



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

JANUARY

2016

Warren County Staff

Christie Sabo - Director

Harriet Bunker -
Coordinator of Services

Cindy Cabana -
Specialist Services for the Aging

Susan Dornan - NY Connects,
Point of Entry Coordinator

Hanna Hall -
Aging Services Assistant

Dinah Kawaguchi - Typist

RoseAnn O'Rourke -
Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu



**Newsletters are now
available online at:**

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

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



Volunteer Training Program

Enroll Now! Program starts in January!

If you would like to increase your knowledge about gardening, and enjoy sharing this knowledge with others, give us a call to learn more about the program. The training will get you started or add to your knowledge base.

Training begins on January 11 in Ballston Spa and is presented by many experienced horticulture educators and experts.

Please contact the CCE Master Gardener Volunteer Program in Warren County: 518-623-3291 or warren@cornell.edu.

The training cost is \$115.00, held once per week for 11 - 12 weeks.

Veterans Tax Exemption

**Deadline
is March 1st**
(every year)



15% - Wartime/
non-combat (to include Cold War
Vets between 9/2/1945-
12/26/1991)

An additional 10% - Combat Vets
Another additional % = 1/2 of
your VA disability (max. 50%).

*Note: If your disability has increased
over the last year you will need to
update that information with your
assessor to receive the appropriate
additional exemption percentage.*

OFA Staff Bio: Suzanne Scott

Suzanne is the newest member to our Office for the Aging team. She started in October as the Volunteer Coordinator, overseeing the home delivered meals program.

She has extensive experience in the non-profit world and working with volunteers, both of which she finds very rewarding. She says having a "job with a purpose" brings a lot of satisfaction. She's even been out in the community delivering already when substitutes are needed and is impressed with the gratitude the clients show.

New volunteers are always needed and welcomed with open arms as a weekly commitment or on a substitute basis.





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.

The **South High** Marathon Dance organizing committee is taking nominations of people and organizations to receive money raised at their March 2016 Marathon Dance. To nominate an individual or organization, visit shmd.org/application. Applications are due by January 4, 2016. They raised more than \$621,000 in 2015 and their next Dance Marathon is scheduled for March 4 and 5, 2016. Go to www.shmd.org for more information.

Transform the way you communicate and solve problems. Mediation Matters provides the skills and processes that help people handle CONFLICT in a constructive way. They serve Warren and Washington Counties. Reach them at 518-584-6361 or www.mediationmatters.org. Let them help you identify the issues and generate options for agreement for a WIN-WIN solution.

Housing

Need information about housing options available in Hamilton, Warren, Washington, or Saratoga Counties?

Visit www.theconkling.org for choices in residential options such as nursing homes, assisted living, adult homes, and senior housing.

Glens Falls is home to the **WAIT House** that provides emergency shelter for ages 16-17 and is certified for up to two infants/children. They also offer a Transitional Living Program for pregnant & parenting youth ages 16-21. Contact them at 518-798-4384 for more information.

Options: paying for your long term care needs

Your savings & income
Health insurance/Medicare
Medicaid
SSI/SSD
Veterans benefits
Long term care insurance

Medicaid & Long Term Care

Have you submitted an application for Medicaid for yourself or spouse? If you believe you will need long term care for at least 120 days, you can contact the Conflict-Free Evaluation and Enrollment Center to schedule your evaluation at 1-855-222-8350. You do not have to WAIT for your Medicaid case to be open to schedule your evaluation.

New Year Resolution

Decide who will be your power of attorney for when you are unable to make financial decisions; you may be incapacitated in a car accident, have a stroke, may develop a form of dementia or Alzheimer's that may impair decision making capability. The form will need to be notarized.

Countryside Adult Home

offers respite care for short-term stays. Contact Deanna Park at 518-623-3451 for more information.



