

April 2015

**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:

CHRISTIE SABO - DIRECTOR

CINDY ROSS - FISCAL MANAGER

HARRIET BUNKER - COORDINATOR OF SERVICES

CINDY CABANA - SPECIALIST SERVICES FOR THE AGING

HANNA HALL - AGING SERVICES ASSISTANT

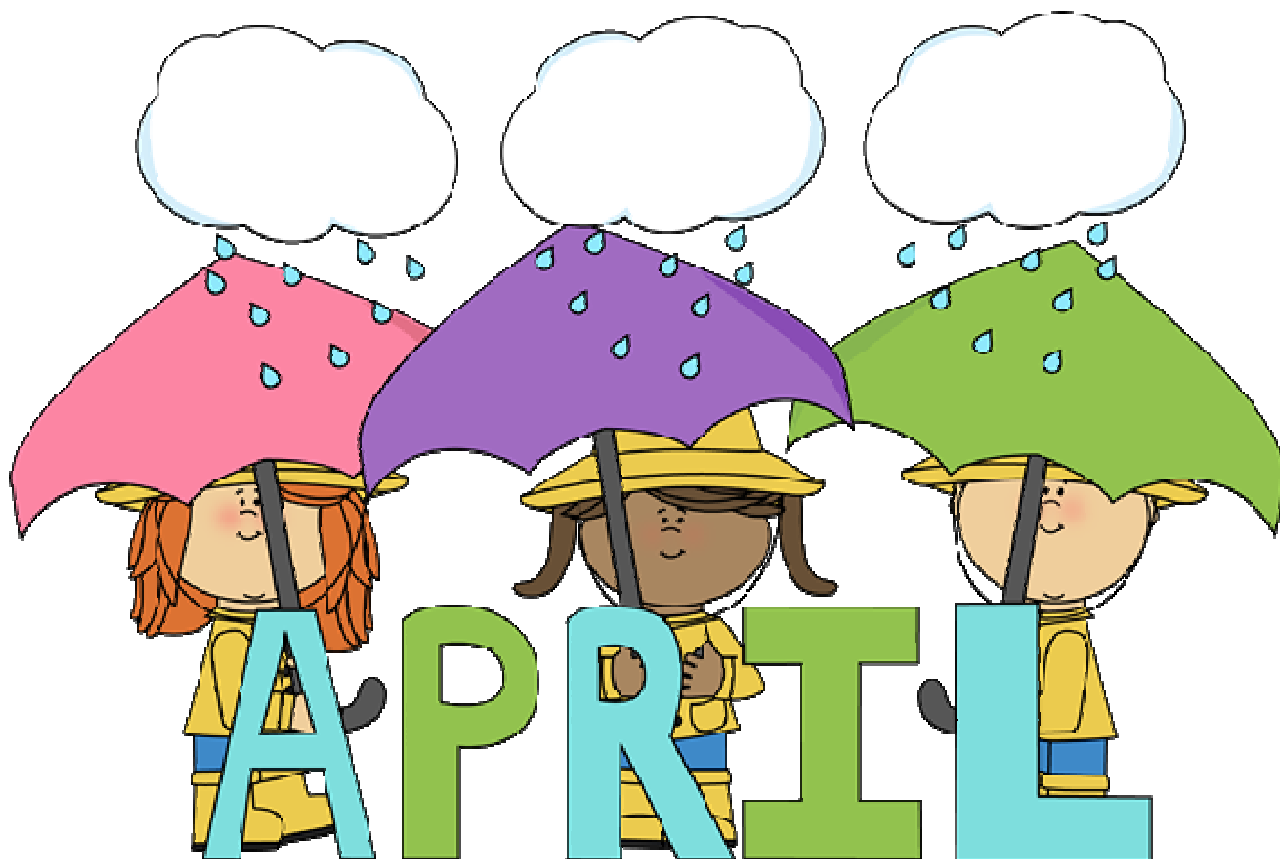
ROSE-ANN O'ROURKE - COORDINATOR OF NUTRITION SERVICES

KAYLA JARRELL - COORDINATOR OF VOLUNTEERS / "NEWSLETTER"

CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN - POINT OF ENTRY COORDINATOR FOR NY CONNECTS

NANCY ROSEN - RECEPTIONIST



**Newsletters are now available online at
www.warrencountyny.gov/ofa/newsletters.php**

Please contact Susan Dornan to be added to our email list.

