



# 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

SEPTEMBER

2016

## Office Staff

Susan Dornan - NY Connects,  
Point of Entry Coordinator

Hanna Hall -  
Aging Services Assistant

Dinah Kawaguchi - Typist

RoseAnn O'Rourke -  
Coordinator of Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -  
Volunteer Coordinator

Catherine Keating - Stauch -  
Registered Dietician / Menu



WARREN  
COUNTY

## **Volunteers Needed**

**We are in need of volunteers to deliver meals to homebound senior citizens in your neighborhoods.**

Once per week or as a substitute to fit your schedule.

Mileage reimbursement is available.



### **Current Openings:**

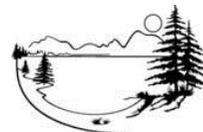


#### Substitutes (Glens Falls & Queensbury)

Volunteer as a fill in, only when you are available.

#### Glens Falls area Route on Mondays

This route is right in the city of Glens Falls.



#### Lake George Route on Fridays

This is a beautiful, scenic route which starts out off Tee Hill Rd, heads to Glen Lake Rd, up Ridge Rd and Cleverdale and back down Ridge Rd to the meal site in Queensbury.

**Call Suzanne at Office for the Aging at 761-6347**



**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.

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.

**QSC Trip Planner • Contact Melissa at 745-4439 or [melissa@seniorsonthego.org](mailto:melissa@seniorsonthego.org) for further travel info.**

QSC & Collette Travel Presentations

Monday, September 26th on Upcoming Trips

**2pm - 3:30pm**

**8 Days 11 Meals**

## America's Cowboy Country

June 6-13, 2017  
is SOLD OUT

Second date of  
June 13-20, 2017  
is now being  
offered.

Call 745-4439  
for more  
information.

### Highlights:

Grand Tetons

Yellowstone National Park

Buffalo Bill Center of the West

Deadwood

Crazy Horse Memorial

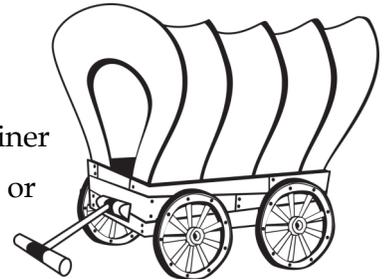
Mount Rushmore

Badlands National Park

Traditional Chuck Wagon Diner

Choice of Wildlife Float Trip or

Whitewater Rafting

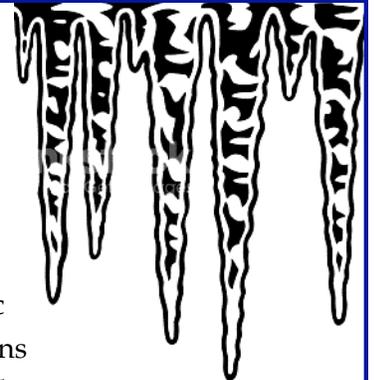


**3:30pm - 5:00pm**

**9 Days 13 Meals**

## Iceland

### the Land of Fire & Ice



Discover Iceland, a land forged by fire and ice full of dramatic breath-taking scenery such as the Gullfoss waterfall, blue lagoons and natural hot springs. Choose between walking on lava fields or a cave adventure. Savor Icelandic cuisine.

Learn about their culture and traditions with experienced guides and visits to Skogar Museum, Vatnajokull National Park,

a volcano visitor's center and much more! Come to the meeting to hear all about it.



