



# 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

**MARCH**

**2016**

## Warren County Staff

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Coordinator of Services

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Point of Entry Coordinator

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RoseAnn O'Rourke -  
Coordinator of Nutrition Services

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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.

## Change Someone's Life - Get Involved Today!

Maybe you have a couple hours out of your 8784 hours this year you would like to use to make a positive difference in our community. Wondering about this and how you could help someone in need?

Maybe you could connect with others by coming to a quarterly meeting of our Long Term Care Council. Community members attend to find out about "projects" we are working on. We need your opinions and ideas since you, the community, are who we serve.

Perhaps once a week you could drive a person around who delivers a home-delivered meal.

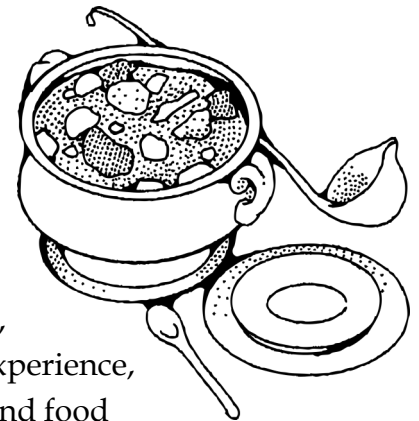
Maybe once a month you'd like to give a ride to someone who has a doctor's appointment.

Best of all, the change in their life can make your life happier...giving back is a win-win for all!

## OFA Staff Bio:

### Catherine Keating, RD CDN

Catherine started with Warren/Hamilton Counties Office for the Aging in June 2008, as the Consultant Dietitian. She has vast experience, over 20 years of working in the nutrition and food service field. Her work experience has included hospitals, nursing homes, and Office for the Aging. Her job at the OFA involves evaluating and certifying the cycle menu in accordance with the standards established by NYSOFA and conducting nutrition education and counseling for seniors. She also provides monthly nutrition articles and recipes for the newsletter. She truly enjoys working with the seniors of Warren/Hamilton Counties.





# 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.*

## To Trust... or Not To Trust?



An irrevocable trust is one that comes with terms and provisions that cannot be changed by the grantor without the consent of the trustee and the beneficiaries. This may be done to prevent loss of property and assets

going to others who may come into the family or leave the family due to marriage/divorce. A revocable trust is commonly used in estate planning and allows the grantor to change the terms of the trust and/or take the property back at any time. When you die without leaving a will/trust, the state where you live makes your "will or trust". Your property is distributed according to state law. Even if you have a small estate, this may cause inconvenience for your survivors. A will does not require an attorney however it is recommended to consult with one. You must sign your will and it must also be signed by two witnesses who are not beneficiaries.

**Questions? Contact Rural Law Center of New York, Inc., Toll Free@ 1 (866) 324-1183**

## Tax Time Tip!

Medical deductions *may be taken for assisted living if there is a documented medical need*; perhaps you pay for more than half of your mother's care and she needs this type of care because there is a need for supervision related to dementia. This would need to be documented with a Doctor's medical certification stating this care is necessary. Normally assisted living care is not deductible if the reason is to provide a higher level of safety or companionship.

Typically 7.5-10% of adjusted gross income may be deducted. IRS

Publication 502 provides more information. If you earn less than \$53,267 you can make an appointment by contacting Washington & Warren County Volunteer Income Tax Assistance Program at 1-800-211-5128. You may qualify for up to \$6,242 of Earned Income Tax Credit. Trained IRS Certified local volunteers are available to prepare State and Federal Taxes at the same time and will electronically file your return for free. Daytime, evening, and weekend appointments are available. **DON'T DELAY---CALL 1-800-211-5128 TODAY!**



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.**

## NYSARC Trust Services 1-800-735-8924

A **Pooled Supplemental Needs Trust** allows individuals with disabilities to protect funds while remaining eligible for Medicaid and other government benefits.

