
March 2015

WARREN COUNTY STAFF:

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CINDY CABANA – SPECIALIST SERVICES FOR THE AGING

HANNA HALL – AGING SERVICES ASSISTANT

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KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / "NEWSLETTER"

CATHERINE KEATING - STAUCH-REGISTERED DIETITIAN / MENU

SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NY CONNECTS

NANCY ROSEN — RECEPTIONIST

DINAH KAWAGUCHI—PART TIME TYPIST

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*



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

Please contact Kayla Jarrell to be added to our email list.

(518) 824-8824 or jarrellk@warrencountyny.gov

Newsletter for Seniors

OFA HIGHLIGHTS

Updates from NY Connects: Choices for Long Term Care

CapTel: Captioned Telephone Contact Kassey Granger at 681-9445 with questions about installation. This is now FREE for all VETERANS !



Thursday, March 12 Warren County Public Health needs volunteers to assist during 4-6pm with an emergency preparedness exercise. You would not be there for 2 hours; just long enough to get “registered” for the mass antibiotic dispensing exercise. We need your help! Please call Dan Durkee at 761-6580 for information or to pre-register. We need at least 500 people so please help us if you have a bit of free time on this date.

Do you ever find yourself feeling alone, anxious, sad, or emotionally distressed? Rose House has a Peer-run Support Line serving Warren & Washington Counties. They also offer short-term respite in Glens Falls for 1-5 days for anyone over 18 in crisis. You can reach them at 518-502-1172.

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. Following are the dates for upcoming meetings so you can plan ahead:



Wednesday, March 4 11am-noon at The Glens Falls Home, 79 Warren St, Glens Falls w/Susan
Thursday, March 12 5:30-6:30pm at High Peaks Hospice, 79 Glenwood Ave, Qsby w/Dianne
Wednesday, March 18 11am-noon at The Glens Falls Home, 79 Warren St, Glens Falls w/Susan
Thursday, March 26 5:30-6:30pm at High Peaks Hospice, 79 Glenwood Ave, Qsby w/Dianne

Friday, April 3 11am-noon at The Glens Falls Home, 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 Glens Falls Home, 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 for your long-term care needs, contact Susan at NY Connects at 1-866-805-3931.



Join us Thursday March 19

Please join us for the Washington, Warren, and Hamilton Counties Long Term Care Council’s luncheon meeting at Warren County Human Services Building. We will talk about progress made and what topics we would like to focus on in 2015. Civic engagement, faith communities, housing, transportation, Home care, and preparing for emergencies are some of our ideas...and we are interested in your ideas! The meeting is open to anyone interested in making a difference in our communities.

For more information or to reserve your space, contact Susan Dornan, NY Connects Coordinator at 1-866-805-3931. Reservations are necessary and due by Friday, March 13.

Volunteers Needed

Meals on Wheels & Transportation Programs

Contact **Kayla Jarrell**
761-6347



Presented by Critical Needs Now ICW, NY Celebrates Women - International Women's Day 2015

Based on the *New York Times* bestseller
by MARY LOU QUINLAN

the GOD BOX

A Daughter's Story

What if
the only way to
hold on...
is to
let go?

★★★★★
"A beautiful play with a heart
full of love behind it"
- BRITISH THEATRE GUIDE

MARCH 7 • 7:00 PM
Riggi Theater at the National
Museum of Dance
99 South Broadway Saratoga Springs, NY

Tickets \$40 (includes copy of the book)
Call: 518.812.6886 or
on the web:
www.nycelebrateswomen.com

Book signing reception
immediately following show.

Proceeds benefit
CODE BLUE SARATOGA

theGodBoxProject.com

Performed by MARY LOU QUINLAN Directed by MARTHA WOLLNER

Do you need a little help around the house? Have some small repair projects that need attention? Southern Adirondack Independent Living Center {S.A.I.L} is here to help. Our new STAY at Home Project connects you with skilled handy-people to assist you with home safety and maintenance projects and at an affordable price! Our goal is to assist you in remaining safe and independent in your home, neighborhood, and community for as long as you desire.

For a small, annual buy-in fee, and reduced hourly rates, members can access home-based services including; simple repairs, small painting and carpentry projects, home safety inspections, grocery shopping, light housekeeping, and lawn and garden care.

