



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

F E B R U A R Y

2 0 1 8

NO MEAL SITES ARE CLOSING

Office Staff

Deanna "Dee" Park - *Director*

Catherine Bearor - *Services Specialist*

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

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

Kathleen McLaughlin - *NY Connects, Services Specialist*

Tammy Morehouse -

Aging Services Assistant

Rose Ann O'Rourke -

Coordinator of Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Catherine Keating - *Stauch -*

Registered Dietician / Menu

Mary Ann McCarthy - *Supervisor of Volunteers*



Newsletters are available online at www.warrencountyny.gov/ofa/newsletters.php

Or contact the office at (518) 761-6347 to be added to our mailing list.

After the recent article in The Post Star, there has been some miscommunication about the nutrition program that we wanted to clarify. We are NOT closing any meal sites and we will continue to provide the usual quality meals and service to our Seniors of Warren and Hamilton Counties.

For 2018, after estimated contributions from seniors and our NSIP (Nutrition Services Incentive Program) grant, our total Nutrition Program cost is approximately \$1,254,042/year. Of this, \$373,011 or 30% is covered through State and Federal grants. The remaining \$881,031 or 70% is funded by Warren and Hamilton Counties. NYSOFA (New York State Office for the Aging) only requires each County to contribute 10% of the overall budget for the Nutrition Program. We have been extremely fortunate that both Warren and Hamilton Counties have always been very generous with the amount of funding they give.

In other counties, in order to reduce the County share, they have 1) reduced the number of meal sites, where seniors are able to socialize, 2) have one central kitchen where all the meals are prepared and distributed out of, or 3) only served a set amount of meals and placed seniors on waiting lists to receive these. All of these scenarios would have a negative impact on our Seniors, which we certainly do not want to do. Although laying off employees is never a desired outcome, the plan to enter into an interagency agreement with Washington County is the only option that should have no effect on the nutrition program itself.

Washington County has been providing quality meals to seniors this way for over 15 years. These meals are made and distributed out of their Fort Edward location to seniors throughout Washington County, at distances of over 30 minutes to get to a site. The meals are hot, nutritious and meet the guidelines set forth by NYSOFA.

All of the other programs we have at OFA are at the minimum County share. The Nutrition Program is the only program that has an over match from the County. For 2018, our budget increased by \$150,000, which is a large increase. We have already made some changes in our nutrition program that will save the tax payers approximately \$76,000/year. This additional change should save an additional \$74,000 annually for the County taxpayers. The only change being made is who produces the meals.

Again, letting people go is never easy. The County is already working with these people to provide assistance for their employment future. We are trying to give our employees a decent amount of time to adapt to these changes. It is anticipated the earliest those changes will occur will be the beginning of April.

Caregiver Alert: Paid Family Leave Policy

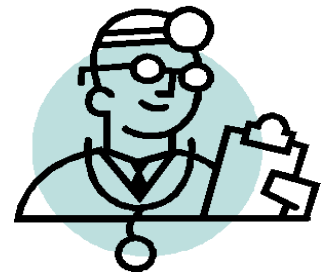
In 2016, Governor Cuomo signed into law the nation's strongest and most comprehensive Paid Family Leave policy. Working families will no longer have to choose between caring for their loved ones and risking their economic security.

Starting January 1, 2018, the New York State Paid Family Leave Program will provide New Yorkers job-protected, paid leave to bond with a new child, care for a loved one with a serious health condition or to help relieve family pressures when someone is called to active military service.

Establishing Paid Family Leave marks a pivotal next step in the pursuit of equality and dignity in both the workplace and home.

The following Licensed Health Care Providers may complete necessary documentation for Paid Family Leave within their scope of practice: Health care providers out-side of New York, including outside the United States, who are certifying that an employee's re-quest for Paid Family Leave is medically justified must have a valid license in the state or country where they practice.

- o Physician
- o Physician Assistant
- o Chiropractor
- o Dentist
- o Physical Therapist
- o Nurse Practitioner
- o Registered Professional Nurse
- o Podiatrist
- o Optometrist
- o Psychologist
- o Clinical Social Worker
- o Occupational Therapist
- o Midwife
- o Mental Health Practitioner



You can visit the Paid Family Leave website at ny.gov/PaidFamilyLeave or call the Helpline: (844) 337-6303 for more information or call your local Warren-Hamilton Counties NY Connects at 1-866-805-3931

Let's Talk About Your Part B Medicare Benefit Nutrition Therapy Services

How often is it covered?