*Celebrating over 50 years of Service to our Senior Community*

**Kim Bren**, Executive Director

**Lauren Tompkins**, Outreach Specialist

**Dawn Sumner**, Senior Program Coordinator

**Joan Counter**, Administrative 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.**

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

|                |   |              |
|----------------|---|--------------|
| Fri-9/2        | Wii Bowling At Hudson Falls   | 1 pm         |
| Tues-9/6       | Scrabble game   | 1 pm         |
| Wed-9/7        | Little Theatre On The Farm-50's/60's Variety Show- Cost: \$7                    | 2 pm         |
| Thurs-9/8      | Saratoga Racino-Gas Donation for van-\$6-call to sign up                        | 10:30 am     |
| Fri-9/9        | Game Day-Variety of games   | 1 pm         |
| Mon-9/12       | Shoebox Workshop-Operation Christmas Child                                      | 1 pm         |
| Tues-9/13      | Free Workshop-Supporting Healthy Blood Sugar levels with Lisa O'Brien           | 1 pm         |
| Wed-9/14       | Defensive Driving Course-\$20 AARP members/\$25 nonmembers-call to register     | 9 am-4 pm    |
| Thurs-9/15     | Coffee and a Cop-Officer Willett answer any questions you have.                 | 1 pm         |
| Fri-9/16       | Center closed-Fall Fair Set up  | 9 am-4 pm    |
| Sat-9/17       | Lawn Sale-Jewelry, household items, plants, bakery etc. Something for everyone  | 9 am-2 pm    |
| Mon-9/19       | Elder Care Resources-free seminar-sign up today                                 | 12:30 pm     |
| Tues-9/20      | "Southern Comfort"-Holiday Inn, Lake George-Cost: \$55, includes show and lunch | 11:30 am     |
| Wed-9/21       | Cards for Seniors for area Nursing Facilities                                   | 1 pm         |
| Thurs-9/22     | All Center Boat Ride-Lac du Saint Sacrement-Lake George-sign up ASAP            | 11 am        |
| Fri-9/23       | Racquette Lake -Lunch & Cruise/and train ride. Cost: \$53                       | 8 am         |
| Mon-9/26       | Movie/Popcorn-"Mother-In-Law" with Jane Fonda                                   | 12:30 pm     |
| Tues-9/27      | Shoebox Workshop #2-Operation Christmas Child                                   | 1 pm         |
| Wed-9/28       | Newsletter mailing-Need volunteers  | 1 pm         |
| Thurs-9/29     | Welcome Back Lunch-Door Prizes/50/50 Raffle                                     | 12 pm        |
| Fri-9/30       | Special Bingo-Enjoy unique game of bingo-prizes                                 | 1 pm         |
| Monday- Friday | Thrift Shop-new items all the time  | 10 am-12 pm  |
| Every Tues     | Bingo in AM/Program in PM-Transportation provided                               | 10:30 am     |
| Every Thursday | Chair Yoga- with Tobey- Sponsored by MVP  | 10:15- 11 am |
| Mon-Thurs      | Osteo exercise program- Monday-Thursday-Sponsored by RSVP                       | 9-10:15 am   |
| Every Friday   | Tai Chi Class with Sam Ling-Cost: \$6   | 9 am-10 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**

# Fall Fair



## House & Porch Sale

Greater Glens Falls Senior Center  
380 Glen Street, Glens Falls • 793-2189

**Saturday, September 17, 2016**  
**9 am – 2 pm**

Offering Jewelry, Crafts, Collectibles,  
Baked Goods, Thrift Shop, Boutique,  
Housewares, Books, Appliances and more!

**Bring Your Family!**



*Lunch at the Sherman House Café*

**Come Have a Great Time!**

## Promoting Emotional Health and Preventing Suicide

September is suicide prevention month and many times we don't think that the senior population is effected by suicide but in fact it is a growing public health concern.

More than 7,000 people age 65 or older died by suicide in 2013 which are the most up to date statistics from the Centers for Disease Control. This figure places the suicide rate among older adults higher than the general population. These rates are particularly high among older men- higher than any other group in the United States. These statistics don't consider those who have made an attempt or those who might be struggling with emotional pain. Depression is often thought of as a normal part of aging and that there is nothing you can do about it. That's not true, it's not a normal part of aging and there are many ways to help. Those that are in pain can have a good quality of life if they can get the help or community support they need.