Medicaid limits the amount of income you can have each month. NYS allows persons with disabilities to place \$\$ above this limit into a "Pooled Trust" each month and qualify for Medicaid Services such as **HOME CARE**. Funds in the trust can then be used to pay for living expenses and other needs. You can deposit the extra income (often referred to as spend-down or surplus income) into a NYSARC Community Trust account each month. You would be eligible for Medicaid and NYSARC would use the trust funds toward your living expenses. Individuals with any type of disability can establish a NYSARC Community Trust account. The advantages of using this service are that accounts can be established quickly, you would have 24/7 access to automated account information, and there is a timely distribution process. There are no hidden fees. NYSARC is the largest not-for-profit disabilities provider of its kind in the nation. NYSARC is the Trustee and will work with you, your family, and/or service provider to best determine your needs. A financial institution is the co-trustee and holds the funds in sub-trust accounts.



### ***Please Join Us March 1***

We will have a light breakfast  
at our Washington, Warren, and Hamilton Counties  
NY Connects Long Term Care Council meeting.

*Join us*

**Tuesday, March 1 from 10am-noon**

at Warren County Human Services Building, 1340 State

Route 9, Lake George.

RSVP to Stephanie at 1-800-848-3303

## Lending Hearts & Hands, Inc.

Clifton Park

Tel. (518) 932-5831

Email: [info@lendingheartsandhands.org](mailto:info@lendingheartsandhands.org)

Cancer treatment is exhausting... keeping up with the household chores adds to that exhaustion! Need your lawn mowed? Dog walked? Laundry done? Grocery shopping? Just let us know how we can help.

We are committed to making a difference in the lives of persons diagnosed with cancer, through extraordinary volunteers assisting you and your caregivers in your new path. Our friendly, knowledgeable and professional volunteers will help inspire, educate and problem-solve to reduce the hassles of learning the ropes in cancer treatment and recovery.

Our mission is to lend to you our hearts, offering compassion, sympathy, empathy, understanding and support...

To inform you of the many resources available to you- they are as varied as there are cancers.

To help you learn and know your rights and provide peace of mind in your everyday lives.

To provide you with assistance in obtaining transportation to your doctor's appointments.

Our mission is to help continue the wonderful programs already in place through CR Wood Cancer Center and other local facilities... to fundraise and support the programs that are most needed by YOU.

YOU are our neighbors, friends and loved ones. We are lending YOU our hearts and hands.

### **Local Causes**

We set aside a good portion of our fundraising to donate to local charities that also help persons diagnosed with cancer.

## Healthy Bodies, Healthy Brains

There are some ways in which we age that we all have in common, and many of these are outside of our control. As individuals, we each age somewhat differently, and how this takes place depends in part on our genes. We are each genetically predisposed to age in a certain way. For example, some families tend to live a long time, aging well into their nineties or even longer. Other families tend to develop diseases that may limit the lifespan.

There are, however, many aspects of aging over which we **do** have some degree of control. These include the lifestyle or environmental factors associated with how we age. Even in families with genetic predispositions toward particular conditions, there are lifestyle and environmental interventions that may alter the course of those conditions.

Alzheimer's disease and other types of dementia result when the brain is compromised in some specific ways. Currently, there are no proven methods to prevent, cure or even slow the progression of Alzheimer's disease. There are **habits**, though, that help **maintain or potentially improve overall health** as we age.

These healthy habits can be grouped into four areas.

**Cognitive activity** has a positive effect on maintaining cognitive abilities throughout life. Ways that we can exercise our brain include: participating in mentally stimulating activities (e.g. build a piece of furniture, work on a new cooking technique), reading books and articles that challenge and inspire you, completing a challenging puzzle, learning a new skill or hobby, or taking a class and learning something new.

Many studies indicate that **physical health and exercise** is associated with lower risk of cognitive decline. Some evidence suggests that exercise may directly benefit brain cells by increasing blood and oxygen flow, and by reducing other dementia risk factors such as high blood pressure, diabetes and high cholesterol. There is no one particular form of exercise that works for everyone. Two guidelines worth keeping in mind are: it is never too late to start, and whatever your level of activity is now, increase it a bit.

**Diet and nutrition** help maintain a healthy heart and a healthy brain. Each time the heart beats, 25% of the blood goes to the brain. So, it stands to reason that a heart-healthy diet will also be a brain-healthy diet. Research does point to the benefits of two diets in particular: the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet.