All of our contractors and handy-people have been interviewed and screened so that homeowners can feel safe and secure with the people they invite into their homes and SAIL staff members are there throughout the process to address your questions and concerns.

If remaining independent is your priority and if you'd like the convenience and the security of having a longstanding and valued community-based organization helping you to find the help you need, SAIL is here for you!

Support for individuals 55+ and/or those living with disabling conditions.

Target consumers who want to remain safe and independent in their homes.

Assist people in meeting the challenges of maintaining their homes.

Year-round support from experienced and reliable handy-people.

For more information call S.A.I.L 792-3537

Whats New with HIICAP. . .

Cars, Trains, Planes and Cruises: Using Medicare when you Travel

William C. Lane, Ph.D.

One of the benefits of retirement is the ability to travel on a schedule based on your own preferences and not on the rules set by your employer. Probably the last thing most of us think about when we travel is our Medicare coverage. But, unforeseen emergencies can arise while we are on vacation. What do we need to consider in terms of health care before we leave on that dream vacation?

Will my Medicare work for me if I become ill out of New York State? If you have Original Medicare it should be accepted by any provider in the 50 states, the District of Columbia, Puerto Rico, the territories of the U.S Virgin Islands Guam, American Samoa and the Northern Mariana Islands.

What if I travel outside the United States and its Territories? If you travel to a foreign county Original Medicare will usually not cover your care with the exception of a few limited cases:

If you are traveling through Canada on a direct route, and without unreasonable delay, between another state (including Alaska) and the closest hospital is in Canada you should be covered. However, Canadian and other foreign hospitals are under no obligation to file a Medicare claim so you may be asked to pay for the care and file the claim yourself.

If you are in need of treatment in either Canada or Mexico and the foreign hospital is closer than the nearest U.S. hospital available and equipped to treat your medical condition, you should be covered. If you are in the US and a foreign hospital is closer than the US hospital you may be taken across the border for emergency care and be covered by Original Medicare.

What if I am on a cruise ship and need medical care? Original Medicare will cover you on a cruise ship if you are within U.S. territorial waters. In U.S. territorial waters means that the ship is in a U.S. port or within six hours of arrival or departure from such a port. The ship doctor is allowed, under certain laws, to provide care while you are onboard. Given the problems that have been reported in recent years on cruise ships always check with the cruise line and/or your travel agent about purchasing travel insurance for the cruise.

What if I have a Medicare Advantage Plan?

Medicare Advantage Plans are built on a network of providers so your plan may not cover you while you travel in the U.S. with the exception of emergency or urgent care. If you regularly spend time outside of the area, for example several months in Florida every winter, make sure the plan you choose will cover your needs. Be sure you understand the rules on out-of-network coverage.

If I have a supplemental insurance plan, such as a Medigap plan, will that cover my foreign travel? Many Medigap plans will cover up to 80 percent of the cost of emergency care abroad during the first two months of a trip. Usually there will be a \$250 deductible and a lifetime limit of \$50,000 for coverage. Again, check with your plan about their policies. If you regularly travel outside the U.S. you will want to factor this in when choosing supplemental coverage.

What if I need to get a prescription refilled?

The rules that apply to Original Medicare and Medicare Advantage Plans also apply to Part D plans. When traveling be sure to take extra medications with you. If you need to obtain an early refill or additional medications check with your pharmacist for help before leaving .

What steps should I take before I travel to make sure that I am covered?

If you have Original Medicare and you are traveling within the coverage areas described above you should be covered for emergency or urgent care.

If you have a Medicare Advantage Plan check with your plan before any travel outside the provider network to make sure you are covered.

Consider purchasing travel insurance to pay for emergency care. If you are traveling outside the US you may choose to purchase travel insurance. But, not all travel insurance plans cover medical care so it is important that you purchase the proper coverage. Some credit cards also offer travel insurance. Consult your travel agent, insurance agent and/or credit card company about such coverage. Also, the Warren/Hamilton Counties HIICAP program can offer you assistance in making sure you are covered on your next trip.

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.

Dementia and the Thermostat



[Marlis Powers](#), Blogger

Caregiver for husband with dementia, writer

Charlie and I live in New Hampshire. If you have been following the news you will know this is one of New England's snowiest, coldest winters in recorded history.

I always retire for the night between 10:00 and 11:00 p.m. Charlie, because he sleeps in until 1:00 to 3:00 p.m., turns in much later.