### What you can do to help someone:

- Talk with the person and show your concern in a nonjudgmental way.
- Encourage the person to attend there local senior center or their wellness groups.
- Help connect the person to supportive services available at senior centers, Home Delivered Meals and NY Connects.
- Help them talk with their primary care physician or help them connect to sources for counseling.

### Warning Signs:

#### Talk

Unbearable Pain; Being a burden to others; Having no reason to live

#### Behavior

Increase of alcohol or drugs; Isolates from family or friends; Shows aggression

#### Mood

Depressed; Anxious; Sad

If you or a friend or loved one is in need of help call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If you would like to be involved in local suicide prevention efforts please contact the Warren Washington County Suicide Prevention Coalition, Allison Reynolds at 518-746-1527.



**NY Connects**  
Your Link to Long Term  
Services and Supports

*Come to your NY Connects Long Term Care Council*



# Brunch Meeting

**The Glen at Hiland Meadows  
39 Longview Drive, Queensbury**

Our Presenter: Diane VanDusen,  
Long Term Systems Specialist with New York State Office for the Aging  
**She will speak on the expansion of NY Connects & No Wrong Door**

**Thursday, September 22, 2016**

**10am-noon**

Reserve your spot by calling LTCC Secretary Stephanie Ball at 746-2572.

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



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist



## September is National Cholesterol Education Month

*This is a good time to get your blood cholesterol checked and take steps to lower it if it is high.*

### How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

**What is cholesterol?** Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

**How do you know if your cholesterol is high?** High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

#### How often should you have your cholesterol checked?

Adults aged 20 years or older have their cholesterol checked every 5 years. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

**Can children and adolescents have high cholesterol?** Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases.

In the US, more than one-fifth of youth aged 12–19 years have at least one abnormal lipid level.

#### If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- \*Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).

- \*For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day. Maintain a healthy weight. Don't smoke or quit if you smoke.

## Dijon Chicken with Broccoli and Noodles

6 oz dried whole-wheat noodles (5 C)      2 teaspoons olive oil and 1 teaspoon olive oil, divided  
 2 1/2 cups chopped broccoli florets      8 ounces button mushrooms, sliced  
 3 tablespoons all-purpose flour      1 cup chopped onion  
 1 teaspoon smoked paprika      2 medium garlic cloves, minced  
 1/8 teaspoon cayenne      16 ounces fat-free plain Greek yogurt  
 1 lb. chicken tenders, visible fat discarded      3 tablespoons Dijon mustard (lowest sodium avail.)

Cook pasta using package directions, omitting salt and oil. 3 min. before done, add broccoli, stirring occasionally. Drain well in a colander. Set aside.

Meanwhile, in a medium dish, stir together flour, paprika and cayenne. Dip chicken in flour mixture, turning to coat and shaking off excess.

In a large nonstick skillet, heat 2 teaspoons oil over medium-high heat, coating bottom. Cook the chicken for 4 min. Turn over and cook for 2 to 4 min, or until no longer pink in the center. Transfer to a large plate. Cover loosely with aluminum foil to keep warm.

Reduce the heat to medium. In the same skillet, heat the remaining 1 teaspoon oil, coating bottom. Add mushrooms, onion and garlic, scraping to dislodge any browned bits. Cook for 2 to 3 min. or until the onion begins to soften, stirring frequently. Remove from the heat.

Stir in the yogurt and mustard. Stir in the chicken. Serve over the pasta.

**A** rich-tasting, creamy mustard sauce blankets savory chicken tenders and a mixture of broccoli and noodles—everything you need for an all-in-one meal.

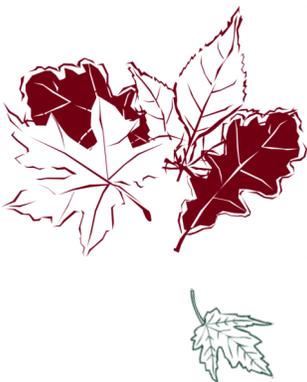


**Cook's Tip:** Thicker and richer tasting than traditional yogurt, Greek yogurt is an excellent source of calcium, and a half-cup provides about the same amount of protein as 2 ounces of cooked meat.