**Social engagement** may also promote brain health. There is some research that indicates that connecting with others socially may benefit brain health and may actually delay the onset of dementia. Those who are engaged with other people also tend to have reduced rates of mortality and disability.

*Kym Hance*

Program Manager Saratoga, Warren and Washington Counties  
Alzheimer's Association of Northeastern NY

## Partnering with Your Doctor

**When** Tue, March 8, 6:30pm – 8:00pm

**Where** Saratoga Public Library, 49 Henry St, Saratoga

**Description** Partnering With Your Doctor® - A one-hour discussion about how to make your doctor visits as productive as possible. Appropriate audience: People with early stage AD as well as caregivers and/or those who interact with Alzheimer's patients.

## Savvy Caregiver Session

**When** Wed, March 9, 16, 23, 30, and 4/6 2pm – 4pm

**Where** The Conkling Center, 79 Warren St, Glens Falls

**Description** The Savvy Caregiver Program is a FREE, five-session training series for family caregivers. It helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care throughout the progression of Alzheimer's or dementia. This program is facilitated by Alzheimer's Association staff members and is being made available in three locations. Participants will receive a manual to refer to at home, and will have "homework" that will provide new skills, put new knowledge to the test, and assess how things are working between sessions. To register, please call Tonya Garmley at 518-867-4999, ext. 203 or [tgarmley@alz.org](mailto:tgarmley@alz.org)

## Memory Cafe

**When** Thu, March 10, 10:30am – 12:00pm

**Where** Saratoga Senior Center, 5 Williams St, Saratoga

**Description** The Memory Café is designed for individuals in the early stages of Alzheimer's Disease and their care partners to enjoy a fun, interactive and relaxing time together. It provides an opportunity for social involvement, self-care and relationship building. Participants may register for any or all of the weeks. To register, please call The Saratoga Sr. Center at 518-584-1621.

## Legal & Financial Planning

**When** Mon, March 14, 1:30pm – 3:00pm

**Where** Crandall Public Library, 251 Glen St, Glens Falls

**Description** 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 and how to access legal and financial resources near you. Appropriate audience: Caregivers and/or family of individuals with dementia. To register, please contact the library at 518-584-7860x245. Registration is required for this free program.

## Legal & Financial Planning

**When** Tue, March 22, 6:30pm – 8:30pm

**Where** Saratoga Public Library, 49 Henry St, Saratoga

**Description** 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 and how to access legal and financial resources near you. Appropriate audience: Caregivers and/or family of individuals with dementia. To register, please contact the library at 518-584-7860x245. Registration is required for this free program.

## Memory Cafe

**When** Thu, March 24, 10:30am – 12:00pm

**Where** Saratoga Senior Center, 5 Williams St, Saratoga

**Description** The Memory Café is designed for individuals in the early stages of Alzheimer's Disease and their care partners to enjoy a fun, interactive and relaxing time together. It provides an opportunity for social involvement, self-care and relationship building. Participants may register for any or all of the weeks. To register, please call The Saratoga Sr. Center at 518-584-1621.

## The Basics: Memory Loss, Dementia and Alzheimer's Disease

**When** Thu, April 7, 12:45pm – 2:15pm

**Where** The Moreau Community Center, 144 Main St, South Glens Falls

**Description** This program is designed to provide basic information that everyone needs to know about memory loss issues and what they mean for all of us. The program explores the difference between memory loss brought about by normal aging vs. Alzheimer's disease and other forms of dementia. Appropriate audience: anyone interested in learning more about Alzheimer's disease and dementia. Registration is required. Please contact Tonya Garmley at 867-4999, ext 200 or [tgarmley@alz.org](mailto:tgarmley@alz.org).

## Help & Hope

**When** Wed, April 13, 11:30am – 4:30 pm

**Where** Queensbury Hotel, 88 Ridge St, Glens Falls

**Description** An afternoon of education, information and local resources for family and professional caregivers of those with Alzheimer's or a related dementia. \$20 non-refundable registration fee (includes lunch). To register, please call Tonya Garmley at 867-4999, ext 200 or [tgarmley@alz.org](mailto:tgarmley@alz.org).





Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

## March is National Nutrition Month!

*This year's theme "Savor the Flavor of Eating Right," encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.*

*How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!*

*Improving overall health requires a lifelong commitment to healthful lifestyle behaviors, emphasizing maintainable and enjoyable eating practices and regular physical activity.*

- **Plan your snacks.** Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Then, you won't be so tempted by less-healthy options from vending machines, convenience stores or the contents of your own kitchen. Snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and fat-free yogurt.

- **Make snack calories count.** Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy – foods we often don't eat enough.



*Make sensible snacks part of your healthy eating plan.*

*For seniors with smaller appetites or limited energy, several small meals including snacks may be easier for your body to handle.*

- **Go easy on high-calorie snacks such as chips, candy and soft drinks.** They often contain solid fats, and added sugars. Make these occasional choices that fit your day's plan.

- **Snack when you're hungry – not because you're bored, stressed or frustrated.** Exercise can actually be a great way to feed those emotional urges.

- **Snack on sensible portions.** Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package.

- **Quench your thirst.** Water, low-fat or fat-free milk and 100 percent juice are just a few options. Flavored waters might be high in added sugars, so check the label.



*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](mailto: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.**

*Some of this month's highlights.*

Tues-3/1	Game Day-cards, board games, refreshments	1:00 p.m.	
Wed-3/2	Cards for senior nursing facilities	1:00 p.m.	
Thurs-3/3	Sing-a-long with Mitch Miller-word sheets provided	1:00 p.m.	
Fri-3/4	Film/Popcorn- <b>"Big Eyes"</b> starring Christopher Waltz and Amy Adams	1:00 p.m.	
Mon-3/7	Good Book Club-"Worthy Brown's Daughter" by Philip Margolin	1:00 p.m.	
Tues-3/8	Southern Adirondack Independent Living informational program	1:00 p.m.	
Wed-3/9	Erin Coe, Director-Hyde Collection informational program	1:00 p.m.	
Thurs-3/10	Therapy Dogs visit-come and enjoy unconditional love	1:00 p.m.	
Fri-3/11	Essentials Oil-Lisa Boucher-aromatherapy, non-allergic cleaning products	1:00 p.m.	
Mon-3/14	Karen's Art Class-cost: \$15, all material provided	12:30-2 p.m.	
Tues-3/15	Special Bingo-large cards, refreshments, prizes	1:00 p.m.	
Wed-3/16	Visit Rockwell/Crockwell exhibit at the Hyde collection-free admission	1:00 p.m.	
Thurs-3/17	St. Patrick's Lunch-Cost: \$7-special presentation by Mutual Of Omaha	12:00 p.m.	
Fri-3/18	Writer's Group	1:00 p.m.	
Mon-3/21	Defensive Driving class-call Center to register	9 a.m.-5 p.m.	
Tues-3/22	Victorian spinning and weaving demonstration/program by Karen McGinn	1:00 p.m.	
Thurs-3/24	Lunch Bunch at SUNY Culinary-Cost: \$13.95-call to reserve-Limit 20	12:00 p.m.	
Mon-3/28	Intro to the Summitt-new senior housing program	1:00 p.m.	
Tues-3/29	Newsletter Mailing	1:00 p.m.	
Wed-3/30	Dr. Stephen Bassin-health program	1:00 p.m.	
Thurs-3/31	Racino trek-Cost: \$6 gas donation	9:30 a.m.-3 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	9-10:15 a.m.	
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9:00 a.m.-10:00 a.m.	

**7 Tickets for \$5**

**VARIETY BASKET RAFFLE**



Stop in to view the baskets and buy tickets • 9 am -4 pm M-F

Baskets on display February 22-April 15

**Drawing will be held at the Basket Party with refreshments**

**Friday, April 15, starting at 1 pm • Need not be present to win**

*Proceeds help support the programs, services and transportation we provide Seniors in our Community!*



## HIICAP 101

William C. Lane, Ph.D.