The last thing I tell him when I go to bed is, "Do not touch the thermostat."

Unfortunately, he sometimes forgets that he is not to touch it, and sets out to "close down the house" before he retires. Old habits die hard.

I awoke this morning with my nose and toes freezing. When I checked the indoor-outdoor thermometer I learned it was minus 18 degrees outside and 55 degrees in the house. The wind was blowing, making the chill factor around minus 30 degrees.

I immediately looked at the furnace thermostat and discovered Charlie had not only turned it down to 58 degrees, but had also turned on the air conditioning fan. Needless to say, I lost my cool in more ways than one.

I went to his room and made him get out of

bed at 8:00 a.m. so that he could appreciate what it felt like to exist in a house that cold. He had no recollection of touching the thermostat. So we just laughed and said, "The mouse must have done it." That's my usual reaction when things mysteriously happen around here, rather than laying the blame on Charlie.

We were lucky the water pipes didn't freeze.

It's now 2:00 p.m. and the house has finally reached a comfortable temperature, but my dilemma is, how do I prevent this from happening again?

The only solution I can come up with is to place a large sign around the thermostat with big red letters saying DO NOT TOUCH! But given his mental state, I'm not sure this will mean anything to Charlie.

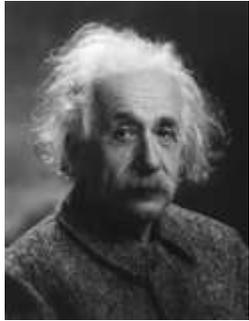
The alternative is for me to start keeping his crazy hours and tucking him in before I go to bed. That is not going to happen.

The other night he tried to change the TV channel after I went to bed. The result was that the TV cable and Netflix systems were really messed up. It took me some time (and much frustration) to get them working again.

Anything that requires a little technical know-how is completely baffling to Charlie, but he doesn't know what he doesn't know. He is always fiddling with things, something he was always very good at and took pride in doing well. So far he has not tried tinkering with the car. That would be the last straw.

As it is, I am thinking about advertising him on eBay. Any takers?

Famous **THE FUN** Birthdays



4th Albert Einstein-
Genius Formulated the
theory of relativity



19th Bruce Willis – Actor in many
movies including “Die Hard”



25th Elton John –
Rock ‘n’ Roll Legend

Volunteer Birthdays

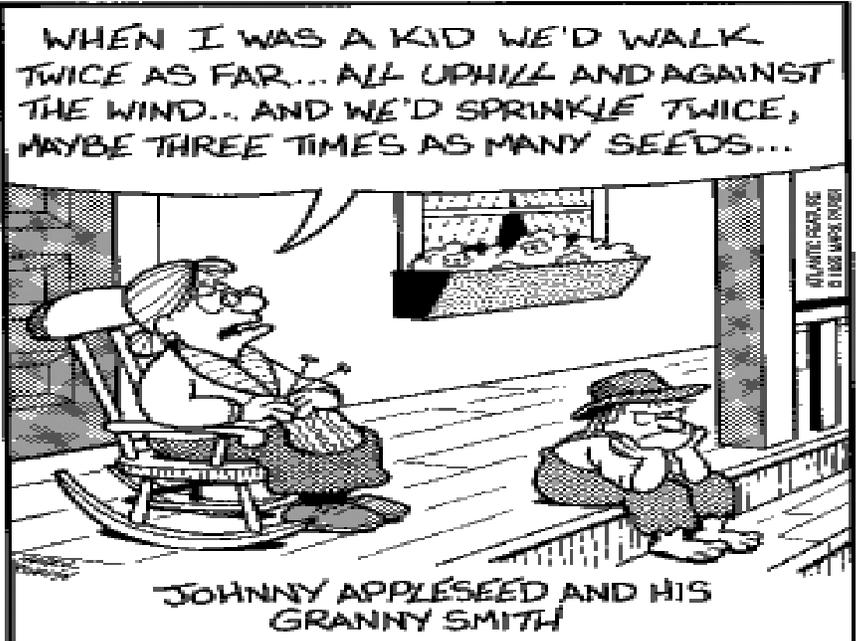
- Alice Iverson – 1st
- Lisa Truax – 8th
- Sarah Hussa – 20th
- Rick Comish – 26th



