

May 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:

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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**

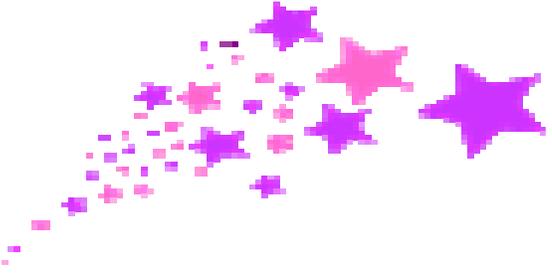
Please contact Susan Dornan to be added to our email list.

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

The 42nd Annual Senior Citizen Luncheon: Honoring Seniors from Warren and Hamilton Counties

Thursday, May 21st at 12:00pm

Fort William Henry, 48 Canada Street, Lake George, NY



2015 Honorees

Thomas Johansen, Warren County Senior of the Year

Rosemary and Timothy Goliber, Hamilton County Senior of the Year

Don MacHattie, Hamilton County Outstanding Contributor

Lillian Wood, Warren County Outstanding Contributor

Menu Choices

Grilled Sirloin Steak with a Mushroom Demi, Whipped Potato, Vegetable Medley

Chicken Parmesan, Spaghetti, Vegetable Medley

Baked Canadian Salmon with Lemon Beurre Blanc, Whipped Potato, Vegetable Medley

Meals include a spring mix salad, rolls and butter, coffee and tea, and NY style cheesecake

Cost is \$18.94

If you wish to attend,
please sign up with your senior club, center, meal site,
or contact Maureen Mihalics.

All reservations, with payment, MUST be received by May 7, 2015.

If you have any questions, or need additional information,

please contact Maureen at 668-5506.

Needs Assessment Survey

Warren-Hamilton Counties Office for the Aging
 1340 State Route 9, Lake George, NY 12845
 PH. 518-761-6347/FAX 761-6344

As a valuable member of our community, Warren-Hamilton Counties Office for the Aging is interested in hearing what you have to say. Our mission is to help make our counties a great place for older adults. Specifically, we're interested in what is important to you in order to live safely and happily. We would also like your help in determining the services that are important to enabling you to live independently in your community. Our hope is that you will assist us by taking a moment to complete the brief survey below. You may mail it back to us at the address listed above, or return it to our office or your local meal site, no later than May 31, 2015. All responses will remain strictly confidential. Thank you in advance for completing this survey.

Statement	Important and IS a concern for me	Important, but is NOT a concern for me	Not Important, and NOT a concern for me
Housing			
Obtaining affordable housing			
Being able to pay the rent/mortgage and property taxes			
Being able to pay for heat and other utilities			
Able to perform household chores (cleaning, etc.)			
Maintaining the outside of your home (lawn care, snow removal)			
Finding reliable help to perform home maintenance/repairs			
Feeling safe in your community			
Transportation			
Having a way to get to your medical appointments			
Having a way to get to out of county medical appointments			
Having a way to get to the grocery store and other errands			
Having a way to get to social or recreational activities			
Driving my own car			
Nutrition			
Having enough money for nutritious food			
Being able to shop and cook for myself			
Maintaining a healthy weight			
Able to follow a special diet recommended by my doctor			
Insurance/Health			
Understanding Medicare and various options			
Understanding low-income health insurance subsidies			
Understanding long term care services and support options			
Understanding Long Term Care insurance options			
Recurring falls, in and out of the home			
Managing a chronic health conditions			
Accessing services for individuals with Alzheimer's or dementia and their caregivers			
(SURVEY CONTINUES NEXT PAGE)			

Statement	Important and IS a concern for me	Important, but is NOT a concern for me	Not Important, and NOT a concern for me
Services and Supports			
Respite services for caregivers, such as adult day programs, for people with dementia or other functional impairments			
Access to senior centers			
Transportation options for those unable to drive			
In-home personal care services			
Ability to participate in Congregate Meal Sites or receive Home Delivered Meals			
Ability to obtain help in applying for government programs			
Caregiving (complete only if you are a caregiver)			
Getting services for the person you care for			
Getting information about where to go for assistance			
Finding someone to talk to about the challenges of caregiving			
Taking time for yourself			
Ensuring the person you care for is as safe as possible			
Handling money matters for the person you care for			
Feeling overwhelmed by taking care of a loved one or friend			
Meeting the needs of someone with Alzheimer's or dementia			

Caregivers- If you are caring for another individual, please answer the following questions.