(518) 761-6347 or dornans@warrencountyny.gov

OFA HIGHLIGHTS

Updates from NY Connects: Choices for Long Term Care

Caring for Ourselves: Caregivers join together to support each other, share ideas and concerns in this group facilitated by Susan from Warren-Hamilton Counties Office for the Aging or Dianne from High Peaks Hospice:

Friday, April 3 11am-noon at The Conkling Center, 79 Warren St, Glens Falls w/Susan

Thursday, April 9 5:30-6:30pm at High Peaks Hospice, 79 Glenwood Ave, Qsby w/Dianne

Friday, April 17 11am-noon at The Conkling Center, 79 Warren St, Glens Falls w/Susan

Thursday, April 23 5:30-6:30pm at High Peaks Hospice, 79 Glenwood Ave, Qsby w/Dianne

For information on planning ahead for your long-term care needs, contact Susan at NY Connects at 1-866-805-3931.

AMANDA'S HOUSE IS NOW OPEN !

Amanda's House provides a temporary home for patients and their families who have traveled a distance of about 50 miles to be treated at Glens Falls Hospital or other facilities within a five-mile radius of Amanda's House. There is no charge to stay at Amanda's House.

FOOD FOR YOU

Would you like to spend less on food? If your monthly income is less than \$1945. and you're over age 60, or have daycare expenses, or are a person with a disability, then you are eligible for SNAP benefits. If you'd like more information, please call and we'll be happy to help answer your questions. "Food Stamps" eligibility and application now online at: mybenefits.ny.gov

SPOUSAL MEDICAID

Did you know? Federal law protects spouses of nursing home residents from losing all their income and assets to pay for nursing home care for their spouse. When one member of a couple enters a nursing home and applies for Medicaid, his or her eligibility is determined under "spousal impoverishment" rules. This makes sure that the spouse still at home will have the money needed to pay for living expenses by protecting a certain amount of the couple's resources, as well as at least a portion of the nursing home resident's income, for the use of the spouse who is still at home.

ADULTS NEED VACCINES TOO

DO YOU KNOW WHAT YOU NEED?

Are you 19 years and older?

Here are some vaccines you may need

Tdap

MMR

Zoster (shingles)

Hepatitis B

Flu

If you are a Health Care Worker or thinking about travel you may need additional vaccines

Warren County Public Health

has immunization clinics, including programs to assist those whose insurance does not cover Zoster and MMR

Call 761-6580 for information and appointments

Become an

Ombudsman Volunteer

Contact Harriet Bunker

761-6347

SUBSTITUTES NEEDED

Warren/Hamilton County
Office for the Aging Meal Sites

Contact Rose Ann O'Rourke

(518)761-6347

Volunteers

Needed

Meals on Wheels

&

Transportation
Programs

Contact

761-6347

Whats New with HIICAP. . .

Medicare Observational Status: Knowing your Rights by William C. Lane, Ph.D.

“Did you know even if you stay in a hospital overnight, you may still be considered an “outpatient”? Your **hospital status** (whether the hospital considers you an “inpatient” or “outpatient”) affects how much **you pay** for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

You’re an **inpatient** starting when you’re formally admitted to a hospital with a doctor’s order. The day **before** you’re discharged is your last inpatient day.

You’re an **outpatient** if you’re getting emergency department services, observation services, outpatient surgery, lab tests, X-rays, or any other hospital services, and the doctor **hasn’t** written an order to admit you to a hospital as an inpatient. In these cases, you’re an outpatient even if you spend the night at the hospital.

Note: Observation services are hospital outpatient services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may be given in the emergency department or another area of the hospital.

The decision for inpatient hospital admission is a complex medical decision based on your doctor’s judgment and your need for medically necessary hospital care. An inpatient admission is generally appropriate when you’re expected to need 2 or more midnights of medically necessary hospital care, but your doctor must order such admission and the hospital must formally admit you in order for you to become an inpatient.”

(The above is quoted directly from CMS Product No, 11435. See <https://www.medicare.gov/Pubs/pdf/11435.pdf>) for the full document.

