



Newsletter for Seniors

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

FEBRUARY

2016

Warren County Staff

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Coordinator of Services

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Point of Entry Coordinator

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Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu

Meal Recipients;

We ask that if you have pets to please confine them while your meal is being delivered. Your pet may be very friendly but may not act it towards a stranger coming to your door.

Our volunteers have been informed **NOT** to deliver a meal if they feel threatened in any way by a pet.



Thank you for your cooperation!



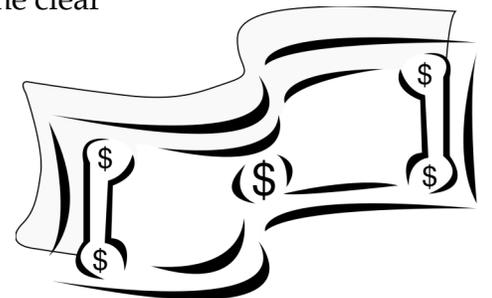
REMINDER: Please keep your sidewalks and steps cleared of snow and ice and sanded for meal deliveries. If our volunteers feel it is unsafe they have been instructed **NOT** to deliver meal. We don't want anyone to go without their meal so please have someone clear your walkways.

OFA Staff Bio: Cindy Ross

Cindy Ross is the Fiscal Manager of Warren/Hamilton Counties

Office for the Aging and is starting her sixth year with the agency. Previously, she was the Fiscal Manager at the other end of the age spectrum with Warren/Hamilton Counties Head Start. She finds the clients at Office for the Aging much quieter.

Cindy loves working with numbers. As Fiscal Manager, she promises to be diligent with funds available so we can provide as many services as possible to the aging populations of Warren and Hamilton Counties.



Newsletters are now available online at:

www.warrencountyny.gov/ofa/newsletters.php

Or contact Suzanne Scott at 761-6347 to be added to our email list.



NY Connects

Your Link to Long Term Services and Supports

NY Connects provides information & assistance to connect people of all ages with long term care resources.

We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. Plan ahead for your long term care needs.

Call Susan @ 1-866-805-3931.

For information about services available in other counties, the State NY Connects # is 1-800-342-9871.

Tax Time Tip!

Medical deductions for the blind allows you to deduct what you spent to prevent, diagnose or treat illness, as well as any other costs related to your blindness or visual impairment. Examples of medical deductions are: transportation to a doctor's office, prescriptions, insurance premiums and tests. Other disability-associated items include the following: Braille magazines, printer, eyeglasses, eye exams, and eye surgery, a Guide dog, (and related costs such as training, harness, food, veterinary care). Also home modifications, instructions in Braille, nursing services, phones with Braille, audio features and related repairs may be covered medical deductions.

Save the Date!

Washington, Warren, and Hamilton Counties NY Connects Long Term Care Council will meet **MARCH 1** from 10am-noon at Warren County Human Services Building, 1340 State Route 9, Lake George, NY 12845.

Most Drinks Don't Mix with Medications

You may have heard the story that a little red wine is good for your heart. Your friends may say "one drink won't hurt." You may decide to have one drink and then find that you end up drinking three or maybe you finish off the bottle of wine so it won't go to waste. While alcohol is part of our culture...it is not the best way to relax, unwind, or celebrate for everyone. Alcohol acts as a depressant so it is recommended not to use alcohol if you are being treated for depression or feeling depressed. Also, certain medications carry a label instructing patient not to use alcohol while taking the medication.

The National Institute on Alcohol Abuse and Alcoholism recommendations for healthy **women** and healthy **men over age 65** is no more than **7** drinks in one **week** and no more than **3** drinks in one **day** if you have NO health problems.

The Substance Abuse & Mental Health Services Administration ([SAMHSA](#)) has a 24-hour helpline (1-800-662-HELP) for mental health services if you or someone you know needs immediate attention.

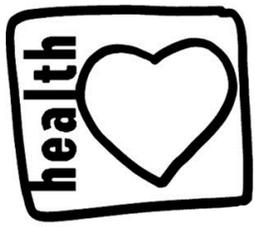
Does Your Head Hurt?