For whom do you provide care? (circle) Spouse Parent Child (21+) Child (20 and younger)

Does the individual for whom you care live in your home? (circle) Yes No

Does the individual have memory problems and/or dementia? (circle) Yes No

Do you feel overwhelmed and/or stressed in providing care? (circle) Yes No

Where I Turn for Help:

If you, or someone you know, has been in the hospital in the past year, did you/they have the information and supports needed to return home? (circle one) Yes No Not applicable Don't Know

Have you heard of "NY Connects", the local program that helps consumers with information, assistance and connections to needed long term services and supports? Yes No Not applicable

Demographic- (This information will be kept in strict confidentiality, used only for statistical purposes)

Zip Code: _____

Age: _____ Sex (circle): Male Female

Persons living in your home including yourself (circle): 1 2 3 4+

Living Arrangements (circle): Homeowner Renter Other

Income (per year) (circle):

1 person household: Less than \$11,491 \$11,491 - \$22,980 More than \$22,980

2 person household: Less than \$15,510 \$15,510 - \$31,020 More than \$31,020

A Brief History of Medicare

July 2015 the White House Conference on Aging will be held. This celebrates the 65th anniversary of the passage of Social Security and the 40th anniversary of the Medicare, Medicaid and the Older Americans Act and also the 25th anniversary of the passage of the Americans with Disabilities Act.

First discussions of a national health insurance system for the U.S dates back to 1912 when President Theodore Roosevelt called for such a program in his presidential platform of that year. The U.S. remains the only advanced industrial nation lacking universal health care for all.

In 1945, President Truman sent a message to Congress calling for a national health insurance program. Legislators on Capitol Hill didn't act. He asked again in 1947 and 1949. Bills were introduced each of those years only to die in Congress. It was another 20 years before a limited form of national health care coverage, the Medicare program, was passed by Congress.

Shortly before leaving office, President Eisenhower set in motion the planning for the first official White House Conference on Aging. The first conference was held by President Kennedy in 1961. Following a recommendation of the conference, President Kennedy convened a task force to study national health insurance. The task force recommended creation of a national health insurance program specifically to cover everyone 65 and over. In May 1962, he gave a nationally televised speech about the need for a Medicare program.

President Johnson called for Congress to create Medicare in 1964 as part of his War on Poverty. The legislation creating Medicare and Medicaid passed both houses of Congress in 1965. The votes were 70-24 in Senate and 307-116 in House. The legislation created both programs as amendments to the Social Security Act. President Johnson signed the Medicare bill into law on July 30 of that year with former President Truman seated at his side.

The Medicare program officially began on July 1, 1966. In less than a year, more than 19 million older people were enrolled in the program with beneficiaries paying about \$40 as an annual Part A deductible. President Truman, one of the first to enroll, paid the same monthly premium as everyone else on the program - \$3 per month.

Expansion of Medicare benefits continued. The White House Conference on Aging put forward a recommendation in 1971 to extend Medicare eligibility to individuals under age 65 who have long-term disabilities or end-stage renal disease. This was passed in 1972 under President Richard Nixon and the Older Americans Act was also passed creating a network of offices for the aging across the nation.

The 1995 White House Conference recommended expansion of the Medicare program. Medicare Advantage plans were created in 1997 under President Clinton. Originally called Medicare Part C or Medicare +Choice plans, they gave beneficiaries the choice between staying in original Medicare and choosing an HMO or choosing a managed-care style option with additional benefits. These plans proved to be very popular among the public.

On December 8, 2003 President George W. Bush signed the Medicare Modernization Act. This established a Medicare prescription drug benefit. HIICAP program staff were trained Fall 2005. The first beneficiaries in the Medicare Part D enrolled January 2006.

Most recently President Obama signed the Patient Protection and Affordable Care Act (ACA) into law on March 23, 2010. The ACA, sometimes referred to as "Obamacare," mandates Medicare beneficiaries be offered a number of preventive care services and health screenings free of charge. Also under the ACA, the coverage gap (or donut hole) in Medicare Part D is gradually being eliminated which will save beneficiaries millions of dollars each year.