### ▲ Nutritional Analysis Per serving

Calories Per Serving 358  
 Total Fat 5.5 g  
 Cholesterol 53 mg  
 Sodium 297 mg  
 Carbohydrates 42 g  
 Fiber 7 g  
 Protein 38 g  
**Dietary Exchanges** 2 starch,  
 2 vegetable, 4 very lean meat

This recipe is brought to you by the American Heart Association's Patient Education program.



## Broccoli Beef

"Round steak and broccoli are quickly cooked in a soy-ginger sauce. Serve over hot rice or noodles."

Prep 15 m

Cook 15 m

Ready In 30 m

1/4 cup all-purpose flour  
 1 (10.5 ounce) can beef broth  
 2 tablespoons white sugar  
 2 tablespoons soy sauce  
 1 pound boneless round steak,  
 cut into bite size pieces

1/4 teaspoon chopped fresh ginger root  
 1 clove garlic, minced  
 4 cups chopped fresh broccoli



In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned.

Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat.

Adopted By: Allrecipes.com

## Desirable Cholesterol Levels

**Total Cholesterol**.....Less than 170 mg/dL  
**Low LDL ("bad") cholesterol**.....Less than 110 mg/dL  
**High HDL ("good") cholesterol**.....35 mg/dL or higher  
**Triglycerides** .....Less than 150 mg/dL



### 10 Ways to Manage Stress and Be a Healthier Caregiver

*Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself not taking care of your own needs, you may be putting your health at risk.*

#### 1. Find time for yourself.

Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care gives caregivers a temporary rest from caregiving, while the person with Alzheimer's disease continues to receive care in a safe environment. Visit [alz.org/care](http://alz.org/care) to learn more.

2. Know what community resources are available. Contact the Alzheimer's Association® or use our online Community Resource Finder ([alz.org/CRF](http://alz.org/CRF)) to find dementia care resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.

#### 3. Become an educated caregiver.

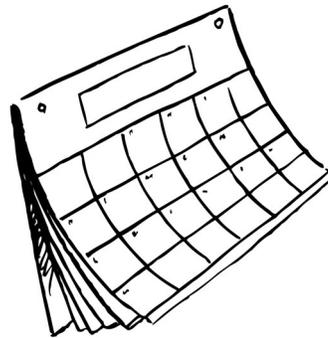
As the disease progresses, new caregiving skills may be necessary. The



Association offers programs to help you better understand and cope with common behavioral and personality changes that may occur. Visit the Alzheimer's and Dementia Caregiver Center at [alz.org/care](http://alz.org/care) to learn more and access care training resources, including free online workshops.

#### 4. Get help and find support.

Seek the support of family, friends and people who can relate to your situation. Use our online Care Team Calendar ([alz.org/carecalendar](http://alz.org/carecalendar)) to organize family and friends who want to help. Our 24/7 Helpline (800.272.3900), ALZConnected® online social networking community ([alzconnected.org](http://alzconnected.org)) and local support groups



([alz.org/findus](http://alz.org/findus)) are all good sources for finding comfort and reassurance. If stress becomes overwhelming, seek professional help.

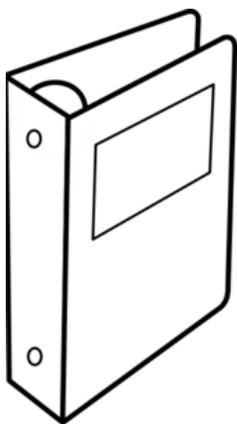
5. Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

6. Manage your level of stress. Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration and change in appetite). Note your symptoms and discuss with a doctor, as needed. Try to find relaxation techniques that work for you.

7. Accept changes as they occur. People with Alzheimer's disease change over time and so do their needs. They may require care beyond what you can provide on

your own. Becoming aware of community resources – from home care services to residential care – can make the transition easier. So will the support and assistance of those around you.