Headaches or seizures? Changes in physical health? Changes in mood, personality, or behavior? Problems communicating, paying attention or thinking? Any other problems or changes that concern you? Contact your primary care provider or seek care at the Emergency Care Center right away if you fall and hit your head! Stay safe this winter.

Call the Brain Injury Association of New York State
1-800-228-8201 website: www.bianys.org

NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

Call Susan @ 1-866-805-3931.



The Health Care Year in Review

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.

William C. Lane, Ph.D.

On December 22, 2015 David Blumenthal, M.D. and David Squires published an article entitled “2015: *The Health Care Year in Review*” on the Commonwealth Fund Blog. Many of the issues they reviewed were covered in previous HIICAP articles but others are new to this column. All quotes in this article come from the Blumenthal and Squires blog post. They begin by stating that “When it comes to historic changes in the U.S. health care system, few years could compete with 2014, but 2015 gave it a run for its money.” It was another year of changes for health care.

The health spending slowdown is coming to an end.

Over the past five years, health care spending has grown at historically slow rates. It appears this trend will start to reverse in 2016. As more Americans are covered by health insurance, the demand for health care increases. In addition, the cost of prescription drugs is also increasing. But, the good news is that there is no sign that we will see a return to the days prior to the Affordable Care Act (ACA) when increases ran at least 7 to 10 percent each year. The authors predict the increase in health care spending will remain at or below 5 percent.

Prescription drug costs are increasing. There are several reasons for the increases in the cost of prescription drugs. First, as more people are receiving care, the demand for prescription drugs has increased. Second, as you can see from the increasing number of television advertisements for new prescription drugs, many high priced drugs are hitting the market. Many of these drugs are not being prescribed because of the advertisements, but because they are designed to treat conditions that are treatable with current medications. Finally, some drug companies have made national headlines for raising drug prices. The most notable case was Turing Pharmaceuticals which made the headlines recently by raising the price for the HIV/AIDS drug Daraprim by 55-fold. It should be noted that the CEO for Turing has been arrested for an unrelated fraud charge and is currently awaiting trial.

Insurance coverage continues to expand. The number

to fall. Since 2013, 16.3 million Americans have received new health care coverage as a result of the ACA, including the expansion of the Medicaid program.

Consolidation is reshaping the health care system.

Drug companies, hospitals and insurance companies continue to announce their intent to merge. It appears that with the release of new data linking increases in private health care spending to such mergers, the government may intervene to slow the consolidation rate. At the local level, many consumers are seeing their own physicians enter group practices and other types of health consortiums. However, this is a trend that can result in improved coordination and quality of care which are major benefits to consumers.

Rates of hospital-acquired conditions remain low.

For years, hospitals simply treated hospital-acquired conditions (infections, falls, etc.) as unavoidable. However, research has clearly demonstrated such conditions can be prevented from occurring. Between 2010 and 2014 the rates of incidence of these conditions fell by 17 percent. This means “2.1 million hospital-acquired conditions have been prevented and nearly 87,000 lives saved over those four years.”

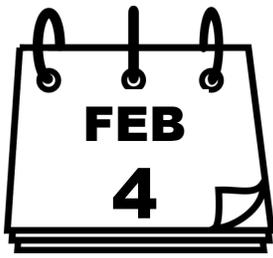
During this same period, with strong financial incentives from the Medicare program, hospitals have also reduced their rates of unnecessary readmissions. Taken together, this means that if you enter the hospital you are much more likely to leave without an acquired hospital-related condition and that you will not return unless you have complications unrelated to your original hospitalization.

A note on HIICAP. HIICAP counselors across the State reported seeing more clients this year. The Warren-Hamilton Counties HIICAP program followed this trend. One reason is that 10,000 Americans across the nation are turning age 65 every day. This trend will continue for at least 15 more years. Remember, if you have any problems with your Medicare Part D plan in particular, HIICAP counselors are available throughout the year to help you resolve issues.