One point ought to stand out – the bipartisan nature of support for the Medicare program. In 2015 almost 50 million Americans, or approximately 15 percent of the population, used Medicare for their health insurance coverage. With 10,000 baby boomers turning age 65 everyday this number will continue to increase.

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 FUN

GUESS WHO? MATCH THE FAMOUS "MOM"
WITH THE FAMOUS TV SHOW PLAYED IN:

Barbara Billingsley

Father Knows Best

Shirley Jones

All in the Family

Jane Wyatt

Leave it to Beaver

Jean Stapleton

Happy Days

Marion Ross

Partridge Family

5th Ann Mabb

Happy Birthday

6th Peter Fitzgerald

to

9th Tom Ives

our

13th Chuck Adams

VOLUNTEERS !

21st Diane Frazier

THANK

23rd Joan Flanagan

YOU !!!



CENTER

Mother's Day Word Search

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

AWESOME
BRUNCH
CANDY
CELEBRATE
CHOCOLATE
FLOWERS
HUGS



JEWELRY
KISSES
LOVING
MOTHER
NURTURING
PRESENT
WONDERFUL

Mother (Lola Ridge, 1873)

Your love was like moonlight
turning harsh things to beauty,
so that little wry souls
reflecting each other obliquely
as in cracked mirrors . . .
beheld in your luminous spirit
their own reflection,
transfigured as in a shining stream,
and loved you for what they are not.

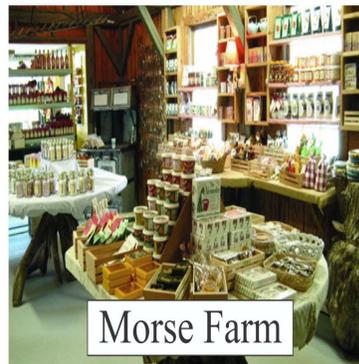
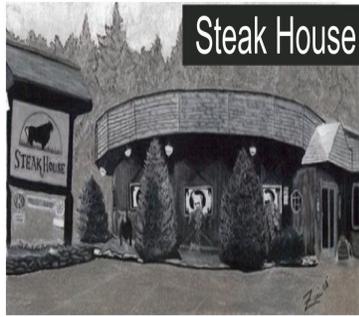
You are less an image in my mind
than a luster
I see you in gleams
pale as star-light on a gray wall . . .
evanescent as the reflection of a white swan
shimmering in broken water.



Did You Know?

The [highest ever officially recorded](#) number of children born to a single mother is 69, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. In a total of 27 confinements, she reportedly gave birth to 16 pairs of twins, seven sets of triplets and four sets of quadruplets.

Queensbury Seniors On The Go Present...



ROCK OF AGES

Steak House

Morse Farm

Hope Cemetery

Day Trip To Barre Vermont -The world's leading granite quarry and memorial manufacturer. Take part in a guided tour of the 600 foot deep quarry as well as the factory where artisans turn granite into stunning works of art. Watch a video and explore the exhibits at the Visitors Center. Browse an eclectic assortment of Vermont specialty gifts and other gemstones from around the world. You will have the opportunity to try a sand blasting activity using stencils bring home a souvenir of your own. Although an unusual attraction, Hope Cemetery is on Vermont's must see list. A magnificent tribute to the stone cutters and artisans peacefully interred amongst their own creations. Lunch is included at The Steakhouse nearby with an afternoon stop at Morse Farm for a brief tour and opportunity to buy wonderful Vermont products.

Call Melissa at (518) 745-4439

Visa , Master Card or Discover Accepted or Checks to : Queensbury Senior Citizens Inc.

Thurs. June 18th
Don't miss this fascinating trip!
Cost \$73 Deadline: Fri. May 22

SENIOR

Queensbury Senior Citizens Present...

Semi Annual Spring Book Sale

Thursday May 7th 9am - 3pm
 Friday May 8th 9am - 12pm



Huge array of books from hardcover to paperbacks. Also cd's, puzzles & videos for sale. All at excellent prices!