What does all of this mean for the patient and why is it important? In order for Medicare to pay for rehabilitation or nursing home care after you leave the hospital you must have been officially **admitted**. Even when a patient stays overnight or even several days in the hospital, it doesn’t mean the patient was ever officially admitted. There have been several high profile cases in the Capital District where someone spent several days in the hospital only to find that the rehabilitation they needed following discharge wouldn’t be covered by Medicare. Lawsuits are still pending.

What must the hospital do? The hospital must present the patient with a hospital-issued Notices of Non-Coverage (NINNs) in order to shift the payment responsibility from Medicare to the patient. What the hospital is saying is they have determined your stay was not “medically necessary” and therefore there was no need to admit you as a patient. This notice can be presented to the patient at the time of “admission” or at anytime prior to discharge. If the patient doesn’t receive an NINN they shouldn’t be held responsible for post-discharge costs normally covered by Medicare.

What can the patient do? On the NINN form there is a number for Livanta, Inc. (866-815-5440). They have a contract with the Centers for Medicare and Medicaid Services (CMA) in New York State to handle appeals. Since they are a new contractor, many of these forms still have the number for former contractor (IPRO). The patient or the caregiver (advocate) has 30 days from the patient’s “admission date” to call Livanta for assistance.

If the appeal to IPPRO is not made within 30 days, the hospital bill should be submitted to Medicare for payment even though the hospital has said Medicare will not pay for the charges. If Medicare denies payment, an appeals process can be initiated to challenge this denial.

If you or a family member is on Medicare and you have any questions about observational status or NINN appeals, call the Warren/Hamilton Counties Offices for the Aging at (518) 761-6347 for assistance.

New York State Seeks Recommendations to the White House Conference on Aging

Here's your chance to share your ideas for a better path to retirement security, healthy aging, long term services & supports and elder justice in New York State.

The New York State Office for the Aging, the Association on Aging in NY and AARP have partnered to seek input from New York's Aging Services Network by way of a survey based on four themes established by the White House Conference on Aging: Retirement Security, Healthy Aging, Long Term Services & Supports and Elder Justice.

Responses can be made by individuals or an organization.

The White House Conference on Aging is dedicated to identifying and advancing actions to improve the quality of life for older Americans. Viewed as a catalyst for development of aging policy over the past 50 years, the White House Conference on Aging has generated ideas and the momentum to establish new initiatives and key improvements in many of the programs that represent America's commitment to older Americans including: Medicare, Medicaid, Social Security, and the Older Americans Act.

New York's input is critical. That's why we're asking the aging services network, caregivers, elders, and anyone with an interest in aging issues, to provide input via an electronic survey.

There are four surveys on each of the four themes:

**Retirement Security
Healthy Aging
Long Term Services and Supports
Elder Justice**

Please note that when you take the survey you do not need to respond with suggestions in all four sections but you respond only to those areas in which you have the most interest.

Survey responses will become the subject of a solutions-based white paper on behalf of New York State that will be presented to the White House Conference on Aging. The link below will take to a page which explains the Conference in much more detail and give you access to the survey.

<http://www.agingny.org/WhiteHouseConferenceonAging.aspx>

**Participate today! Provide input for this year's
White House Conference on Aging.**

THE FUN

3rd Alec Baldwin

6th Merle Haggard

7th James Garner

25th Renee Zellweger

29th Michelle Pfeiffer

Famous Birthdays



3rd Nancy Wilson

6th Evelyn Casella

7th Bernice Mennis

25th Lance Vanderwalker

29th Peter Trumbull

OUR OFA

Volunteer



Birthdays

CENTER

Sudoku

Easter Word Search Puzzle

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

EASTER WORD LIST

APRIL	EASTER SUNDAY
BASKET	EGG HUNT
BUNNY	GOOD FRIDAY
CANDLES	HOLIDAY
CELEBRATION	HOT CROSS BUNS
CHOCOLATE	LILY
CHRISTIAN	LONG WEEKEND
CHURCH	MARCH
COLORED EGGS	RESURRECTION
CRUCIFIXION	SPRING

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

FLOWERS

EROS

A Y S P N

I S D A Y

E I O L T V

Answer:

JOKES

What flowers grow on faces?

Tulips (Two-lips)!