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.greaterglensfallseniorcenter.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-1/4	Good Books Club- " <i>The Light Between Oceans</i> " by M.L. Stedman	1:00 p.m.
Tues-1/5	Humor Day-Bring your favorite stories, jokes etc.	1:00 p.m.
Wed-1/6	Special Bingo-refreshments, large cards, prizes	1:00 p.m.
Thurs-1/7	Healthy Habits for a Healthier you!	1:00 p.m.
Mon-1/11	Karen's Art Class-Cost: \$15-materials included	12:30 -2 p.m.
Tues-1/12	Wii Bowling-come practice TV bowling	1:00 p.m.
Wed-1/13	Winter Lunch-Hawaiian Theme-Home cooked meal-Cost: \$7	12:00 p.m.
Thurs-1/14	Film/Popcorn-" <i>Ladies In Lavender</i> " by Judi Dench and Maggie Smith-Cost: \$1 donation	1:00 p.m.
Tues-1/19	Jewelry Class-bracelets, earrings-Cost: \$2	1:00 p.m.
Wed-1/20	Therapy Dogs visit-lots of fuzzy love	1:00 p.m.
Thurs-1/21	Lunch Bunch-Carol's Airport Café -	1:00 p.m.
Fri-1/22	Line Dancers perform at Center	1:00 p.m.
Mon-1/25	Our Town CD-Glens Falls-bring your photos and memories	1:00 p.m.
Tues-1/26	Game Day-cards, board games, Michigan Rummy	1:00 p.m.
Wed-1/27	Newsletter mailing-everyone welcome	1:00 p.m.
Thurs 1/28	Racino trek-Cost: \$6-call to reserve for ride	9:30 a.m.
Fri-1/29	Writers' Group-come share your stories	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 Tobey- 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 a.m.

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



Warren-Hamilton Counties
1340 State Route 9 • Lake George, NY 12845

Tel: (518) 761-6347
Fax: (518) 761-6344

Christie Sabo
Director

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.
FROM: Christie Sabo, Director, Office for the Aging
RE: **NOMINATIONS FOR SENIOR OF THE YEAR AND OUTSTANDING CONTRIBUTION BY A SENIOR**
DATE: December 8, 2015

It's that time of the year again, and the Office for the Aging asks your assistance in recognizing seniors who have made significant contributions to enhance the lives of other seniors within their community. We request that each senior club, center, meal site or town select an individual to represent their group as a possible recipient of these awards. Please remember that membership in an organization is **not** required for nomination. Please feel free to distribute this letter to other groups or individuals, outside of the above, that may have a candidate for consideration. **Beginning this year the state will no longer accept the nomination of a couple for a single award.** If you wish to nominate a couple they will need to be nominated separately.

I have enclosed a copy of the NYS Senior Citizen's Day Recognition form; the form will also be available on our website and may be filled in and emailed to the office riversj@warrencountyny.gov. You will notice that these forms have a due date of February 24th, as well as the request for a picture. Please continue to send them to me and **be sure to include the name and contact information for the nominating person.** You may choose to include a picture with your nomination to me or you can elect to wait and see if your nominee is chosen. Once I have received all nominations from Warren and Hamilton Counties they are voted on and then our winners are submitted to the state for inclusion in a booklet of winners from all over the state. In order to submit to the state on time I am asking that all nominations be received by my office by **Friday, February 12th**.

Please be sure the chosen applicant agrees to be nominated and is comfortable with the recognition. I suggest an interview with the nominee that can also be used to verify that the information you have compiled is complete and accurate. Please do not leave any of the boxes blank, if it does not apply to your nominee indicate that by writing NA. I can't stress enough the importance of giving as much information as possible! I realize the boxes are very small so feel free to attach additional sheets and I will type the winning nominations for submission to the state. **Please submit your nominees with completed background information to the Office for the Aging, at the address above, by Friday, February 12th.**

I received questions as to the difference between the two awards and the general guideline is the "Contribution by a Senior" award recognizes a senior who provided a majority of their time and energy on one large project or with one organization. The "Senior of the Year" award goes to the individual who goes above and beyond to help out wherever it is needed. That said, many of the same elements are considered when choosing a winner so it is not unreasonable that a nominee's accomplishments could qualify for both awards.

