my dad's primary caregiver had a fantastic sense of humor. Her laughing voice could be heard coming from resident's rooms half way down the hall. And believe me, the residents were laughing, too. If my dad was in any condition to laugh, Sandy could get him going. She knew just the right time to kid him in ways that I, as his daughter, would never dare. Sandy has a gift with elders and she's now become a nurse in a dementia unit. She'll have my gratitude forever for the lift that her sense of humor gave my dad.

The first sentence in the well-known book "The Road Less Traveled," written by the late M. Scott Peck, is this: Life is difficult. Indeed it is. If not for our human ability to often find humor in even difficult situations, life could be very dreary for many of us.

Studies have shown that if we laugh even when we don't feel happy, our body signals our brain to be happier and more peaceful. Our vital signs improve, as well. Laughter doesn't always signal a light heart, but it can make the unbearable more bearable. Just make sure the laughter is kind laughter and that you are laughing with people, not at them. If you keep that in mind, you should find some humor in most days and be healthier for it.

HAMILTON COUNTY

Long Lake is offering a
Defensive Driving class

Saturday May 3rd 9am - 3:30pm

@

Long Lake Town Hall
1204 Main St
Long Lake NY

\$35 per person

Space is LIMITED

For questions and to pre register, contact

Parks & Recreation

518-624-3077

VOLUNTEER BIRTHDAYS! VOLUNTEER BIRTHDAYS!

Eve Parker 1st

Sue Lund 1st

Peter Jasinski 14th

Frank Barron 17th

Sarah Husa 20th

Jody Meyer 24th

Marty Shangraw 26th

John Beebe 29th

If I missed any Birthdays for this month I apologize, if you would like your name in the Newsletter for your birthday please let me know!

Joke of the month!

off the mark by Mark Parisi
www.offthemark.com



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NYS EPIC CONTINUES TO PROVIDE DRUG COVERAGE FOR IT'S MEMBERS FOR 2014!

For 2014, EPIC continues to provide expanded drug coverage for those enrolled in Medicare Part D drug plans throughout the year. This results in additional savings for members to purchase needed medications.

EPIC members must be enrolled in a Medicare Part D drug plan in order to receive benefits. EPIC provides secondary prescription coverage for Medicare Part D and EPIC covered drugs after any Medicare Part D deductible is met. Additionally, EPIC also covers many Medicare Part D excluded drugs. EPIC copayments continue to be \$3, \$7, \$15 and \$20 based on the cost of the drug.

EPIC has two plans: the EPIC Fee and Deductible Plans. Lower income members will pay an annual fee for coverage and will pay EPIC co-payments for drugs. Higher income members must meet an annual EPIC deductible before paying EPIC co-payments for drugs.

For many seniors, it is less expensive to enroll in EPIC and Medicare Part D than just Medicare Part D alone. EPIC pays the Part D drug plan premiums up to \$37.23 per month in 2014 for members with incomes up to \$23,000 single or \$29,000 married. Higher income members are responsible for paying their Medicare Part D premiums but will receive Part D premium assistance in the form of a reduced EPIC deductible.

It is easy to join EPIC. Senior citizens must be a NYS resident, 65 years of age or older, have annual income below \$35,000 single or \$50,000 married, be enrolled in a Medicare Part D drug plan and not receiving full Medicaid benefits. Senior citizens may apply for EPIC at any time during the year even if they do not have a Medicare Part D Plan. When eligible seniors become EPIC members, they will receive a Special Enrollment Period from Medicare allowing them to join a Medicare Part D drug plan. If a person has union or retiree benefits, they should contact their benefit office to see if they are eligible to join a Part D drug plan.

For an application or more information, please call the toll-free EPIC Helpline at 1-800-332-3742 Monday through Friday from 8:30 AM to 5:00 PM or visit the EPIC website at www.health.ny.gov and click on *EPIC for Seniors* on the left side of the page. Seniors - Join now to start saving on drug costs!

Warren County Office for the
Aging will coordinate with
surrounding counties the
annual Ombudsman Volunteer
training on

Fridays, April 11th, 25th, May 2nd, 9th, and 16th

@

the Red Cross in Albany.