What do you call a flower loving country run by automobiles?

Car nation.

ANSWERS: rose, pansy, daisy, violet, lavender



Glens Falls Senior Center

SENIOR CEN

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....

Kim Bren, 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

Wed-4/1	Special Bingo-variety of configurations, refreshments	1:00 p.m.
Thurs-4/2	Shirt Factory Tour-Lawrence Street-explore many shops	1:00 p.m.
Mon-4/6	Good Books Club-discussing "The Lowland" by Jhumpa Lahiri	1:00 p.m.
Tues-4/7	Lunch and Learn at YMCA-Sign up ASAP to order lunch	12:00 p.m.
Wed-4/8	Rite Aid information program	1:00 p.m.
Thurs-4/9	Lunch Bunch at Phat Chicks, Hudson Falls-sign up ASAP	12:00 p.m.
Mon-4/13	One Stroke Art Class-Cost: \$15, call to sign up	12:30 p.m.
Mon-4/13	Golf League Meeting-new and veteran golfers welcome	1:00 p.m.
Tues-4/14	Tea Favors Workshop-stop in and help	1:00 p.m.
Wed-4/15	Film/Popcorn-"The Jersey Boys"	1:00 p.m.
Thurs-4/16	Basket Raffle Party-drawing for 49 baskets	1:00 p.m.
Mon-4/20	Grandparents Rights Program	1:00 p.m.
Wed-4/22	Shingles Vaccine Clinic	1:00-2:30 p.m.
Thurs-4/23	Wildlife Bird Program	1:00 p.m.
Mon-4/27	Defensive Driving Class-Call to register	9 a.m.-5 p.m.
Thurs-4/30	Victorian Tea-Cost: \$8-call to sign up	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- 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 with Sam Ling-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: New Orleans, British Landscapes. 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 INC.-BASKET RAFFLE

THANK YOU ALL WHO DONATED BASKETS

Drawing: Thursday, April 16, 2015 Beginning at 1:00 PM-need not be present to win

TICKETS 7 for \$5.00

TER NEWS



Reserve Your Tickets Now For...
"PIPPIN" At Proctors
Thursday May 28th @1:30

Join us for this magical, unforgettable production the New York Times declared "Astonishing! A Pippin for the 21st Century." The 2013 Tony Award winner for BEST Musical Revival is back for the first time since it thrilled audiences 40 years ago. With a beloved score by Tony nominee Stephen Schwartz (Godspell, Wicked) Pippin tells the story of a young prince on a death-defying journey to find meaning in existence. Will he choose a happy but simple life or will he risk everything for a singular flash of glory. Pippin features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics!

Cost \$67pp
 For Admission & Transportation



Shelburne Museum & Dakin Farm
Wed. May 6th

Cost \$66

After a cooped up winter enjoy a stroll at your own pace amidst the beautiful grounds of Shelburne Museum in May. Visit the buildings of the most interest to you or join a guided tour of the museums highlights. From Impressionist & American Paintings, to a restored turn of the century steamship, a one room school house, a covered bridge, an apothecary, a restored carousel, a 3500-piece 3-ring circus, a quilt exhibit, photography exhibit and so much more
\$15 lunch voucher for café included.

Deadline 4/15

British Landscapes

featuring England, Scotland and Wales

October 3rd - 12th 2015



10 days (12 meals 4 dinners)
 Round Trip Air & Transfers

Highlights

London City Tour with theater option, Visit Oxford, Overnight Castle Stay in Wales, English Lake District, William Wordsworth's home town of Grasmere England, Edinburgh Castle, Medieval City of York, Shakespear's birthplace Stratford-upon-Avon, Ann Hathaway's thatch-roofed cottage, Stonehenge, Cotswolds Region and so much more!

Melissa Pagnotta - Travel & Activity Director
melissa@seniorsonthego.org (518) 745-4439

Queensbury "Seniors On The Go" present...

Ottawa & Thousand Islands

June 8th -12th 2015



Full Itinerary available at the Queensbury Center
 Reserve your seat now! Passports required for travel or enhanced drivers license.

Cost \$594pp dbl \$25 Deposit due with registration
 Final Payment by April 14th.