Thank you for your assistance. I look forward to reading about the accomplishments of the wonderful seniors we have here in Warren and Hamilton Counties! If you have any questions, or need additional information, please contact me. The NYS Senior Day celebration is scheduled for May 10th at The Egg in Albany, NY.

*Thank you,
Christie*

Recognizing Older New Yorkers Who Demonstrate the Power of Making a Difference through Civic Engagement

Submissions made after February 24, 2016 may not be guaranteed to appear in the event book.

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging. The information that you provide will be incorporated into the Ceremony in May as well as a **picture of the nominee**. Approximately 300 words will fit on the Nominee's page.

Nominee First and Last:		County:	
Nominee Nickname (If any)		Nominee Telephone:	
Nominee Address:		Nominee Email:	
Nominee City:		Pronunciation of Nominee's Name:	
Nominee Zip:			

Years of Volunteer Service:		# of Children:	
Previous or Current Profession:		# of Grandchildren:	
Military Branch:		# of Great Grandchildren:	

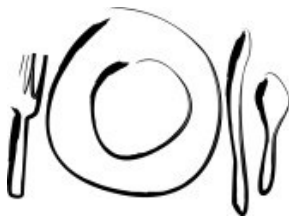
Organizations for which the nominee volunteers/has volunteered:

Brief Biography of the nominee (i.e., are they a native New Yorker, how long have they lived in New York, where they currently reside, past/present career, family details: (Approximately 100 words)

Details about how the nominee has made a difference in your community through civic engagement: (Approximately 125 words)

What advice does the nominee have about volunteering for other New Yorkers? (Approximately 50 words)

jpeg of nominee attached (please use a photo of the nominee in which their head fills the majority of the frame, and is 300dpi at life size)



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

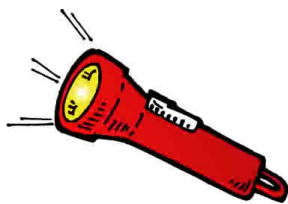
7 Winter Safety Tips for Seniors

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses - especially for seniors.

Here is some helpful advice for preventing common winter dangers:

Avoid Slipping on Ice - Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Prepare for Power Outages - Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.



Dress for Warmth - Cold temperatures can lead to frostbite and hypothermia - a condition where the body temperature dips too low. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.



Fight Wintertime Depression - Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car - Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits.

Eat a Varied Diet - Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -



especially Vitamin D deficiency - can be a problem. Consume

foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent Carbon Monoxide Poisoning - Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Adopted By: Andrea Lee@ Care.com

Recipe: Healing Cabbage Soup

Prep—10 min.

Cook—45 min.

Ready in—55 min.

3 tablespoons olive oil
1/2 onion, chopped
2 cloves garlic, chopped
2 quarts water
1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

4 teaspoons chicken bouillon granules
1 teaspoon salt, or to taste
1/2 teaspoon black pepper, or to taste
1/2 head cabbage, cored and coarsely chopped

Directions

In a large stockpot, heat olive oil over medium heat.
Stir in onion and garlic; cook until onion is transparent, about 5 min.
Stir in water, bouillon, salt, and pepper.
Bring to a boil, then stir in cabbage.
Simmer until cabbage wilts, about 10 minutes.
Stir in tomatoes.
Return to a boil, then simmer 15 to 30 minutes, stirring often.



Adopted By: Allrecipes.com

Recipe: Hearty Chicken Vegetable Soup

Yield - Makes 4 to 6 servings Prep - 20 min. Ready in - 40 min.