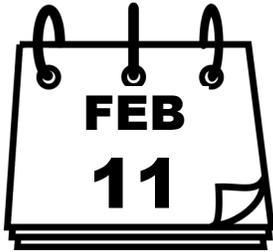
It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in memory, behavior or abilities. To help identify problems early, the Alzheimer's Association® has created a list of warning signs for Alzheimer's and other dementias. Individuals may experience one or more of these in different degrees. Have you noticed any of these warning signs?

- **Memory loss that disrupts daily life.** Forgetting names or appointments is common as we age, but forgetting events and never being able to recall them or forgetting how to use every-day objects is not part of typical aging.
- **Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have difficulty concentrating and take much longer to do things than they did before.
- **Difficulty completing familiar tasks at home, at work or at leisure.** People with Alzheimer's often find it hard to complete daily tasks. People may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.
- **Confusion with time or place.** People with Alzheimer's can lose track of dates, seasons and the passage of time.
- **Trouble understanding visual images and spatial relationships.** For some people having difficulty reading, judging distance and determining color or contrast may be a sign of Alzheimer's.
- **New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation.
- **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. Sometimes, they may accuse others of stealing.
- **Decreased or poor judgment.** People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.
- **Withdrawal from work or social activities.** A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports.
- **Changes in mood and personality.** People with Alzheimer's can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

These symptoms may be caused by Alzheimer's disease or they may be due to another form of dementia. In a few cases the dementia is reversible. The only way to know for certain is with a clinical diagnosis. **For more information contact the Alzheimer's Association at their 24-Hour Helpline 1-800-272-3900.**

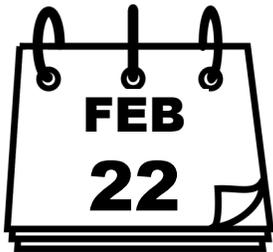


Crandall Public Library: 1 pm, Know the 10 Warning Signs: The warning signs of Alzheimer’s disease are often dismissed as inevitable parts of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection is the key to improving quality of life for anyone affected by memory impairment. This interactive workshop will teach the 10 Warning Signs of Alzheimer’s disease where we separate myth from reality and address commonly-held fears about Alzheimer’s and dementia. Hear from people who have the disease and find out how to recognize the signs in yourself and others. Appropriate Audience - Anyone who is interested in learning the warning signs of Alzheimer’s, and information about Alzheimer’s disease.



Glens Falls Senior Center: 1pm, Know the 10 Warning Signs: The warning signs of Alzheimer’s disease are often dismissed as inevitable parts of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection is the key to improving quality of life for anyone affected by memory impairment. This interactive workshop will teach the 10 Warning Signs of Alzheimer’s disease where we separate myth from reality and address commonly-held fears about Alzheimer’s and dementia.

Hear from people who have the disease and find out how to recognize the signs in yourself and others. Appropriate Audience - Anyone who is interested in learning the warning signs of Alzheimer’s.



Crandall Public Library: 1:30 pm, Healthy Living for Your Brain and Body: At any age, there are lifestyle habits we can adopt to help maintain or even improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the Alzheimer’s Association® is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do – steps to take now to improve or maintain overall health in each area.

Healthy Living for Your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible.



Crandall Public Library: 1:30 pm, Legal and Financial Planning: Legal and Financial Planning for Alzheimer’s Disease is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Appropriate audience- Caregivers and/or family of individuals with dementia, or anyone interested in learning more about this topic.



Conkling Center Glens Falls: 2 pm, The Savvy Caregiver: The Savvy Caregiver Program is a FREE, five-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of Alzheimer’s or dementia. This program is facilitated by Alzheimer’s Association staff and is available in three locations. Each of the five sessions is two-hours long. Participants will each receive a manual, and will have "homework" following each session that will provide opportunities to practice new skills, put new knowledge to the test, and assess how things are working between sessions.

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Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

February is American Heart Month!

Getting Heart Healthy One Simple Step at a Time

A few good choices can help you feel better and stay healthier!

