



# 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

2017

## Office Staff

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Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects,  
Point of Entry Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

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Rose Ann O'Rourke -  
*Coordinator of Services*

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Suzanne Scott -  
*Volunteer Coordinator*

Catherine Keating - *Stauch -  
Registered Dietician / Menu*



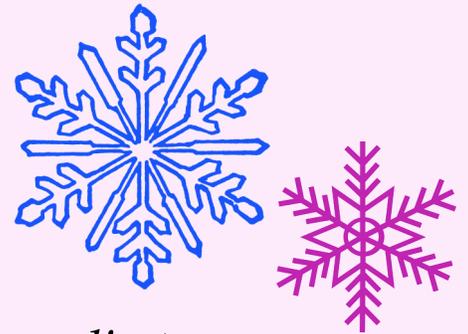
**Newsletters are now  
available online at:**

[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.



## **MEAL SITE 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.*



Warren-Hamilton Counties Tel: (518) 761-6347  
1340 State Route 9 • Lake George, NY 12845 Fax: (518) 761-6344

TO: Senior Clubs and Centers, Advisory Council Members, Meal Sites, Etc.  
FROM: Deanna Park, Director, Office for the Aging  
RE: **NOMINATIONS FOR SENIOR OF THE YEAR**  
DATE: December 7, 2016

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. 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](mailto:riversj@warrencountyny.gov). Please 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 10<sup>th</sup>**.

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 10<sup>th</sup>.**

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.

*Thank you,*  
*Dee*

# 2017 Senior Day

NYSOFA will only accept official submissions through the online portal, from the Area Agency on Aging.

## Nominee's Information

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

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

## Organizations for which the nominee volunteers/has volunteered:

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## 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)

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

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

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# MEMO

**To: Volunteers Submitting for Mileage Reimbursement**

**From:** Office for the Aging

**Re:** Completing Form Correctly

**Date:** 1/1/2017

## **Medical Transportation:**

It is important to fill in client name and address as well as the destination and date of transport.

## **Home Delivered Meals:**

It is important to fill in your route number (mileage optional) & date.

## **PLEASE:**

Fill out all three circled areas on form.



**Promptly Submit**  
by the end  
of each  
month.

**Warren County Travel Voucher**

Department: OFFICE FOR THE AGING

Code(s): \_\_\_\_\_

Vendor # Name Address: Jane Doe, 35 Main St, Glens Falls, NY 12801

Date	Purpose of Travel	From	To	Time Out	Time Back	Starting Odometer	Ending Odometer	Total # Miles	Total \$\$
1/2/17	Meal Delivery	Rt 5						12	
1/9/17	Meal Delivery	Rt 5						12	
1/23/17	Meal Delivery	Rt 5						12	
1/25/17	Medical Transport John Brown	GF	HHHN Carey Rd					14	
									Total Travel \$

Date	Description (Meals, tolls, parking)	Amount
	Total Misc. Expenses	
	Total Travel \$\$ (Above)	
	<b>TOTAL EXPENSES</b>	

I hereby certify that the travel indicated was necessary on official business, and that the information given is complete and correct.

Traveler/driver signature: Jane Doe

1/31/17 Date

(Note: Any receipts must be attached to expense form, including itemized meal receipts)

Department Approval: Approved by: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Approval for payment: This claim is approved and ordered paid from the appropriations indicated above. Warren County Auditor



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

**Kim Bren**, Executive Director

**Lauren Tompkins**, Senior Service 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.*

1/2	Center Closed for New Years Day	1 pm
1/3	Health Insurance Info Meeting - Todays Options	12:30 pm
1/4	Reading by Bea Roman	1 pm
1/5	FREE Veterans Breakfast @ Great Escape Lodge	9 am
1/6	UNDECORATING POTLUCK PARTY	1 pm
1/9	Good Books Club	1 pm
1/10	Pember Museum \$5 per person/ Stop for lunch afterwards, order off menu	11 am
1/11	Reading by Bea Roman	1 pm
1/11	FOOD FOR THOUGHT (1800's) By Nancy Puritan of Parks Bentley	1 pm
1/12	Neurological Disorders by Holly K of GFH	1 pm
1/16	Center "Martin Luther King Day"	1 pm
1/17	Lunch and Tour @ The Warren Center	11:30 am
1/17	POPCORN and a MOVIE	12:30 pm
1/18	Reading by Bea Roman	1 pm
1/18	MEET and GREET new Board members / Board Meeting	3:30 pm
1/19	Senior Fraud Program and Coffee with a Cop	11-2
1/20	Wii Bowling Tournament @ HF Seniors	12:30 pm
1/23	LUNCH BUNCH @ O'Tooles	11 am
1/24	Special Bingo	1 pm
1/25	Let it Snow Luncheon \$7.00	12 noon
1/26	Racino	10 am
1/27	Writers Group	1 pm
1/30	Newsletter Mailing (We need volunteers to help with this massive mailing)	1 pm
<b>Ongoing Activities at a Glance:</b>		
Every Monday	Line Dancers @ 10 am	10 – 11 am
Every Tuesday	Bingo in AM/Program in PM- Transportation provided	10 - 11:30 am
Every Wed.	Scrabble Group / Bridge Game	10 am
Every Thursday	Chair Yoga- with Tobey- Sponsored by MVP	10:30- 11:30 am
Mon-Thurs	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9- 10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6 / Wii bowling 10am/Line Dancers 10 am	9 & 10 am