*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.*

**A**s 10,000 Americans turn age 65 every day the number of people eligible for Medicare increases dramatically. My discussions with HIICAP directors across the State, and the Warren/Hamilton Counties HIICAP program is no exception. There has been a major growth in the number of people requesting assistance from the program. In thinking about this, I realized that many readers may have just recently turned 65 and may not be familiar with the HIICAP Program.

The HIICAP program is not one that operates only during the Part D Fall Open Enrollment period but actively works with county residents on a year-round basis. This article is an overview of the program and illustrates just a few examples of how it serves so many residents of both counties throughout the year.

**What is HIICAP?** The Warren/Hamilton Counties Offices for the Aging provides the Health Insurance, Information, Counseling and Assistance Program (HIICAP) as part of a network of health insurance counseling programs covering every county in New York State. The HIICAP program receives Federal Assistance from the Centers for Medicare and Medicaid Services (CMS) as well as the State of New York. The mission of the HIICAP program is to both provide assistance and educate residents about Medicare, Medicare Advantage plans and Medicare Part D prescription drug programs.

In addition to the above programs, HIICAP also provides information on all the programs that serve low income residents. These programs include the Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Programs, "Extra Help" prescription assistance and pharmacy discount programs. These programs may pay part of your monthly costs, offer discounts or provide full medical coverage.

**Who can use the HIICAP program?** The Warren/Hamilton Counties HIICAP Program serves all Medicare beneficiaries as well as those who will soon become Medicare eligible. To be eligible you must reside in one of the two counties. Counseling and assistance is provided by



highly trained counselors, either during scheduled appointments or by telephone. All your information is held in strict confidence. The most common services provided by HIICAP are:

- Facilitating initial enrollment into Medicare Parts A, B and D.
- Explaining the benefits covered under Medicare Parts A and B.
- Selecting a Medicare Part D prescription drug plan. Once you have made your initial choice, your coverage should be reviewed annually during the fall open enrollment period.
- Explaining the differences between original Medicare and Medicare Advantage Plans.
- Information about supplemental insurance programs, usually called Medigap plans, that cover all or a portion of those charges not covered by Medicare.
- Helping clients resolve specific health insurance problems.
- Looking to see if you may be eligible for additional help in paying for your health care costs through programs such as EPIC or Extra Help.
- Help with special problems that may arise during the year, such as loss of coverage through no fault of your own.
- Assistance to consumers who believe they have been the victims of fraud or abuse related to health insurance coverage.

**Are there special enrollment periods?** For most Medicare recipients the Fall Medicare Open Enrollment period is the only time you can change your Part D coverage. And, this is also



the only time most people think about calling the HIICAP program. However, there are several special enrollment periods that are outside of the normal Fall Open Enrollment period.

From January 1 through February 14 each year you can leave your Medicare Advantage plan and change back to Original Medicare with or without also selecting a separate stand-alone Medicare drug plan. You can't make changes to your plan if you already have Original

Medicare and you can't change from one Medicare Advantage plan to another. The only thing you are allowed to do is "dis-enroll" from your Advantage Plan and return to Original Medicare during this special period.

If you lose creditable coverage through no fault of your own, you enter a skilled nursing facility or qualify for Extra Help in paying for either Medicare, Part D coverage or both you will qualify to make changes in your coverage during a special enrollment period. These special enrollment periods are only a few of the examples of how the HIICAP program has counselors to assist you 12 months a year. These are only a few examples of the year-around services provided by the HIICAP program.

**Is there a cost for HIICAP services?** No. HIICAP counseling services are funded by CMS and the State of New York and there are no charges for the services offered by the program.

### **How can Residents Access HIICAP Services?**

- The first number to call is the Warren/Hamilton Counties Offices for the Aging (518) 761-6347. The receptionist will connect you with an experienced HIICAP counselor who may be able to answer your question over the phone. If not, you will be able to make an in-person appointment.
- The HIICAP web site is maintained by the New York State Office for the Aging. The link is <http://www.aging.ny.gov/HealthBenefits/Index.cfm>
- The Medicare program also offers the Medicare Resources help line. The national number is 1-800-633-4227.