Getting diagnosed with health problems such as **high blood pressure or high cholesterol** is a wake-up call that it's time to make major lifestyle changes.

By focusing on seven key health factors and behaviors – what the American Heart Association calls **Life's Simple 7[®]** – you can keep your heart healthy, lower your risks of **heart disease and stroke**, and improve your quality of life.

Life's Simple 7[®] focuses on the seven factors and behaviors that have the biggest impact on your heart health, both on their own and taken together.

They are:

- Lose weight/maintain healthy weight
- Eat better
- Get active
- Manage blood pressure
- Reduce blood sugar
- Stop smoking
- Control cholesterol

Making positive changes in any one of these areas can make a difference in your health. And emerging research shows the results are much more dramatic when the seven factors work together.

Small changes matter, If you can lose weight, or maintain a healthy weight, you can reduce your risk of diabetes, high cholesterol and high blood pressure."

Making changes before you develop a chronic condition such as high blood pressure or high cholesterol is critical. While medication may reduce your risk for a heart attack or stroke, it can't eliminate the risk.

By focusing on **Life's Simple 7[®]**, people may be able to increase the number of years they feel healthy, rather than managing chronic disease. Taking action to keep your heart healthy is important because heart disease is the No. 1 killer in the U.S. But many Americans aren't aware that they may be at risk.

Makes: 1 cup **Total Time:** 10 min

Creamy Tarragon Sauce

This sauce is like a creamy béarnaise sauce except it skips the butter, egg yolks and fuss. It's spiked with lemon juice, zesty Dijon mustard and, of course, tarragon. Try it with poached eggs or even grilled steak.

1/2 cup low-fat plain yogurt
 6 tablespoons low-fat mayonnaise
 4 teaspoons chopped fresh tarragon, or 1 teaspoon dried
 1 tablespoon lemon juice
 1 tablespoon water
 2 teaspoons Dijon mustard

1/4 teaspoon salt
 Freshly ground pepper, to taste

Whisk yogurt, mayonnaise, tarragon, lemon juice, water, mustard, salt and pepper in a small bowl.

Make Ahead Tip: Cover and refrigerate for up to 3 days.



Makes: 4 servings

Sofia's Chicken Paprikash

Total Time: 40 min

Brilliant red paprika gives this light version of chicken paprikash its color. Vary the heat by using hot, sweet or a combination of paprikas. Serve over whole-wheat egg noodles.

1 lb boneless, skinless chicken breasts, cut into 2-inch pieces
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
1 tablespoon canola oil
2 large green bell peppers, thinly sliced
1 large onion, halved and thinly sliced
2 teaspoons hot or sweet paprika

1/2 cup dry white wine
1 1/2 cups canned crushed tomatoes
1/2 cup reduced-sodium chicken broth
1 tablespoon lemon juice
1/4 cup reduced-fat sour cream
2 tablespoons chopped fresh parsley

Sprinkle chicken with salt & pepper. Heat oil in large skillet over medium-high heat. Add chicken and cook, turning occasionally, until browned, 3 to 5 min. Transfer to a plate. Add bell peppers and onion to pan and cook, covered, over medium heat, stirring occasionally, until softened, about 5 min. Add paprika, stirring until fragrant, about 30 seconds. Add wine; increase heat to medium-high, stirring, until mostly evaporated, about 1 1/2 min. Add tomatoes, broth and lemon juice; bring to a boil. Return chicken and any juices to the pan; reduce heat to a lively simmer. Spoon some sauce over chicken and cook, turning occasionally, until sauce is reduced and the chicken is cooked through, 6 to 8 min. stir in sour cream.

Remove from heat;
Sprinkle with parsley.

Recipes by:

EatingWell.com. Brought to you by Million Hearts®

◀ **Nutrition Facts:**

Servings Per Recipe 4

Calories 259
12% Total Fat 8g
23% Cholesterol 69mg
21% Potassium 735mg
14% Sodium 332mg
5% Total Carbohydrate 15g
16% Dietary Fiber 4g
Sugars 4g
52% Protein 26g

An American Heart Association survey of U.S. adults showed most people don't connect important risk factors, such as poor diet and physical inactivity, with heart disease and stroke.