4 cups water
1 3/4 cups chicken broth
1 lb. skinless boneless chicken breasts
1 medium onion, chopped
2 tablespoons olive oil
1 garlic clove, minced
4 medium carrots, cut diagonally into 1/3-inch-thick slices
2 celery ribs, cut crosswise into 1/3-inch-thick slices
1 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons finely chopped fresh parsley

Directions

1. Bring water and broth to a simmer in a 2-3 quart saucepan. Add chicken and simmer, uncovered, 6 minutes. Remove pan from heat and cover, let stand until chicken is cooked through, about 15 min. Transfer chicken to a plate and cool 10 min. Reserve poaching liquid, uncovered.
2. While chicken is poaching, cook onion in oil in a 4-quart heavy pot, covered, over moderate heat, stirring occasionally, until softened but not browned, about 6 minutes. Add garlic and cook, stirring occasionally, until fragrant, about 1 minute. Add carrots, celery, salt, and pepper and cook, covered, stirring occasionally, until softened, 8 to 10 minutes. Add poaching liquid and simmer, covered, until vegetables are tender, about 10 minutes. Remove from heat.
3. While vegetables are cooking, shred chicken into 1/4-inch-wide strips (about 1 inch long). When vegetables are done simmering, stir chicken into soup along with parsley.

Gourmet Dec. 2002



Comfort food on a cold winter night, cabbage simmered in chicken broth and Hearty Chicken Vegetable soup is an age old folk remedy for curing the common cold.



An Interview with OFA Director Christie Sabo

William C. Lane, Ph.D.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He does not sell insurance, work for any insurance company or recommend any insurance products.

This column is usually devoted to topics related to the HIICAP program and a broad range of health, prescription drug and long-term care insurance issues. This month's column is devoted to an interview with Christie Sabo, Director of the Warren/Hamilton Offices for the Aging (OFA).

When did you first start working here and when did you become the Director? I have been with the OFA for 10 years. For the first 5 years I was the Fiscal Manager and for the past 5 years I have served as the Director.

How many staff do you have now and what do they do? We have 30 staff, with 9 located in this office and the rest are employed at one of the 12 meal sites. Among the staff here in the office, *Harriet Bunker* is the Coordinator of Services. In addition to supervising several staff, Harriet is responsible for the HIICAP and HEAP programs. *Rose Ann O'Rourke* is our Nutrition Services Coordinator for all 12 of our meal sites. *Susan Dornan* is in charge of NY Connects.

I know you have recently been expanding some services as a result of new State funding. What changes have you been making as a result of this new funding? We have received more Community Services for the Elderly (CSE) program funds but we have not yet expanded the services they support. One of the main reasons is that we are short of volunteers. We need more drivers for medical and other transportation services. We pay the full IRS mileage rate so volunteers are not out any costs for furnishing transportation. We also have funding under the Balancing Incentive Program (BIP) that will lead to an expansion of NY Connects. As with the CSE funding, none of those funds have been expended.

What exactly is NY Connects? NY Connects offers information and assistance, regardless of age, to anyone who needs help in accessing long term care services. What are your options? We like to think of it as a "one-stop-shop." If you call NY Connects you will either reach Susan Dornan directly or her answering machine if she is away from her desk. You will not encounter a menu of options but a real person. If Susan is not there to answer your question she is very good about getting back to everyone quickly. You may be referred to another agency depending on your needs but it will be the correct agency. Callers from both Warren and Hamilton Counties are served by this program.

Let's talk about some of the major programs that you offer. Why don't you start with the meal sites?

As I said earlier, we have 12 meal sites, with 8 in Warren County and 4 in Hamilton. The sites are located in Bolton, Chestertown, Glens Falls, Indian Lake, Johnsbury, Lake Luzerne, Lake Pleasant, Long Lake, Queensbury - Cedars and Solomon Heights, Warrensburg and Wells. These sites are the major connection point for providing information, screening and accessing for services in these communities.

I know you have been taking applications for the HEAP program and just completed the Open Enrollment Period of Medicare Part D. What can you tell us about these two programs from the perspective of the agency?

The Home Energy Assistance Program (HEAP) is one of our most visible and popular programs. We are an alternate certifier for the program. That means that we do outreach and assist people with completing their applications. The final approval for eligibility still resides with the Department of Social Services (DSS). We do about 1,000 HEAP applications each fall. But, while program enrollment opens in the fall,

people now start calling us about HEAP applications during the summer.