Anyone interested in becoming an Ombudsman
Volunteer must complete a New York State
36 hour training program. Volunteers
serve as a voice for residents of nursing
homes, assisted living and adult care
facilities. If interested please contact:
Harriet Bunker, Ombudsman Coordinator at
Warren County Office for the Aging
761-6347.

761-8224



745-4439

Storybook Gardens



The Capital District's 26th Annual Garden & Flower Show

with Italian lunch at Lo Porto's Ristorante
Friday March 21st 11:00am - 5pm

Enjoy a hot full course lunch at Lo Porto's Ristorante Cafe in down town Troy. Then proceed to the Hudson Valley Community College for an early glimpse at spring. You'll see fully blooming flowers exploding with color in over 17,000 square feet of creatively designed landscape exhibits including waterfalls & ponds. Take in the luscious fragrance from the first flowers of the season in over 100 floral arrangements by the area's most talented floral designers. There is also a Marketplace with 150 retail exhibits.

Cost \$57 Deadline: Friday Feb. 28th

"Gypsy" at the Capital Rep

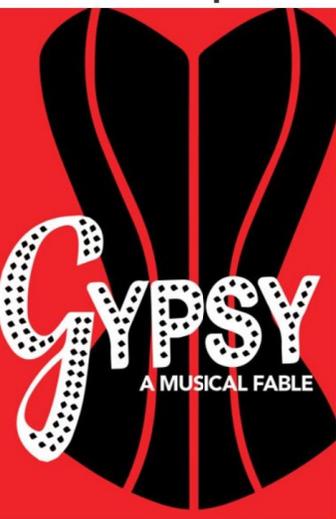
Day Trip Wed. April 2nd
9am - 5pm



10:30am Performance
with lunch to follow at Jacks Oyster House
& Step on Guide City Tour

Immortal lyrics from the Broadway hit often saluted as the greatest musical of all time! A rags to riches story of ugly duckling, Louise, the tomboy who rose to national fame as Gypsy Rose Lee: the entertainment queen who put class into Burlesque. This thrilling musical brought together three greats of the American Theater - Arthur Laurents, Jule Styne and Stephen Sondheim that created unforgettable characters and a musical score that includes "Let Me Entertain You", "Everything Is Coming Up Roses", "Some People", "Together Wherever We Go", "If Mama Was Married", and more. All brought to you as only Capital Rep can deliver - up close and personal!

Cost \$69



Includes Lunch, transportation, theater ticket
& one hour guided city tour

Famous Birthdays!

1st Mark-Paul Gosselaar –
Zack from Saved by the bell



6th Shaquille O'Neal-Basketball

22nd Reese Witherspoon-
Actress in many films including
“walk the line”



25th Elton John – Rock ‘n’ Roll
Legend

28th Reba McEntire-
Famous singer and Actor



Paying for Long Term Care and the Importance of Planning

Needing long term care is something none of us want to think about. So, most of don't until we need some kind of assistance. The majority of care, upwards of 70%, is provided by what we refer to as the informal network of family, friends and neighbors. While we usually think of this as "free" care it is not free. Children care for their older parents by taking time off from work, giving up holidays and vacations and making other sacrifices. While almost all do it because they want to help, it is still not without cost.

But, what happens when our needs exceed the capacity of this informal network? Who will provide this needed care? And, who will pay?

The first step in the process is contact Warren-Hamilton Counties NYConnects. The Director will do what is referred to as options counseling. Options counseling can be thought of as an informal assessment of the person's situation and a clear explanation of the various options for receiving care. If it is determined that some kind for formal care long term care may be necessary the next step is to have a formal assessment. With or without Medicaid, NYConnects will arrange for a Patient Review Instrument (PRI) Screen. These screens are generally administered by someone in your physicians office. A PRI is required by law and is valid for 30 days. A PRI determines the level of care you need and where that care needs to occur, either at home or in some type of facility.