**8. Make legal and financial plans.** Putting legal and financial plans in place after an Alzheimer's



diagnosis is important so that the person with the disease can participate. Having future plans can provide comfort to the entire

family. Many documents, including advance directives, can be prepared without the help of an attorney. However, if you are unsure about how to complete legal documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law and/or a financial advisor who is familiar with elder or long-term care planning.

**9. Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's

progresses. You can't promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe.

**10. Visit your doctor regularly.** Take time to get regular check-

ups, and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

## 10 Common Signs of Caregiver Stress

1. Denial about the disease and its effect on the person who has been diagnosed. "I know Mom is going to get better."
2. Anger at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do. "He knows how to get dressed – he's just being stubborn."
3. Social withdrawal from friends and activities that used to make you feel good. "I don't care about visiting with the neighbors anymore."
4. Anxiety about the future and facing another day. "What happens when he needs more care than I can provide?"
5. Depression that breaks your spirit and affects your ability to cope. "I just don't care anymore."
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this."
7. Sleeplessness caused by a never-ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"
8. Irritability that leads to moodiness and triggers negative responses and actions. "Leave me alone!"
9. Lack of concentration that makes it difficult to perform familiar tasks. "I was so busy, I forgot my appointment."
10. Health problems that begin to take a mental and physical toll. "I can't remember the last time I felt good."



# Volunteer Board Bulletin

## Happy Birthday



to our  
Volunteers  
celebrating in  
**September!**

**Dave Thompson ..... 5**

**Nancy Imrie ..... 7**

**Susan Herlihy ..... 12**

**Pat Oddey ..... 13**

**Frank Shields ..... 14**

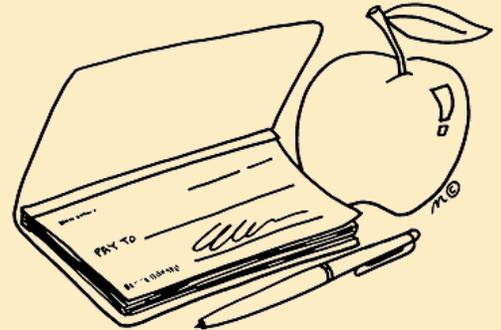
**Lynn Potenza ..... 16**

**Mary LaMere ..... 19**

### Meal Recipients;

When contributing by check please make check out to "Warren County Treasurer".

Thank you,  
Office for the Aging



### Joanie Fiore Flanagan's 2016 Bike MS Begging Letter

Dear Family and Friends,

Great news! I've signed up for Bike MS - an unforgettable ride to support the National Multiple Sclerosis Society and the important work they are doing to create a world free of MS. Ride is held Sept. 17 at Burch Hill, Schodack, NY.

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system which interrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The progress and severity of MS in any one person cannot yet be predicted, but advances in treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50. MS affects more than 2.3 million people worldwide.

Today, there are treatments where there weren't any 30 years ago and the dream of ending MS is becoming a reality. But there is still much to do.

➔ You can help with my goal by following the instructions to the left to donate online or send a check directly to me at:

Joan Flanagan, 22 Nottingham Dr., Queensbury, NY, 12804-8612

Make all checks payable to: **National MS Society**

Thank you so much for helping me reach my goal of \$10,000 and supporting this worthy cause.

Warmly,  
Joan Fiore Flanagan

**To donate online** go to the MS website at [www.msupstateny.org](http://www.msupstateny.org) click on "Donate", scroll down "Find a Participant", type in "Joan" and "Flanagan" and "NY" state. Click again on "Find a Participant". Scroll down to "Donate Now" next to Joan's name and follow the instructions.