**Upcoming Trips include:** The Games Afoot @ HMT in Saratoga on February 19th @ 2 pm  
The Foreigner @ HMT in Saratoga on April 23rd @ 2 pm

Call Center for pricing and information on the upcoming trips and events or see online.  
Don't be lonely - Come and Participate at "Glens Falls Senior Center".



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

## Tips for Keeping Food Fresh Longer

### Fresh Fruits and Vegetables

Line the bottom of your refrigerator's crisper drawer with paper towels. They'll absorb the excess moisture that causes veggies to rot.

Wash berries in water with just a bit of vinegar before popping them into the fridge.

Lettuce needs moisture to stay fresh and will quickly wilt if it dehydrates. Wrap



lettuce in damp paper towels and store in a plastic bag. If salad greens begin to wilt, soak them in ice water to crisp them up before fixing a salad.

Prevent mushrooms from getting slimy by wrapping them in paper towels before refrigerating.

If you cover the crown of a banana bunch (where the stems are) in plastic wrap, the bananas will last longer. Bananas release natural ethylene gas to ripen themselves, and most of the gas is released from the stem. By wrapping the crown, you will prevent some of the gas

from reaching the rest of the banana.

Keep apples away from other foods. Apples give off ethylene gas,



which can cause foods to spoil. If they get too soft, just cook them!

Store potatoes with an apple to prevent sprouting.

### Meat, Fish and Eggs

Store eggs in their original carton. If you're unsure of an egg's freshness, see how it behaves in a cup of water: Fresh eggs sink; bad ones float.

Meat & poultry should be kept in its original package if you'll use it within 2 days. (Re-wrapping increases the risk of exposing the food to harmful bacteria.) Otherwise, wrap it in foil and freeze.

Fish should be kept in a bag on top of a bowl of ice and eaten as soon as possible. You can also freeze fish or broil it and store in the fridge.

### Bread and Cereal Products

Freeze flour for 48 hours to kill any insect eggs that might be present. Then, place in a tight-sealing container; and store in a cool, dry spot away from sunlight.

To help ward off weevils, try slipping a bay leaf into your storage container. The scent of the bay leaf will help repel the bugs.

Contrary to popular belief, storing bread in the refrigerator actually makes it spoil more quickly. Your best bet is to store bread on the kitchen counter in a tightly sealed bag or container.

To revive day-old muffins, sprinkle them with water, place in a paper bag, and pop in a hot oven for five to 10 minutes. The steam created by the water will restore moisture.

### Dairy Products and Cheese

Keep milk in the main part of the fridge compartment if you have the space. When milk is stored in the door rack it's warmed by the ambient air of the kitchen whenever the fridge door is opened.



Make sure to wrap all cheese securely in wax paper or cheese paper before storing it in the refrigerator, which allows it to breathe without letting in excess moisture or odors from your fridge. You can also rub butter on the cut parts of hard cheeses to prevent them from drying out. You can also freeze cheese!

In order to make cottage cheese or sour cream last longer, place the



**Prep time:** 30 minutes ▶

**Cook time:** 15 minutes

**Servings:** 4 Servings

Adopted by: 2016 CookEatShare



**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Servings:** 4-6

Adopted By: 2016 CookEatShare ▼

## Chicken Cordon Bleu - Schnitzel Style!

1/2 cup olive oil

1 1/4 pounds thin sliced boneless skinless chicken breast  
(think cutlets - chicken tenders are too skinny for this)

2 cups Japanese style bread crumbs (like Panko)

5 ounces sliced ham

4 ounces sliced Swiss cheese

2 large eggs, beaten

Lemon wedges (optional)

Heat 1/4 C of oil in large flat skillet over medium heat. Place beaten eggs and bread crumbs in separate wide flat bowls, set aside. Pair up the chicken breast cutlets equal in size; you'll need 2 to make each schnitzel "sandwich" and depending on size, each sandwich will serve 2 people.