We just completed the open enrollment period for the Medicare Part D prescription drug program. This open enrollment period is part of the services offered by the Health Insurance Information, Counseling and Assistance (HIICAP) program. Because of the increasing number of people turning 65 every day, HIICAP is becoming a year-around program. Because of this, for the first time we asked people to make appointments. In many cases people need to bring documents with them so we can also save many of them a second trip back to the office if they have talked with us in advance.

As the only Office for the Aging in the State to serve multiple counties, you face a number of challenges that are unique when compared to other Directors. What do you feel are some of the major issues that you face in serving two counties?

The biggest challenge is having parity in services offered between the two counties. While there are very rural areas in Warren County, Hamilton County is a frontier county and very sparsely populated,

especially during the winter months. But, we have a very good working relationship with the various agencies in both counties and they have representation on our boards and councils.

What are your plans for the future?

I have a lot of ideas. One is to gain more pro bono support so we can expand legal services. I also want to be able to do financial counseling. And, of course we always need to expand transportation across both counties. Not just medical transport, but we should be able to have the services available so people can also attend social events. As a result of the work of our Long Term Care Council, the Conkling Center has purchased two vehicles that have really helped us in meeting our expanding demand for transportation services. We need more efforts like this.

Is there anything we have missed?

No, I don't think so. If you call the Office for the Aging we can help.

Thanks very much Christie. This has really been informative and we should do this again next year.



Volunteer Board Bulletin



Happy Birthday

to our Volunteers
Celebrating
in January!



- Jackie McCann 1st
- James O'Hara 3rd
- Barbara Coughlin 6th
- Ann Blanchard 8th
- Frank O'Keefe 14th
- Titiana Magee 18th
- Paul Sheldon 18th
- Bob Moore 21st
- Mary Smith 21st
- Don Bernhoft 26th
- Bob Dalaba 27th
- Bruce Imrie 27th
- Kelton Rose 31st

2016 Holidays we do not deliver meals:

- New Year's Day.....Friday, January 1st
- Dr. Martin Luther King Jr. Day.....Monday, January 18th
- Washington's Birthday.....Monday, February 15th
- Memorial Day.....Monday, May 30th
- Independence Day.....Monday, July 4th
- Labor Day.....Monday, September 5th
- Columbus Day.....Monday, October 10th
- Veteran's Day.....Friday, November 11th
- Thanksgiving Day.....Thursday, November 24th
- Christmas Day (observed).....Monday, December 26th



Snowbirds! If you know the dates of your departure and return please fill out pink slip (found in Volunteer Lounge) and leave with Trudy or Suzanne. Thank you and we look forward to your return.

CLOSINGS!

Please follow your local listings via TV or radio to determine if your meal site is closed due to bad weather. If the school in your area is closed, the meal site is closed.



Cedars meal site follows Queensbury school.

Winter Wonderland Word Search



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



- COATS
- GLOVES
- ICICLES
- SKATING
- COLD
- HATS
- MITTENS
- SLEDDING
- FROST
- HOTCHOCOLATE
- SCARF
- SNOW

January 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, 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 -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Meal Site Closed 
January 4 Chicken Stir-fry Brown Rice Oriental Veggies Tropical Fruit Salad	January 5 Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	January 6 Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	January 7 Quiche of the Day Scandinavian Veggies Muffin of the Day Mandarin Oranges	January 8 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Birthday Cake
January 11 Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day	January 12 CHEF'S CHOICE	January 13 Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apple Crisp	January 14 Roast Pork Roasted Potatoes Bites Broccoli Coleslaw Pears	January 15 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Pineapple
January 18 Meal Site Closed Martin Luther King Day 	January 19 Pork Chop Sweet Potatoes Carrots Chilled Applesauce	January 20 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	January 21 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	January 22 Macaroni & Cheese Stewed Tomatoes Sunshine Salad Brownie
January 25 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots	January 26 Lemon Baked Fish Roasted Red Potatoes Spinach Tropical Fruit Salad	January 27 Beef Stroganoff over Noodles Carrots Cinnamon Coffee Cake	January 28 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	January 29 Shepherd's Pie with Mashed Potatoes & Corn Green Beans

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