▼ **Nutrition Facts:**

Servings Per Recipe 4

Calories 167
% Daily values *
8% Total Fat 5g
25% Cholesterol 74mg
14% Potassium 478mg
15% Sodium 363mg
2% Total Carbohydrate 6g
0% Dietary Fiber 0g

Makes: 4 servings

Maple-Chili Glazed Pork Medallions

Total Time: 20 min

Pork medallions are quick and easy to prepare, and are particularly tasty with a maple-chili glaze.

1 lb pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
1 teaspoon chili powder
1/2 teaspoon salt
1/8 teaspoon ground chipotle pepper
2 teaspoons canola oil

1/4 cup apple cider
1 tablespoon maple syrup
1 teaspoon cider vinegar

Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle both sides of pork. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

◀ **Nutrition Facts:**

Servings Per Recipe 16

Amount Per tablespoon-
Calories 11
0% Total Fat 0g
0% Cholesterol 0mg
1% Potassium 21mg
4% Sodium 99mg
0% Total Carbohydrate 1g
0% Dietary Fiber 0g
0% Protein 0g



Celebrating over 50 years of Service to our Senior Community

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

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: agreaterglensf@nycap.rr.com

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

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome *Some of this month's highlights.*

Mon-2/1	Good Books Club- "I Am Malala" by Malala Yousafzai	1:00 pm	
Tues-2/2	Wii TV bowling tournament with Hudson Falls	1:00 pm	
Wed-2/3	Special Bingo-prizes, refreshments	1:00 pm	
Thurs-2/4	"Thinking of you" cards for nursing homes	1:00 pm	
Fri-2/5	Lunch Bunch- Lucky Star -Warrensburg	12:00 pm	
Mon-2/8	Art Class with Karen-call to register	12:30 pm	
Tues-2/9	Game Day-bring your favorite cards, board games	1:00 pm	
Wed-2/10	Lunch and Learn-Acupuncture demonstration and lunch	12:00 pm	
Thurs-2/11	Alzheimer's Early Detection	1:00 pm	
Fri-2/12	Defensive Driving Class-call to register	9 am-5 pm	
Tues-2/16	Movie & Popcorn	1:00 pm	
Wed-2/17	Abraham Lincoln visits the Center	1:00 pm	
Thurs-2/18	Coffee and a Cop-Come comment and ask questions	1:00 pm	
Fri-2/19	Heart Day lunch and program	12:00 pm	
Tues-2/23	Newport Mansion CD-armchair tour of elegant homes	1:00 pm	
Wed-2/24	Victorian mourning clothes-human hair jewelry	1:00 pm	
Thurs-2/25	Newsletter Mailing	1:00 pm	
Fri-2/26	Writers group	1:00 pm	
Monday- Friday	Thrift Shop-new items all the time	10 am-12 pm	
Every Tuesday	Bingo in AM/Program in PM-Transportation provided	10:30 am	
Every Thursday	Chair Yoga- with Tobey- Sponsored by MVP	10:15- 11:00 am	
Monday-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 am	
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9:00 am-10:00 am	

Don't be lonely- come and participate in "Your Senior Center".

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/Golf/Bowling/Crafts/Cards/Bingo
 & Much More. **Trips include:** Panama Canal, British Isles, Alaska, Hawaii

Transportation to center available - 24 hours notice

518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

Come find out what's happening at the Queensbury Center for area adults age 55+. We have a wide variety of activity and group travel opportunities and numerous ways to volunteer and get to know your community.

NEW

Monthly Coffee Klatch

Are you a new member and looking for ways to get more involved with Queensbury Seniors, or have been a member for a while and want to get to know more people?

If so, then join us the last Thursday of the month for our QSC Coffee Klatch.

Stop by, we'd love to see you.