Place between wax paper (I recycle my cereal and cracker liner bags for this because they are so durable for pounding); using mallet pound to a thickness of 1/4". Place slice of ham on one of the chicken cutlets and top with slice of Swiss cheese; trim the ham and cheese to fit the chicken cutlet shape. Top with the matching chicken cutlet to form the sandwich. At this point you may need to cut the sandwich in half to serving size, so it is easier to handle, coat and cook.

Holding each sandwich firmly, dip it into beaten eggs coating one side completely; then carefully turn it over and dip the second side in eggs, allowing excess egg to drip away. In like manner coat both sides with bread crumbs.

Put in heated oil in pan and fry until golden brown on both sides, adding the additional 1/4 C oil as needed. Serve with lemon wedges (optional).

## Italian Spinach Soup

*We served it with simple sourdough toast. This is a healthy and wonderful dish!*

3 lbs. fresh spinach

3 Tbsp. butter

1/2 medium onion, chopped

3 cups high quality chicken, beef, or vegetable broth

1 cup low fat milk

1/8 tsp ground nutmeg

5 Tbsp. freshly grated Parmesan cheese

Clean spinach and put in a pot with 3-4 cups water and 1 tsp salt. Cover and cook until tender, about 3-4 minutes (you may need to stir to cook evenly).

Keep the water from the cooked spinach to use as the base for the broth that you add (if you are using concentrated or dried broth that needs to be reconstituted). Otherwise, discard it.

Put the butter and onion in a large soup pot and turn to medium. Sauté until the onion becomes pale gold, about 4 minutes. Add the spinach and sauté uncovered for 2-3 minutes, stirring.

Add the broth, milk, and nutmeg, and bring to a simmer stirring occasionally. Add the grated Parmesan, stirring thoroughly, taste and correct for salt.

Turn off the heat and serve with toast or crostini on the side.

Server with fresh ground pepper (optional).

container upside down in the fridge. Inverting the tub creates a vacuum that inhibits the growth of bacteria that causes food to spoil.

Store butter in its original packaging. Stock up on butter when it's on sale - you can store it in the freezer

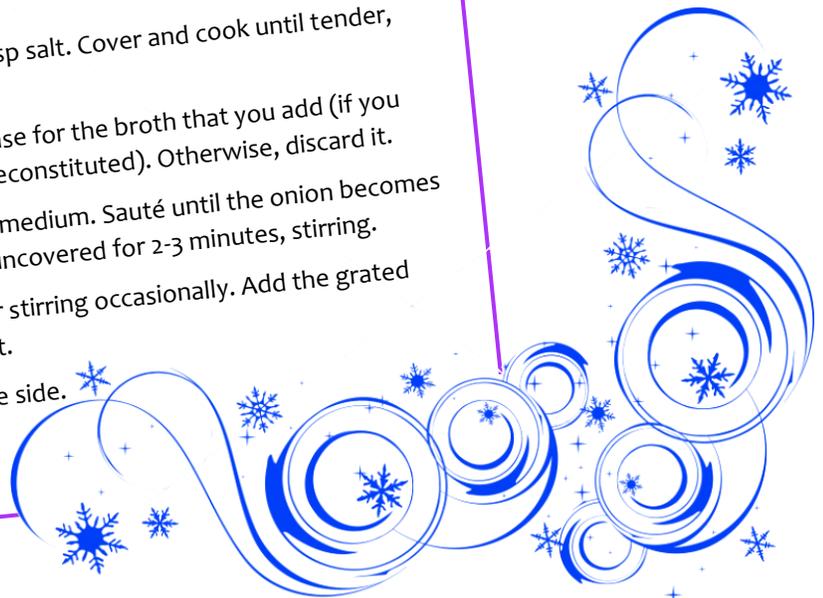
for up to six months. Pack the butter in an airtight container, so it doesn't take on the flavor of whatever else you're freezing.

## Miscellaneous

Keeping brown sugar in the freezer

will stop it from hardening. But if you already have hardened sugar on your shelf, soften it by sealing in a bag with a slice of fresh bread or an apple - or by microwaving on high for 30 seconds.