***Call Melissa for further information 745-4439**

Travel Insurance flyers available at the Queensbury Center.
 \$59pp - Basic plan \$79pp - Enhanced *based on dbl. occupancy.
 Sign up for insurance by calling 1 (800) 388-1470 within 14 days of deposit.
 Tell them you are traveling with Queensbury Senior Citizens and White Star Tours.



Room still available!
 Call now!

Package Includes:

(3) Nights Lodging in Ottawa,
 (1) Night Thousand Islands,
 (3) Dinners, (4) Breakfasts,
 Guided Tour of Ottawa,
 Tour of Parliament Hill,
 Visit to Colorful Byward Market,
 Canadian Museum of Nature,
 Thousand Island Sightseeing Cruise
 Boldt Castle & Casino du Lac Leamy.
 Luggage Handling, Taxes & Meal
 Gratuities. Motorcoach Transportation.
 Driver & Guides not included.
 Travel Insurance is available.

10 Days - 12 Meals: 8 Breakfasts / 4 Dinners

Book Now

see please note section for details

Double **\$3,699**

Single \$4,349 Triple **\$3,669**

Regular rates:

Double **\$3,899**

Single \$4,549 Triple **\$3,869**

Day 1 Overnight flight
 Days 2, 3 London, England
 Day 4 North Wales
 Days 5, 6 Edinburgh, Scotland
 Day 7 York, England
 Day 8,9 Starford-Upon-Avon, England

Included in Price: Round-trip air from Albany plus transfers

Not included in price: Travel insurance premium or gratuities for guides and driver

* All Rates are Per Person and are subject to change

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make final payment
 Your price is not subject to increase after you make full payment, except for charges or increases in government imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund.

Tuscan Lemon Muffins

Using ricotta cheese ensures a light and fluffy texture while resulting in a moist and delicious muffin. Enjoy these lemony treats for breakfast or a sweet snack.

Yield: 12 servings (serving size: 1 muffin)

Total: 29 Minutes

Ingredients

- 7.9 ounces all-purpose flour (1 3/4 cups)
- 3/4 cup granulated sugar
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup part-skim ricotta cheese
- 1/2 cup water
- 1/4 cup olive oil
- 1 tablespoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 large egg, lightly beaten
- Cooking spray
- 2 tablespoons Turbinado ** sugar

Preparation

1. Preheat oven to 375°.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 3 ingredients (through salt); make a well in center. Combine ricotta and next 5 ingredients (through egg). Add ricotta mixture to flour mixture, stirring just until moist.
3. Place 12 muffin-cup liners in muffin cups; coat with cooking spray. Divide batter among muffin cups. Sprinkle Turbinado sugar over batter.

Bake at 375° for 16 minutes or until a wooden pick inserted in center comes out clean.

Cool 5 minutes in pan on a wire rack.

**** Popular name for this sugar is
“sugar in the raw.”**

Nutritional Information Amount per serving Calories: 186,
Fat: 6.2g, Protein: 4g, Carbohydrate: 29.5g, Fiber: 0.6g,
Cholesterol: 21mg, Iron: 1mg, Sodium: 160mg

Adopted By: Cooking Light

7 Ways to Downsize Your Portions

One of the best ways to reduce calorie intake, and ultimately lose weight, is to reduce your food portion sizes.

Research shows that people have a tendency to eat more when they are presented with larger portions. It's as if we're still programmed to follow mum's advice to *clean our plates*.

The problem with this is that **portion sizes have increased significantly in the past 20 years**, particularly if you eat out frequently.

According to the National Institute of Health, the average blueberry muffin today contains about 500 calories. Twenty years ago, it would have contained 210... **wow!**

Typical pizza slices have ballooned from 500 calories in the 1980s, to 850 calories today.

It's no wonder obesity has become such an epidemic.

So many invisible factors cause us to eat more than we want. Here, easy-to-remember tips for becoming "portion aware."

So, here are 7 ideas to downsize your portion sizes:

1. Drink water before each meal
2. Reduce your plate size
3. Eat slowly
4. Don't eat from the package
5. Don't eat in front of the television or computer
6. Choose smaller portions
7. Eat nutrient rich foods

It's a matter of teaching yourself to become more *mindful* about your eating habits, and eating just enough to feel satisfied, but no more.