**Thursday, January 28,
10:00 am at the Center.**





Volunteer Board Bulletin

Volunteers,

Procedures have been put in place for delivering food to ensure the safety and well being of our clients consuming the meals.



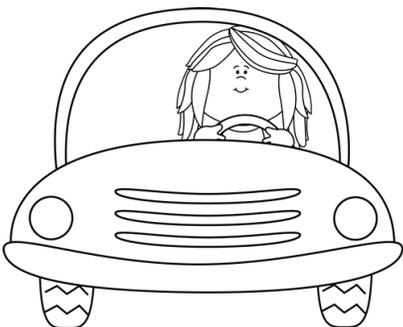
It is VERY IMPORTANT that you DO NOT leave home delivered meals unattended at a client's home.

When arriving at the meal site, please sign in the time when you arrive to ensure your hot food cooler goes into the kitchen in the proper order. If you haven't signed in, your cooler may be delayed.



WE NEED VOLUNTEERS!

With many of our volunteers leaving for long periods during the winter months we are in desperate need of help for delivering meals.



PLEASE ask your friends, neighbors, community members and family if they are interested in delivering one day a week.

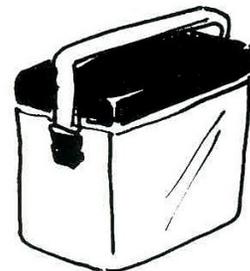
Happy Birthday
to our Volunteers
celebrating in
February!

- Gary Willett1
- Leon Steves11
- Pat Sennett.....13



IMPORTANT:

Coolers need to be returned immediately following the end of your route. Cold packs need to be frozen over night, ceramic tiles need to be warmed for the hot meals for the next day.



Adjustments need to be made to the route folders daily.

Valentine's Day



WORD SEARCH

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



ARROW	DINNER	GIFTS	ROSES
BOW	FAMILY	HEARTS	TEDDIES
CARDS	FEBRUARY	HUGS	VALENTINES
CHOCOLATE	FLOWERS	KISSES	
CUPID	FRIENDSHIP	LOVE	
DANCES	FUN	RINGS	

February 2016

Warren/Hamilton Counties Office for the Aging

Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 1 Baked Chicken Tenders with Sauce Potato of the Day Tomato & Zucchini Chilled Tropical Fruit	February 2 CHEF'S CHOICE	February 3 Swedish Meatballs Over Noodles Brussels Sprouts Pineapple Up-side Down Cake	February 4 Sloppy Joe/Bun Steamed Carrots Corn Mandarin Orange	February 5 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Brownie
February 8 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	February 9 Turkey Divan Broccoli Rice Veggie Casserole Strawberry Shortcake	February 10 Ash Wednesday Macaroni & Cheese Stewed Tomatoes Sunshine Salad Fresh Fruit	February 11 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	February 12 Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup
February 15 Meal Site Closed 	February 16 Apple n' Onion Chicken Sweet Potatoes California Medley Chilled Pears	February 17 Sausage Pasta Scandinavian Veggies Garlic Bread Mandarin Orange	February 18 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake	February 19 Baked Fish Scandia Scalloped Potatoes Spinach Gingerbread/Topping
February 22 Sweet & Sour Chicken Brown Rice Oriental Veggies Tropical Fruit Salad	February 23 Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	February 24 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Cranberry Crunch	February 25 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Pumpkin Bar	February 26 Quiche of the Day Scandinavian Veggies Muffin of the Day Yogurt Parfait with Strawberry & Granola
February 29 Pepper Steak Mashed Potatoes Brussels Sprout Chilled Peaches				

Meal site numbers:

Bolton: 644-2368

Cedars: 832-1705

cedars@warrencountyny.gov

Chestertown: 494-3119

Johnsburg: 251-2711

Long Lake: 624-5221

Warrensburg: 623- 2653

Lake Pleasant: 548-4941

Indian Lake: 648-5412

Lake Luzerne: 696-2200

First Presb. Church Glens Falls &

Solomon Heights, Queensbury:

832-1705

Wells: 924-4066