What type of long term care is needed and available? Long term care is a general term that refers to a range of services and supports you may need to meet your personal care needs. Most of this care is nonmedical in nature, including personal care such as bathing and dressing or some activities of daily living such as assistance with housework and managing your medications. These tasks can be carried out by aides from a home health agency but many are completed by the informal network. If you are eligible for either Medicaid or EISEP you also have the option of hiring your own home care attendants through the consumer directed option. Now, how do you pay for this care? Your options for payment are:

- Medicaid
- Long term care insurance
- Self-pay
- Medicare (limited benefits that must follow a three day hospital stay)

- Some combination of the above

Long term care insurance has been viewed as an excellent option, especially the NY State Partnership policies. However, as I outlined in an article in the July, 2013 issue of this newsletter, there are a number of emerging problems with long term care insurance policies. If you have already purchased a policy you are protected. But, if you are retired and looking to purchase a policy the costs of a new policy are prohibitive for most people.

While many people assume that Medicare will pay for long term care, as has been discussed in previous articles it has limited home care and nursing home benefits. The benefits provided for home care and nursing home care must be connected to the discharge from a hospital stay. The Medicare long term care benefits are really designed to cover rehabilitation costs in a facility or at home for a few weeks.

Self-pay is always an option and many older people are forced to use this method. However, because of the high costs of nursing home care in particular older people “spend down” their resources and become Medicaid eligible fairly quickly. The period of time is certainly longer if you are talking about home care, especially when you have family caregivers involved. In the Northeastern region of New York, the average cost of a nursing home is \$303 per day or \$110,544 per year. Even this is an over estimate for Warren County it gives us a idea of the costs.

So, you can see from the above why Medicaid the most common way of paying for skilled nursing home care. Most people end up paying for long term care through a combination of methods. We begin receiving care at home with family help. As the need for more assistance develops those without long term care insurance (the vast majority of older people) pay out of pocket. Many look to assisted living facilities which can provide an excellent alternative. According to the NY State Insurance Department, costs range from \$1,500 to \$3,500 a month across the state.

The moral of this story is to plan ahead. For those of use who are beyond age 65 it is a conversation we need to have with our children about how they will pay for their long term care needs in the future.

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.

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.

NEW MEMBERS WELCOME

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

SOME OF THIS MONTH'S HIGHLIGHTS

Mon-3/3	Good Books Club- <i>"Girl In Translation"</i> by Sean Kwok	1:00 p.m.
Tues-3/4	Michigan Rummy/board games-refreshments-winter fun	1:00 p.m.
Wed-3/5	Special Bingo-large cards-transportation	1:15 p.m.
Thurs-3/6	Diabetes seminar-Blue Shield sponsored	1:00 p.m.
Mon-3/10	One Stroke Art Class-Cost: \$15, all materials provided	12:30-2 p.m.
Tues-3/11	Irish Splendor Trip information	1:00 p.m.
Wed-3/12	Film/Popcorn- <i>"Parental Guidance"</i>	1:00 p.m.
Thurs-3/13	Lunch Bunch at Recovery Grill	12:00 p.m.
Mon-3/17	St. Patrick's Day lunch-call to register	12:00 p.m.
Tues-3/18	Memory games-challenging-refreshments	1:00 p.m.
Thurs-3/20	Coffee and Conversation-lots of topics to cover	1:00 p.m.
Mon-3/24	Writing interest group-share, bring some of your work	1:00 p.m.
Mon-3/24	Senior Theater Workshop begins-call for information-held at Wood Theater	1-3 p.m.
Tues-3/25	Victorian Tea favor workshop	1:00 p.m.
Wed-3/26	Racino Trip-call immediately with player card number-\$6 gas donation	9:00 a.m.
Mon-3/31	Defensive Driving class-call to register- AARP members \$20/non members \$25	9 a.m.-5 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/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: _____

(Picture of previous
Year basket display)



GREATER GLENS FALLS SENIOR CITIZENS CENTER

PRESENTS: VARIETY BASKET RAFFLE

7 TICKETS FOR \$5.00

Stop in to view the baskets and buy tickets

9 a.m. –4 p.m. M-F

Baskets on display-February 18-April 14

Drawing will be held at the Basket Party with refreshments

on

Tuesday, April 14, starting at 1 p.m.

Need not be present to win

Over 40 baskets to choose

Something for everyone!

**Proceeds help support the programs, services and transportation
we provide Seniors in our Community!**

Located at :380 Glen Street, Glens Falls

Phone: 793-2189

On the web at <http://www.greaterglensfallsseniorcenter.com>

e-mail:agreaterglensf@nycap.rr.com

St. Patrick's Day

Customs and Traditions

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship.

Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, bishop of Auxerre. His wishes were to return to Ireland, to convert the native pagans to Christianity.

Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish country to Christianity.

His mission in Ireland lasted for thirty years. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.



March National Nutrition Month: Create healthy meals combining taste and nutrition

**"Enjoy the Taste of Eating Right"
is the theme for National Nutrition Month® 2014.**

Consumer research confirms that **taste** tops nutrition as the main reason why one food is purchased over another.

Tips and ideas on how to add taste to food while keeping it nutritious.

Use Spices to Add Calorie-Free Flavor to Food - Your spices should be fresh to get maximum impact, so buy them in small amounts, label with a date, and discard and replace after one year. There are a huge variety of herbs and spices available, so experiment with unusual spices from different cultures or different combinations to create new tastes. Dry herbs and spices carry more flavor than fresh. Use this guide when following a recipe: ¼ teaspoon powder = ¾ teaspoon dried = 2 teaspoons fresh

Keep Lemons Around - They zest up almost any dish, without any calories. Stock up when they're on sale and freeze the zest and juice for up to 6 months: pare the rind and freeze in strips, and freeze the juice in ice cube trays..

Vegetable Broth - To cut calories when sautéing vegetables, chicken or fish, replace some of the oil with vegetable broth. Pair one tablespoon of oil with one tablespoon broth as needed. You'll add flavor without calories and fat! Vegetable broth can also be used as a low-calorie way to flavor mashed potatoes or mashed cauliflower dishes. Choose the low-sodium variety to help keep salt intake in check.

Calories: 1 per ounce (vegetable broth only)

Flavored Vinegars - Flavored vinegars are a fun, fresh way to add sweetness without calories. Most people stock white, balsamic, cider and/or red wine vinegars in their cabinets, but you can get more creative and elegant with a port or champagne vinegar as a base for pasta salads, marinades, coleslaw and regular salad greens. **Calories:** 5 per tablespoon

Sautéed Onions and Garlic - To add rich flavor to plain veggies, sauté two teaspoons finely diced onions and one teaspoon garlic with a teaspoon of olive oil or cooking spray. Then add fresh chopped veggies, like broccoli, green beans, snow peas, peppers, spinach and more. These flavor-packed vegetables are delicious as a side dish or can be mixed with 1 cup of whole grain pasta or quinoa. **Calories:** 9 (onions and garlic combined)

Veggies, Veggies, Veggies - Those bright and colorful vegetables add aesthetic appeal to your dish, are packed with important vitamins and minerals, yet contribute few calories. Use chopped vegetables to replace some of the meat in all types of recipes such as soups, stews, casseroles, and meat loaf.

Cinnamon - This versatile spice is perfect when you need a bit of a sweeter flavor without adding calories. Add cinnamon to your coffee, oatmeal, vanilla or plain yogurt, or sprinkle it over nuts to make your standby snack taste more like dessert. [Some research](#) suggests cinnamon has anti-inflammatory benefits, cardiovascular benefits and possible cholesterol-lowering benefits. **Calories:** 2 per teaspoon

Baked Cauli-Tots



[Save](#) [Print](#)

Cheesy, crispy, so amazingly good that they'll easily replace those other tots as your family's favorite side dish.

Serves: Makes 24 tots

Ingredients

- 3 c (about half of a head) shredded cauliflower (see Note)
- 4 oz. (about 1 c) shredded sharp cheddar cheese
(I used Cabot 50% Light Sharp Cheddar)
- 1 egg
- ¼ c cornmeal
- 1 tsp kosher salt
- a few grinds black pepper
- ½ tsp ground mustard

Instructions

1. Preheat your oven to 400°F. Spray a mini muffin tin with oil or cooking spray.
2. Place the shredded cauliflower in a kitchen towel and squeeze out the excess moisture.
3. Combine all of the ingredients in a large bowl, and mix together thoroughly. I like to use a fork.
4. Using a spoon or scoop, divide the mixture between the muffin cups and press down firmly into the cups.
5. Bake at 400°F for 15-20 minutes, or until golden brown.