The bonus is that eating mindfully helps you get more enjoyment from your meals, without feeling like you're making a huge sacrifice.

Adopted By: dietrebel.com

Spicy Turkey Burgers with Pickled Onions

Spicy Southwest flavors pair with sweet and tangy pickled red onions to create a standout turkey burger. If you're used to having your burgers made of beef with plenty of melted cheese on top, don't worry. You won't be disappointed. Serve with corn on the cob and sweet potato fries.

4 servings | Active Time: 35 minutes | **Total Time:** 35 minutes

Ingredients

Spicy Turkey Burgers with Pickled Onions

- Pickled Onions
- 1 cup red-wine vinegar
- 2 tablespoons packed brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1 small red onion, halved and very thinly sliced

Burgers

- 1 pound 93%-lean ground turkey
- 2 tablespoons chopped fresh cilantro
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground chipotle pepper, (see Note)
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 1 teaspoon canola oil
- 4 whole-wheat buns, split
- 8 teaspoons reduced-fat mayonnaise

Preparation

- ⇒ To prepare pickled onions: Whisk vinegar, brown sugar, salt and all spice in a medium glass bowl. Cover and microwave on High until the mixture boils, 2 to 3 minutes. (Alternatively, bring the mixture to a boil in a small saucepan on the stove.) Add onion and toss to coat.
- ⇒ To prepare burgers: Preheat grill to high. Place turkey in a medium bowl and gently mix in cilantro, cumin, ground chipotle, salt and all spice until distributed throughout the meat. Form the mixture into 4 patties. Brush with oil.
- ⇒ Grill the burgers until cooked through and no longer pink in the center, 3 to 4 minutes per side. Toast buns on the grill, if desired.
- ⇒ Drain the onion, discarding the marinade. Spread 2 teaspoons mayonnaise on each bun; top with a burger and pickled onions.

Nutrition

Per serving :308 Calories; 12 g Fat; 3 g Sat; 1 g Mono; 65 mg Cholesterol; 30 g Carbohydrates; 26 g Protein; 4 g Fiber; 738 mg Sodium; 150 mg Potassium **Exchanges:** 2 starch, 3 lean meat



Tips & Notes

Note: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

Adopted By: *EatingWell*

April 2015

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Suggested contribution \$3 per meal.	April 1 Eggplant Parmesan Spaghetti/Marinara Sauce Broccoli Spice Cake/Topping	April 2 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert	April 3 Good Friday Lemon Baked Fish Roasted Red Potatoes Mixed Veggies Tropical Fruit Cup
April 6 CHEF'S CHOICE	April 7 Swedish Meatballs Over Noodles Scandinavian Veggies Peach Cobbler	April 8 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	April 9 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit	April 10 Meal Site Closed  Staff Training Day
April 13 Breaded Haddock Augratin Potatoes Japanese Veggies Pudding	April 14 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	April 15 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	April 16 American Goulash Tossed Salad Asparagus Apricots	April 17 Cold Plate Chicken Salad on Bed of Romaine Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Berry Crisp
April 20 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	April 21 Meatloaf Mashed Potatoes Mixed Veggies Strawberry Shortcake	April 22 Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	April 23 Cold Plate Citrus, Turkey, and Spinach Salad Marinated Veggies Muffin of the Day Birthday Cake	April 24 Stuffed Shells with Marinara Meat Sauce Scandinavian Veggies Fresh Fruit
April 27 Salisbury Steak Potato of the Day Broccoli Sliced Pears	April 28 Baked Fish Scandia Orange Rice Pilaf Italian Veggies Pineapple Upside Down Cake	April 29 Sloppy Joes on a Bun Summer Squash & Zucchini Corn Mandarin Orange	April 30 Cold Plate Chef Salad -(Turkey/Ham/ Swiss Cheese/ Lettuce) Fresh Tomato salad Brownie	

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;	Cedars-832-1705;	cedars@warrencountyny.gov	Chestertown-494-3119
Indian Lake; 648-5412;	Johnsburg-251-2711;	Lake Luzerne; 696-2200	
Lake Pleasant-548-4941;	Long Lake-624-5221;	1st Presb. Church GF -832-1705	
Solomon Hgts Qby -832-1705	Warrensburg-623-2653;	Wells-924-4066	