- Eve Parker – 1st
- Frank Barron – 17th
- Jody Meyer – 24th
- John Beebe – 29th



off the mark by Mark Parisi
www.offthemark.com



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CENTER

Sudoku Puzzle

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

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

BISHOP
 CELEBRATE
 CHRISTIAN
 CLOVER
 GREEN
 GOLD
 HOLIDAY
 IRELAND
 IRISH
 LUCK

MAEWYN
 MARCH
 PARADE
 PATRICK
 PRAYERS
 SAINT
 SEVENTEENTH
 SHAMROCK
 SNAKES
 TRINITY

1. GENERAL WORDS

H I I R S

A D H I L O Y

C E L O R V

E E G N R

Answer:

2. FOUR LEAF CLOVER

C K L U

A E R R

A C E H R S

A C G I M

Answer:



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

Mon-3/2	Good Books Club- <i>"Ordinary Grace"</i> by William Kreuger	1:00 p.m.
Mon-3/2	Hearing information program-Center For Better Hearing	1:00 p.m.
Wed-3/4	Special Bingo-refreshments/lots of games	1:00 p.m.
Thurs-3/5	This And That day-refreshments, assorted topics	1:00 p.m.
Mon-3/9	One Stroke Painting Class-Cost: \$15-all material provided	12:30-2 p.m.
Tues-3/10	Michigan Rummy/game day-bring a friend	1:00 p.m.
Wed-3/11	Turning back the ageing clock- Blue Shield	1:00 p.m.
Thurs-3/12	White Elephant fun activity-bring wrapped item	1:00 p.m.
Fri-3/13	St. Patrick's Day lunch-Cost: \$7-call to reserve	12:00 p.m.
Mon-3/16	Defensive Driving Class-call for details and to reserve	9 a.m.-5 p.m.
Tues-3/17	Celtic show and lunch- Inn at Saratoga -call for price	12:00 p.m.
Wed-3/18	Birthday fundraiser- Applebee's -get voucher from Center	11 a.m.-closing
Thurs-3/19	Colonie Mall shopping-Cost: \$12 gas donation	9:00 a.m.
Fri-3/20	Writers Group-special guest speaker	1:00 p.m.
Mon-3/23	Coffee and Cop- Officer G. Willette -come with questions and concerns	10:00 a.m.
Tues-3/24	Spelling Bee-fun for all	1:00 p.m.
Wed-3/25	Racino Trip-Cost: \$6 gas donation	9:45 a.m.-3 p.m.
Mon-3/30	Film/popcorn- <i>"Now You See Me"</i> starring Michael Caine, Woody Harrelson	1:00 p.m.
Tues-3/31	Indoor/outdoor games inside	1:00 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

**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 12-April 16

Drawing will be held at the Basket Party with refreshments

Thursday, April 16, 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

TER NEWS



35th Anniversary

742 Bay Road, Queensbury NY 12804
(518) 761-8224 or (518) 745-4439

Join QSC now and...



Meet Your Community

Stay up to date with our wide range of travel & activities by receiving our monthly newsletter delivered to you by regular mail or email.



**Trips Galore
Programs
Special Events
Recreation
Community Service
Something for
Everyone 55+**

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

Deadline: Wed. April 15th



Queensbury "Seniors On The Go" present...
Ottawa & Thousand Islands
June 8th -12th 2015



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 to visit Boldt Castle. Visit to Casino du Lac Leamy. Luggage Handling, Taxes & Meal Gratuities. Motorcoach Transportation. Gratuities for Driver and Guides are not included. Travel Insurance is available upon request.

Full Itinerary available at the Queensbury Center

Reserve your seat now! Passports required for travel

Cost \$594pp dbl \$25 Deposit due with registration

Deposit due by March 1st. Final Payment by April 14th.

**Call Melissa for further information*



March is National Nutrition Month

'Bite into a Healthy Lifestyle' with Informed Food Choices during National Nutrition Month and Beyond

This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Find your foods

Understanding what is in food is essential to making informed food choices while building an eating plan that meets your tastes.

- * Most people know that oranges are a good source of vitamin C, but so are tomatoes and potatoes.
- * Dairy foods like milk are a good source of calcium, but so is broccoli.
- * Fruits and vegetables provide fiber, but so do whole grains and beans.

Know the facts

No matter what the claim is on the front of the package, it's important to always read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package.