# Back to School

## Word Search



BACKPACK

BOOKS

CLASSROOM

COMPUTER

DESK

FOLDER

LEARNING

LISTEN

PAPER

PENCIL

PLAYGROUND

QUESTION

READING

RUBBER

RULER

SCHOOL

STAPLER

STUDENT

TEACHER

WRITING



# September 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. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <p><b>Suggested Contribution Per Meal: \$3</b></p>   |                                       |   | <p><b>September 1</b></p> <p>Cheeseburger Deluxe<br/>Lettuce/Tomatoes<br/>Roasted Potato Bites<br/>Spinach<br/>Chilled Peaches</p>                  | <p><b>Sept 2 Labor Day BBQ</b></p> <p>BBQ Chicken<br/>Hush Puppies<br/>Baked Beans<br/>Labor Day Dessert</p>  |
| <p><b>September 5</b></p> <p>Meal Site Closed</p>  | <p><b>September 6</b></p> <p><b>Chef's Choice</b></p>  | <p><b>September 7 Brunch</b></p> <p>Cheese Omelet<br/>Hash Brown Potato<br/>Slice of Ham<br/>Yogurt Parfait with Fruit &amp; Granola</p> | <p><b>September 8</b></p> <p>Roast Pork/ Gravy<br/>Mashed Potato<br/>Peas &amp; Onions<br/>Cinnamon Coffee Cake</p>                                 | <p><b>Sept 9 Cold Plate</b></p> <p>Tuna salad on a Bun<br/>Pasta Salad<br/>Broccoli Salad<br/>Cookie of the Day</p>                                       |
| <p><b>September 12</b></p> <p>Swedish Meatballs<br/>Over Noodles<br/>Brussels Sprouts<br/>Chilled Pineapple</p>                    | <p><b>September 13</b></p> <p>Apple N' Onion Chicken<br/>Sweet Potatoes<br/>California Medley<br/>Jell-O Poke Cake</p> | <p><b>September 14</b></p> <p>Lemon Baked Fish<br/>Roasted Red Potatoes<br/>Carrots<br/>Fresh Grapes</p>                                 | <p><b>September 15</b></p> <p>Beef Tomato Florentine with Noodles &amp; Cheese<br/>Scandinavian Veggies<br/>Garlic Bread<br/>Tropical Fruit Cup</p> | <p><b>Sept 16 Cold Plate</b></p> <p>Chopped Salad with Grilled Chicken<br/>Cubed Cantaloupe<br/>Dinner Roll<br/>Brownie</p>                               |
| <p><b>September 19</b></p> <p>Breaded Haddock<br/>Au Gratin Potatoes<br/>Japanese Veggies<br/>Rice Pudding/Topping</p>             | <p><b>September 20</b></p> <p>Pork Chops<br/>Sweet Potatoes<br/>Mixed Veggies<br/>Mandarin Orange</p>                  | <p><b>September 21</b></p> <p>Roast Turkey/Gravy<br/>Cranberry Sauce<br/>Mashed Potatoes<br/>Italian Veggies<br/>Apricots</p>            | <p><b>September 22</b></p> <p>American Goulash<br/>Tossed Salad<br/>Asparagus<br/>Fresh Fruit</p>   | <p><b>Sept 23 Cold Plate</b></p> <p>Chicken Salad on Bed<br/>Romaine Lettuce<br/>Macaroni Salad<br/>Tomato, Onion &amp; Cucumber Salad<br/>Spice Cake</p> |
| <p><b>September 26</b></p> <p>Chicken Pot Pie with Potatoes &amp; Veggies<br/>Carrots<br/>Chilled Pears</p>                        | <p><b>September 27</b></p> <p>Meatloaf<br/>Mashed Potatoes<br/>Spinach<br/>Peach Cobbler</p>                           | <p><b>September 28</b></p> <p>Chicken &amp; Stuffing Casserole<br/>Wild Rice<br/>Peas<br/>Tropical Fruit Cup</p>                         | <p><b>Sept 29 Cold Plate</b></p> <p>Sliced Roast Beef Plate with Potato Salad &amp; Coleslaw<br/>Sandwich Roll<br/>Berry Crisp</p>                  | <p><b>September 30</b></p> <p>Stuffed Shells with Marinara Meat Sauce<br/>Tossed Salad<br/>Scandinavian Veggies<br/>Fresh Fruit</p>                       |

**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