742 Bay Rd Queensbury NY
 Corner of Bay & Haviland

At The Queensbury Center

Travel Ideas

Save the Dates! QSC Schedule for 2015

- May 6th (Wed.) Vermont's Shelburne Museum & Dakin Farm Cost \$66. Deadline: Wed. April 29th
- June 8th-12th (Mon.-Fri.) Ottawa & Thousand Islands. Cost \$594pp dbl. Sign up ASAP! Seats available.
- June 18th (Thurs.) Barre VT Rock of Ages Visitors Center & Granite Quarry, Steakhouse Restaurant, Hope Cemetery, & Morse Farm. Cost \$73. Deadline: Fri. May 22nd.
- July 15th (Wed.) Bard College - Professional production of Rogers & Hammerstein's "Oklahoma" & Montgomery Place mansion tour with deli lunch Cost \$89. Deadline: Fri. June 5th
- August 12th (Wed.) Living History Cruise to General Herkimer's home with costumed reenactors, tour and BBQ lunch. Cost \$76. Deadline: July 10th.
- Sept. 8th-11th (Tues.-Fri.) Cape Cod / White Star Tours (Riviera Beach Resort). Cost \$529pp dbl. \$25 due with registration. Deadline for payment in full: Fri. July 17th.
- Sept. 18th (Fri.) Delaware Ulster Railroad scenic luncheon train & visit to Lansing Manor. Cost \$88. Deadline: Fri. Aug. 21st.
- Oct. 3rd-12th (Sat.-Tues) British Landscapes - England Scotland & Wales. Cost \$3899pp dbl "Cancel for Any Reason" Travel Insurance \$260pp. Includes air. Final Payment due Fri. July 24th
- Oct. 22nd (Thurs.) West Point Tour & "Pride of the Hudson" Cruise with lunch at the Bear Mountain Inn. Cost \$96. Deadline: Fri. Sept. 18th.
- Nov. 20th (Fri.) Burlington Vermont Fine Craft & Art Show (150 Vendors) with lunch in Burlington & History Tour with author and former City Councilor Gary De Carolis. Cost \$69. Deadline: Fri. Oct. 23rd.
- Dec. 8th (Tues.) Staatsburgh Mansion Tour with 20 rooms decked out for the holidays, Lunch at Beekman Arms (Rhinebeck) & Christmas Shop. Cost \$79 Deadline: Fri. Nov 6th.

Details to follow. Call Melissa at 745-4439 for further information!

CENTER NEWS

The Greater Glens Falls Senior Citizens Center-New Members Welcome

Celebrating 50+ years of Service to our Senior Community

Something for everyone No Residency Requirements

MEMBERSHIP NOT REQUIRED TO PARTICIPATE IN ANY OF THE ACTIVITIES/TRIPS

Located at: 380 Glen Street, Glens Falls, NY 12801, Phone 793-2189 E-Mail: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallseniorcenter.com> for more information.

Kim Bren, Executive Director/ Shiela Satterlee, Assist. ; Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

SOME OF THIS MONTH'S HIGHLIGHTS:

- Fri-5/1 Special Bingo-lots of games, refreshments 1:00 p.m.
- Mon-5/4 Good Books Club-*"Ruth's Journey"* by McCaig 1:00 p.m.
- Tues-5/5 Law Day-senior information by local attorney, refreshments 1:00 p.m.
- Wed-5/6 Albuquerque Balloon Festival trip information program 1:00 p.m.
- Thurs-5/7 Film/Popcorn-*"Jersey Boys"* 1:00 p.m.
- Fri-5/8 *"Downton Abbey"* chat day 1:00 p.m.
- Mon-5/11 One Stroke Art Class-call to register 12:30-2:00 p.m.
- Tues-5/12 Spring Banquet-Fort William Henry 12:00 p.m.
- Wed-5/13 Defensive Driving Class-call to register 9 a.m.-5 p.m.
- Thurs-5/14 Racino trek-\$6 gas donation 9:30 a.m.-3 p.m.
- Fri-5/15 Wii Bowling at Glens Falls Senior Center vs Hudson Falls Senior Center 1:00 p.m.
- Mon-5/18 Coffee and Cop conversation 10:00 a.m.
- Mon-5/18 Dine to Donate-Cooper's Cave-must use voucher 12:00 p.m.-closing
- Tues-5/19 Lunch with Elvis-Lake Luzerne Senior Center-call to register 12:00 p.m.
- Thurs-5/21 Senior Theater workshop performance-suggested donation 1:00/7:00 p.m.
- Fri-5/22 Agility Dog program 1:00 p.m.
- Thurs-5/28 Newcomers information dessert program-sponsored by the Landing 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-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.