Notes : I use the shredding blade on my food processor to shred the cauliflower. You can use the stems as well, not just the florets, since it is all being shredded and mixed together.

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

Adopted By: [WordPress Recipe Plugin by EasyRecipe](#)

Chunky Pot Roast-Portobello Soup



Ingredients

- 2 ½** pounds of boneless beef chuck pot roast
- ¼** cup of all-purpose flour
- 1** teaspoon of dried thyme, crushed
- ½** teaspoon of ground black pepper
- 2** tablespoons of olive oil
- 1** cup of chopped onion (1 large)
- 3** cloves garlic, minced
- 3** cups of lower-sodium beef broth
- 1** cup of dry red wine, such as burgundy
- 3** tablespoons of tomato paste
- ½** teaspoon of salt
- 16** ounces of fresh baby portobello mushrooms, halved
- ¾** cup of coarsely chopped red sweet pepper (1 medium)
- Snipped fresh Italian parsley

Directions

- 1.** Trim fat from meat. Cut meat into 1-1/2-inch pieces. In a plastic bag combine flour, thyme, and black pepper. Add meat, a few pieces at a time, shaking to coat. In a large skillet heat 1 tablespoon of the oil over medium-high heat. Add half of the meat; cook about 5 minutes or until meat is brown. Transfer meat to a 4-quart slow cooker. Repeat with the remaining meat and the remaining 1 tablespoon oil, adding onion and garlic for the last 3 minutes of cooking. Transfer meat mixture to the cooker. Stir in broth, wine, tomato paste, and salt.
- 2.** Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 4 to 5 hours.
- 3.** If using low-heat setting, turn to high-heat setting. Stir in mushrooms and sweet pepper. Cover and cook for 30 minutes more. Sprinkle each serving with parsley.

Find the St. Patrick's Day related words in the St. Patrick's Day word search puzzle grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one St. Patrick's Day word. When the St. Patrick's Day word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn 2 interesting St. Patrick's Day facts. Note that sometimes smaller words can be found in larger words or phrases, so be careful.

St. Patrick's Day Word Search

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

BISHOP	MAEWYN
CELEBRATE	MARCH
CHRISTIAN	PARADE
CLOVER	PATRICK
GREEN	PRAYERS
GOLD	SAINT
HOLIDAY	SEVENTEENTH
IRELAND	SHAMROCK
IRISH	SNAKES
LUCK	TRINITY

March 2014

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 3 Juice of the Day Chicken & Biscuit Italian Mixed Veggies Chilled Pineapple	March 4 Spanish Rice Broccoli Corn Bread Tropical Fruit Cup	March 5 Ash Wednesday Lemon Baked Fish Au gratin Potatoes Mixed Veggies Mandarin Oranges	March 6 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Apple Crisp	March 7 Brunch Quiche of the Day Spinach Muffin of the Day Rice Pudding
March 10 Shepherd Pie with Mashed Potatoes & Corn Brussels Sprouts Chilled Apricots	March 11 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Pears	March 12 Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Birthday Cake	March 13 Chicken & Stuffing Casserole Sweet Potatoes California Medley Strawberry Shortcake	March 14 CHEF'S CHOICE
March 17 St. Patrick's Day Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 18 Creamy Chicken Casserole Long Grain & Wild Rice Broccoli Fruited Gelatin	March 19 Beef Stroganoff over Noodles Scandinavian Veggies Chilled Peaches	March 20 Pork Chop/Applesauce Roasted Red Potatoes Peas & Onions Fresh Fruit	March 21 Cold Plate Tuna salad on a Bun Pasta Salad Coleslaw Spice cake
March 24 Sloppy Joe/Bun Steamed Asparagus Corn Tropical Fruit Salad	March 25 Turkey Divan Broccoli Potato of the Day Cranberry Crunch	March 26 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	March 27 Stuffed Shells with Marinara Meat Sauce Italian Mix Veggies Tossed Salad Garlic Bread Tropical Fruit Cup	March 28 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
March 31 Baked Lemon Chicken with Mushroom Sauce Sweet Potatoes Peas & Onions Mandarin Orange		MARCH IS NATIONAL NUTRITION MONTH		

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

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