Stock Up for Success

A little planning goes a long way. Stock up on a variety of foods that let you make up quick, nutritious lunches and snacks. Top three suggestions for stocking in cupboard, fridge and freezer:

Cupboard

1. Canned salmon, tuna and legumes such as black beans and chickpeas to protein-boost a lunchtime salad bowl like the ***Fabulous Feta Salad***.
2. Whole grains like quinoa, barley, brown rice and small whole grain pasta shapes for soups and salads.
3. Flavored vinegars and oils for quick salad dressings and flavor boosts.

Fridge

1. Fresh fruit, yogurt, nuts and nut butters for smoothies and great snacks. Just top it with some fresh fruit – yum!
2. Washed leafy greens and ready-to-go veggies, cooked and raw, for salads and snacks and soups.
3. Roasted meats, cooked poultry, cheeses and hard-boiled eggs for sandwiches.

Freezer

1. Whole grain pita and tortillas for pockets and wraps.
2. Frozen veggies for quick soups and stir-fries, and frozen berries for super smoothies and parfaits.
3. Leftover chillies, soups, stews and casseroles portioned out in ready-to-go containers.
This ***Italian Chicken Risotto*** works deliciously.

Fabulous Feta Salad

Serves 4

Ingredients

- 1 cup canned red kidney beans, rinsed and drained
- 1 each fresh tomatoes, and green pepper, diced
- 1 cup Feta cheese, diced
- 1/4 cup onion, chopped
- 1/2 tsp dried oregano
- 2 tbsp. olive oil
- 1 tbsp. lemon juice or wine vinegar

Preparation

Combine olive oil, lemon juice or vinegar and oregano. Pour over other ingredients. Toss and season to taste.

Italian Chicken and Rice (Risotto)

Makes 6 servings



Ingredients

- 1 lb boneless skinless chicken breasts
- 1 tbsp. butter
- 1 onion, finely chopped
- 1 cup short-grain rice
- 1 clove garlic, minced
- 1 1/4 cups chicken broth
- 2 cups green beans cut into 1" lengths
- 1/2 cup diced red pepper
- 1 tsp grated lemon peel
- 1 1/2 cups milk
- 1/2 cup grated Parmesan cheese
- Salt and pepper, to taste

Preparation

Cut chicken into 1" (2.5 cm) cubes. In a large fry pan, melt butter. Add chicken and cook over medium heat until lightly browned. Add onion, rice and garlic; cook and stir for 4 minutes. Gradually add broth in small amounts, stirring frequently. (Allow broth to be absorbed by rice before adding more.) Add green beans, red pepper and lemon peel to chicken and rice mixture. Stir in milk. Cover and simmer for 10 minutes. Stir in Parmesan cheese, season to taste and serve immediately.

March 2015

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Peas	March 3 Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake	March 4 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	March 5 Shepherd Pie with Mashed Potatoes & Corn Green Beans Pumpkin Bar	March 6 Baked Fish Scandia Scalloped Potatoes Spinach Chilled Peaches
March 9 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	March 10 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	March 11 Beef Stew Boiled Potatoes/Carrots Biscuit Birthday Cake	March 12 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Tropical Fruit Cup	March 13 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange
March 16 CHEF'S CHOICE	March 17 St. Patrick's Day Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 18 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	March 19 Chili/ Shredded Cheese Brown Rice Corn Corn Bread Mandarin Orange	March 20 First Day of Spring Breaded Haddock Scalloped Potatoes California Medley Rice Pudding/Topping
March 23 Sour Cream Chicken Sweet Potatoes Peas & Onions Tropical Fruit Salad	March 24 Beef Pot Pie with Potatoes and Veggies Brussels Sprout Chilled Peaches	March 25 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	March 26 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Cinnamon Coffee Cake	March 27 Quiche of the Day Scandinavian Veggies Muffin of the Day Banana
March 30 Pepper Steak Mashed Potatoes Winter Squash Chilled Peaches	March 31 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Pineapple	Suggested contribution \$3 per meal.		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.**

Meal site Numbers:

Bolton-644-2368;
 Indian Lake; 648-5412;
 Lake Pleasant-548-4941;
 Solomon Hgts Qby -832-1705

Cedars-832-1705;
 Johnsonburg-251-2711;
 Long Lake-624-5221;
 Warrensburg-623-2653;

Chestertown-494-3119
 Lake Luzerne; 696-2200
 1st Presb. Church GF -832-1705
 Wells-924-4066