*Adopted by: onegoodthingbyjillee.com*





# NY Connects

Your Link to Long Term Services and Supports

## “I don’t think Mom/Dad is safe to be driving anymore. What do I do?”

This is one of the questions we are asked at NY Connects. If you or someone you know is concerned about this, New York State Department of Motor Vehicles has form, DS-7, that any concerned citizen can use to inform the DMV of this concern and your name is held in confidence.

The way it works is you complete the information about the driver you are concerned about (name, address, approximate age, make & color of vehicle the person normally drives) and provide your contact information. DMV also asks you to explain why the driver ought to have their driving abilities reviewed. They ask you to have the form notarized.

**This form is available at [www.dmv.ny.gov](http://www.dmv.ny.gov)  
or at your local DMV.**

Sunnyview Rehabilitation Hospital has a Driver Training Center offering a driver assessment and on-the-road evaluation for persons who are older and/or have a disability. The



program is available to any license-eligible driver, 16 years or older, and begins with a pre-driving assessment of the person’s physical, visual/perceptual, and cognitive status. They evaluate reaction time, coordination, field of vision, visual processing time, reasoning, judgment, understanding the rules of the road, and more. Once completing the pre-driving assessment, a behind-the-wheel evaluation is done to assess the individual driver’s traffic safety potential.

If their staff identify problems, they work with the driver and family to address and solve such issues. For more information, or to schedule an appointment with Sunnyview, call 518-386-3595.

### “PARENTS ARE KEY:

**Contact this local program at 518-798-4742.**

This program is designed to help older drivers determine if it’s time to make a smooth transition from the driver’s seat to the passenger seat while preserving their dignity, personal pride and independence.

For more information about this or questions about long term care services and supports please call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931.

# FRAUD ALERT!



## The grandparent scam:

A young person will call you and say they are your grandchild and that they have been arrested or detained by the police for drugs or some other reason. A person impersonating a police officer will then get on the phone and ask for money to assure that the child will appear at a court hearing later or to release them from jail. Once the court hearing has happened your money will supposedly be returned to you. This person will often ask for money in the form of a gift card (Target, Best Buy, Walmart). They ask that you go to a store, purchase the gift card and then read them the code off the back of the card. They may also ask you to wire money to them. AARP offers a website where you can keep up with information on new scams, investment fraud and identity theft.

AARP.org/  
fraudwatchnetwork

**If you are a victim of fraud  
you can call**

**The AARP Fraud Fighters at  
1-877-908-3360**



**Martin Luther King, Jr. Day**

## **When did Martin Luther King Day become a holiday?**

At the White House Rose Garden on November 2, 1983, President Ronald Reagan signed a bill, proposed by Representative Katie Hall of Indiana, creating a federal holiday to honor King. It was observed for the first time on January 20, 1986.

## **Why do we have a holiday for Martin Luther King?**

America will always remember the work of Martin Luther King, Jr. Each year, on the third Monday in January, we celebrate his birthday. This is the first national holiday to honor an individual black American.

## **Warren/Hamilton Counties Advisory Council Elections**

In January, we will be holding our elections for the 2017 Representatives for the Warren/Hamilton Counties Advisory Council. If you would like to nominate someone, or yourself, to be a member of the Advisory Council, please fill out the form below. These nominations should be handed in at your meal site by Friday - January 6, 2017.

If there is more than one nomination for a particular meal site, it will be voted on by those at that Meal site on Friday - January 13, 2017. Duties include attending quarterly meetings at the various meal sites and bringing the information back to the participants at the meal site.

Please make sure to fill in their full name, address, phone number and e-mail address. We will send out notification of meetings and minutes via e-mail. If they do not have access to internet or valid e-mail we will mail (USPS) their notices.