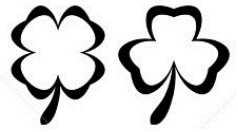
# Volunteer Board Bulletin



*to our Volunteers celebrating in March!*

Alice Iverson .....	1
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Lisa Truax.....	8
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Sarah Husa .....	20
Jody Meyer .....	24
Marty Shangraw.....	26

## St. Patrick's Day Facts:



St. Patrick's Day celebrates the traditional religious feast day of St. Patrick, the patron saint of Ireland.

The first St. Patrick's Day parade took place not in Ireland, but the United States on March 17, 1737, in Boston.

More than 100 St. Patrick's Day parades are held across the United States. New York City and Boston host the largest.

There are roughly 35 million U.S. residents with Irish ancestry, more than seven times the population of Ireland itself.

There are approximately 144,588 current U.S. residents who were born in Ireland.

What do you call a fake stone in Ireland?



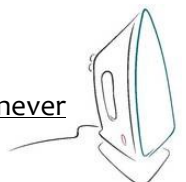
*A sham rock!*

Why can't you borrow money from a leprechaun?



*They're always a little short!*

Why should you never iron a four leaf clover?



*Because you shouldn't press your luck!*

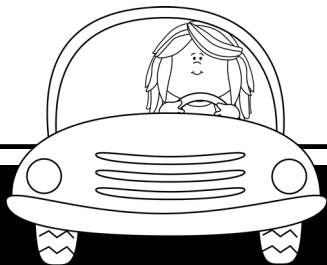
## WE NEED VOLUNTEERS!

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.

When local schools close due to bad weather, we do not deliver meals.



## Meal Recipients;

Due to a shortage of volunteer drivers your meal may be delivered later than you are accustomed to. Please be patient; you will receive your meal as soon as we can get it to you.



# Happy St. Patrick's Day!

WORD SEARCH



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

CLOVER

LUCK

GOLD

MARCH

GREEN

POT

IRISH

RAINBOW

LEPRECHAUN

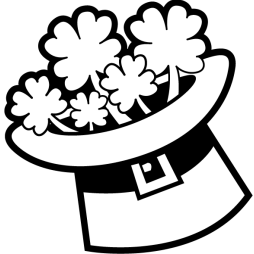

SHAMROCK

# March 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
	<b>March 1</b> Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Mandarin Oranges	<b>March 2</b> Beef Stroganoff over Noodles Broccoli Apple Crisp	<b>March 3</b> Juice of the Day Chicken & Biscuit Italian Veggies Fresh Fruit	<b>March 4</b> Creamy Parmesan Fish Au gratin Potatoes Mixed Veggies Birthday Cake
<b>March 7</b> Chicken Parmesan Penne Pasta/ Marinara Sauce Cauliflower Chilled Apricots	<b>March 8</b> Pork Chop Roasted Red Potatoes Winter Squash Chilled Applesauce	<b>March 9</b> Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Peach Cobbler	<b>March 10</b> Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	<b>March 11</b> Macaroni & Cheese Stewed Tomatoes Sunshine Salad Cookie of the Day
<b>March 14</b> Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Corn Mandarin Oranges	<b>March 15</b> Chicken Reuben Rice Pilaf Broccoli Tropical Fruit Cup	<b>March 16</b> <b>CHEF'S CHOICE</b>	<b>March 17</b> <b>St. Patrick's Day</b> Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	<b>March 18</b> Breaded Haddock Scalloped Potatoes Green Beans Fresh Fruit
<b>March 21</b> Swedish Meatballs Over Noodles California Medley Chilled Pineapple	<b>March 22</b> Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	<b>March 23</b> Beef Stew Boiled Potatoes/ Carrots Biscuit Chilled Peaches	<b>March 24</b> <b>Easter Dinner</b> Baked Ham/Sauce Sweet Potatoes Peas & Onions Easter Dessert	<b>March 25</b> Tuna Salad on a Bun Macaroni Salad Coleslaw Tropical Fruit Salad
<b>March 28 Brunch</b> Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola	<b>March 29</b> Apple n' Onion Chicken Sweet Potatoes Green Beans Fruited Gelatin	<b>March 30</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Pineapple Up-side Down Cake	<b>March 31</b> Meat Lasagna Scandinavian Veggies Tossed Salad Pudding of the Day	

## 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