Stay Fit in Your Senior Years

You may not be as nimble as you once were, however this needn't stop you from working out and maintaining your health and fitness as you get older.

As you get older, staying active is more important than ever. Research shows regular exercise can ward off "silent strokes," prevent falls, manage incontinence, and even improve your memory. One study, funded by the National Institute on Aging and conducted by researchers at four universities, found that moderate aerobic exercise increased the size of the hippocampus (a part of the brain that plays a role in memory) and improved spatial memory.

Best Exercises for Senior Health

Even if you're 50, 60 or 70 you can start to reverse these changes with a few simple moves. Do these three exercises three times a week, and add on other exercises as you get more fit.

Balance

The simplest way to challenge your balance is by simply standing on one leg. If you're unsteady, stand with your side near a wall or countertop and hold on lightly with one hand. Shift your weight to one foot, bringing the opposite foot in front of you, a few inches off the ground, and see how long you can hold it. Do the same on the other leg. Feeling solid? Now try letting go and time yourself. Once you can stand on one leg for 60 seconds try it with your eyes closed. (It's a lot harder than it sounds!)

Core

Wood chops work great on their own as a core move or as a warm-up for a bigger workout: Stand with feet slightly wider than shoulder width apart and hold onto a small water bottle with both hands. Bend knees and hips, dropping into a squat as you bring the bottle down to touch your left foot, shin or knee (depending on your flexibility). As you rise up out of the squat, rotate and extend your arms up, over your right shoulder (as if throwing the bottle behind your right shoulder). Repeat 10 times and then switch sides.

Strength

If you think push-ups are too hard, try this version against a wall: Stand facing a wall with hands on the wall at chest height (as if doing a push-up on the floor) and shimmy feet back far enough so you have to lean in to reach the wall. Keep your abdominals tight as you bend your arms and lower yourself towards the wall slowly and then slowly push back until your arms are straight. Repeat 15 times. That's all it takes to start turning back the clock!

Getting older shouldn't mean surrendering to a sedentary lifestyle. Staying fit should remain a part of your daily routine.

Adopted By: Everyday Health

Chef John's Pasta Primavera

Prep Time: 20 Minutes Cook Time: 20 Minutes
Ready In: 45 Minutes Servings: 6

"Pasta primavera is a straightforward recipe; fettuccine tossed with an array of fresh spring vegetables. When done right, this is one of the year's great seasonal recipes."

Ingredients:

1 bunch fresh basil
3 cups chicken broth, divided
1/2 cup olive oil
2 cloves garlic
1 pound fettuccine pasta
2 tablespoons olive oil
1 large leek, white and light green parts only, chopped
1 bunch green onions, chopped
2 jalapeno peppers, seeded and diced
2 pinches salt
2 zucchinis, diced
1 cup chopped sugar snap peas
1/2 cup shelled English peas
1 bunch asparagus, stalks diced, tips left whole
1/2 cup grated Parmesan cheese, or as needed

Directions:

1. Fill a large pot with lightly salted water and bring to a rolling boil.
2. Hold basil bunch by the stems and dip basil leaves in boiling water until bright green, about 2 seconds. Immediately immerse basil in ice water for several minutes until cold to stop the cooking process. Once the basil has cooled, drain well. Remove basil leaves from stems and discard stems.
3. Blend basil leaves, 1 cup chicken broth, 1/2 cup olive oil, and garlic together in a blender until smooth.
4. Stir fettuccine into the same pot of boiling water, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, about 8 minutes. Drain.
5. Heat remaining 2 tablespoons olive oil in a large saucepan over medium heat. Cook and stir leek and green onion in hot oil until softened, about 5 minutes. Add jalapeno and salt; cook and stir until jalapeno is soft, about 5 minutes.
6. Increase heat to medium-high. Stir 2 cups chicken broth, zucchini, sugar snap peas, and English peas into jalapeno mixture; bring to a simmer and cook for 5 minutes. Add asparagus and continue cooking until asparagus is soft, about 3 minutes more.
7. Pour 1/4 cup basil-garlic mixture into zucchini mixture. Cook and stir until heated through, about 1 minute. Remove from heat.
8. Place pasta in a large bowl; pour zucchini mixture over pasta and pour remaining basil-garlic mixture over the zucchini mixture. Spread Parmesan cheese over the top. Toss mixture briefly to combine and tightly wrap bowl with aluminum foil. Let stand until pasta and vegetables soak up most of the juices and oil, about 5 minutes. Toss again.

Enjoy the fresh flavors of the season with recipes to remind you that spring has sprung!

Fruit Pizza

(Servings: 8)

Prep Time: 30 Minutes Ready In: 30 Minutes
"A baked cookie crust is spread with cream cheese and whipped topping, and fresh fruit is spiraled onto the top. A sweetened, citrus glaze is then spooned over the fruit. Chill this sweet pizza before serving."

Ingredients:

1/4 cup water
1 (18 ounce) package refrigerated sugar cookie dough
1 (8 ounce) package cream cheese, softened
1 (8 ounce) container frozen whipped topping, thawed
2 cups sliced fresh strawberries
1/2 cup white sugar
1 pinch salt
1 tablespoon cornstarch
1/2 cup orange juice
2 tablespoons lemon juice
1/2 teaspoon orange zest

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Slice cookie dough and arrange on greased pizza pan, overlapping edges. Press dough flat into pan. Bake for 10 to 12 minutes. Allow to cool.
 2. In a large bowl, soften cream cheese, then fold in the whipped topping. Spread over cooled crust. You can chill for a while at this point, or continue by arranging the fruit.
 3. Begin with strawberries, sliced in half. Arrange in a circle around the outside edge. Continue with fruit of your choice, working towards the middle. If bananas are used, dip them in lemon juice so they don't darken. Then make a sauce to spoon over fruit.
 4. In a saucepan, combine sugar, salt, corn starch, orange juice, lemon juice and water. Cook and stir over medium heat. Bring to a boil, and cook for 1 or 2 minutes, until thickened. Remove from heat, then add grated orange rind. Allow to cool, but not set up. Spoon over fruit. Chill for two hours, then cut into wedges and serve.
- Recipes adopted by: Allrecipes

May 2015 Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>May is National Senior Citizens Month</i>	<i>May is Mental Health Month</i>	<i>A 3 \$ per meal donation is suggested.</i>	<i>"April showers bring May flowers"</i>	May 1 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
May 4 CHEF'S CHOICE	May 5 Breaded Haddock Au gratin Potatoes Japanese Veggies Mandarin Orange	May 6 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	May 7 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp	May 8 Happy Mother's Day Roast Pork/ Gravy Mashed Potato Broccoli Mother's Day Dessert
May 11 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Pears	May 12 Beef Tomato Florentine with Noodles & Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup	May 13 Meatloaf Mashed Potatoes Peas & Onions Peach Cobbler	May 14 Cold Plate Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day	May 15 Turkey Tetrazzini Carrots Mandarin Orange
May 18 Swiss Steak Mashed Potatoes Brussels Sprouts Chilled Pineapple	May 19 Apple N' Onion Chicken Sweet Potatoes California Medley Strawberry Shortcake	May 20 Creamy Parmesan Fish Roasted Red Potatoes Spinach Birthday Cake	May 21 Quiche of the Day Muffin of the Day Italian Veggies Yogurt Parfait with Fruit & Granola	May 22 Memorial Day Picnic Cheeseburger Deluxe Lettuce/Tomatoes Baked Beans Coleslaw Fresh Fruit
May 25 Meal site Closed 	May 26 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	May 27 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Rice Pudding	May 28 American Goulash Tossed Salad Asparagus Apricots	May 29 Cold Plate Chicken Salad on Bed of Romaine Lettuce Macaroni Salad Tomato, Onion & Cucumber Salad Spice Cake

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; Johnsonburg-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