**PLEASE COMPLETE AND SEND THE RESULTS  
TO YOUR MEAL SITE BY FRIDAY JANUARY 6, 2017.**

Site: \_\_\_\_\_

Representative's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_



# Office Board Bulletin

*Happy Birthday*

to our Volunteers celebrating in

*January!*



**James O'Hara .....3**

**Barbara Coughlin .....6**

**Ann Blanchard.....8**

**Cyndi Davis .....12**

**Frank O'Keefe.....14**

**Heather Potash .....15**

**JoAnn Holmes .....23**

**Don Bernhoft.....26**

**Bob Dalaba.....27**

**Bruce Imrie .....27**



## Meal Sites Closed

**Monday, January 2nd**

*New Year's observed*

**Monday, January 16th**

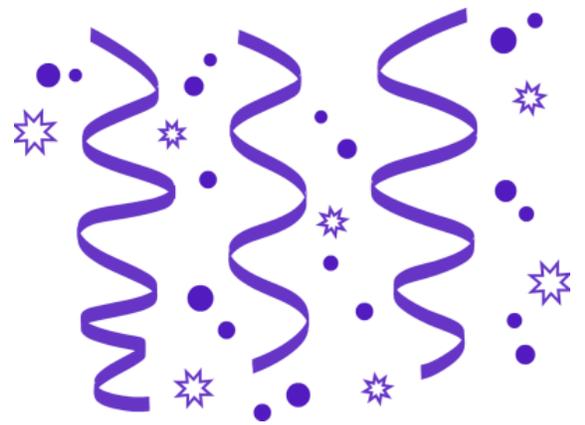
*Martin Luther King Jr. Day*

## **TOP 10 New Year's Resolutions**

Stay fit and healthy	37%
Lose weight	32%
Enjoy life to the fullest	28%
Spend less, save more	25%
Spend more time with family and friends	19%
Get organized	18%
Will not make any resolutions	16%
Learn something new/new hobby	14%
Travel more	14%
Read more	12%

*Source: Nielsen*

Happy  
New  
Year!



**WORD SEARCH**

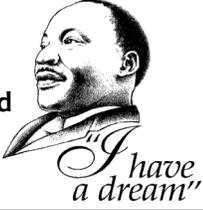
C	R	A	C	K	E	R	S	B	A	N	D	H	D	D
Z	T	A	B	L	E	G	M	E	O	A	Y	J	H	U
T	R	U	V	J	K	N	C	G	N	O	R	G	Q	O
H	O	N	G	Z	M	I	E	C	F	S	R	T	N	L
J	O	M	C	W	A	T	E	F	R	I	E	N	D	S
R	L	Y	P	P	A	H	I	D	I	T	M	Y	W	A
H	F	W	M	D	N	G	C	S	E	N	V	H	Q	M
T	O	T	W	A	Q	I	E	L	N	E	C	K	S	O
F	R	O	L	J	E	L	P	I	D	M	I	Z	E	R
G	R	E	L	F	P	I	I	C	L	E	S	X	H	A
C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

- |         |          |            |          |        |
|---------|----------|------------|----------|--------|
| AROMAS  | CRACKERS | EXCITEMENT | HAPPY    | MUSIC  |
| BAND    | CROWD    | FLOOR      | LIGHTING | TABLE  |
| BUSY    | DANCE    | FRIENDLY   | LOUD     | TREATS |
| COUPLES | DEEJAY   | FRIENDS    | MERRY    | WISHES |

# January 2017

Warren/Hamilton Counties Office for the Aging  
Menu by: Catherine Keating-Stauch, RDN 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
<b>January 2</b>  <b>Meal Site Closed</b>	<b>January 3</b> Breaded Haddock Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>January 4</b> Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	<b>January 5</b> Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	<b>January 6</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake
<b>January 9</b> Sour Cream Chicken Sweet Potatoes Peas & Onions Tropical Fruit Salad	<b>January 10</b> Beef Pot Pie with Potatoes and Veggies Cauliflower Chilled Peaches	<b>January 11</b> Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	<b>January 12</b> Quiche of the Day Italian Veggies Muffin of the Day Pears	<b>January 13</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Cinnamon Coffee Cake
<b>January 16</b> <b>Meal Site Closed</b> 	<b>January 17</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day	<b>January 18</b> Eggplant Parmesan Spaghetti with Marinara Sauce Peas & Onions Mandarin Orange	<b>January 19</b> Cheeseburger Pie Roaster Potatoes Bites Broccoli Coleslaw Pumpkin Bar	<b>January 20</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit
<b>January 23</b> Chicken Parmesan Penne Pasta with Marinara Sauce Italian Veggies Chilled Apricots	<b>January 24</b> Pepper Steak Mashed Potatoes Brussels Sprout Chilled Pineapple	<b>January 25</b> Meatloaf with Gravy Mashed Potato Zucchini & Tomatoes Apple Crisp	<b>January 26</b> Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Strawberry/Banana	<b>January 27</b> Soup of the Day (at congregate sites only) Liver & Onions Boiled Potato Peas & Onions Brownie
<b>January 30</b> Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	<b>January 31</b>  <b>Chef's Choice</b>		<b>Suggested Contribution Per Meal: \$3</b>	

**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