Medicare Part B (Medical Insurance) covers medical nutrition therapy (MNT) services and certain related services. A Registered Dietician or nutrition professional who meets certain requirements can provide these services, which may include:

- An initial nutrition and lifestyle assessment
- One-on-one nutritional counseling
- Follow-up visits to check on your progress in managing your diet

If you're in a rural area, a Registered Dietician or other nutritional professional in a different location may be able to provide MNT to you through telehealth.

If you receive dialysis in a dialysis facility, Medicare covers MNT as part of your overall dialysis care

Who's eligible?

People with Part B who meet at least one of these conditions:

- Have diabetes
- Have kidney disease
- Have had a kidney transplant in the last 36 months

People with Part B must get a referral from their doctor or qualified non-doctor practitioner for the service.

Your costs in Original Medicare

You pay nothing for these services if the doctor or other health care professional accepts **assignment**.

Call your local NY Connects at Warren/Hamilton Counties Office for the Aging.

Toll Free:

1-866-805-3931 711 NY Relay Service

Medicare

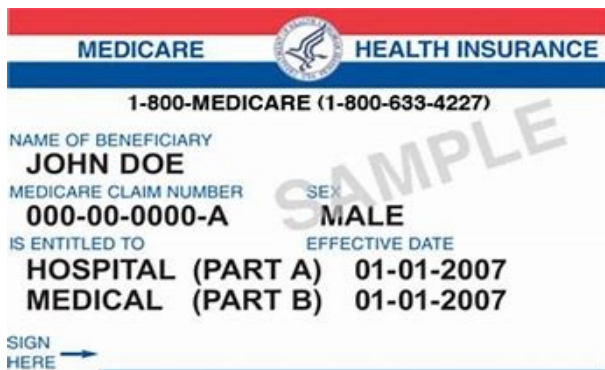
Highlights and Updates

Welcome to the New Year!

Throughout the upcoming year we will be introducing you to news and reminders about your Medicare coverage. We know there are many questions for Medicare recipients and will do our best to help address these issues.

To start we would like to alert you to the new Medicare Cards that are being issued to ALL clients. This process will begin in April of 2018 and continue through April of 2019. The new cards are no longer going to use Social Security numbers as the Client ID. There are concerns that fraudulent calls may be made to obtain the personal data of Medicare clients so please be aware that this update will happen AUTOMATICALLY and you will NOT be contacted by Social Security or CMS (Center for Medicare and Medicaid Services). You only need to reach out to Social Security if an update of your address is needed in order for you to receive the new card. If you would like more information regarding this update please contact Social Security at 1-800-772-1213 or Medicare at 1-800-633-4227.

Current Card



A sample of a current Medicare card. The card has a red top bar with "MEDICARE" and "HEALTH INSURANCE" in white, and a blue bottom bar with "1-800-MEDICARE (1-800-633-4227)". The main body is white with black text. It includes the name of the beneficiary, Medicare claim number, sex, and the date the beneficiary is entitled to Hospital (Part A) and Medical (Part B) coverage.

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	

New Card



A sample of a new Medicare card. The card has a blue top bar with "MEDICARE HEALTH INSURANCE" in white. The main body is white with black text. It includes the name of the beneficiary, Medicare number, and the date the beneficiary is entitled to Hospital (Part A) and Medical (Part B) coverage.

MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	Coverage starts/Cobertura emp
HOSPITAL (PART A)	03-01-2016
MEDICAL (PART B)	03-01-2016

We would love to hear ideas for topics of concern related to Medicare and will do our best to address them in upcoming newsletters. Please contact Warren/Hamilton Counties Office for the Aging at 518-761-6347 and ask to speak to a SHIP (State Health Insurance Program) Counselor.

Thank you and have a safe, healthy New Year!



February is National Heart Awareness Month



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. These small lifestyle changes can net big results if you incorporate them into your yearly plan:

Get a checkup. To determine the most important lifestyle changes for you, you need to know your "numbers," including blood pressure, blood sugar and cholesterol. A yearly checkup is an easy first step toward better health.

Cut 100 calories a day and add 1,000 steps.

These are two small changes that, over the course of a year, can add up to big health benefits. Keeping track of your calorie intake will help you to be more mindful of what you're putting in your mouth. Up the number of steps you take by walking more during your lunch breaks or choosing the stairs over an elevator.

Sit less during the day (and evening). According to a longitudinal study published in the *British Journal of Sports Medicine*, if you don't get the recommended amount of physical activity for your age at some point during the day, the more you sit, the greater your health risks. Make it a goal to take more frequent breaks from sitting by setting a timer to remind you to get up for at least five minutes every hour.

Reward yourself with healthy gifts. When you're setting health goals, like eating better, losing weight,

or being more active, the most common mistake is rewarding good behavior with something you've been withholding, like chocolate cake. This can cause you to slip back into old, unhealthy habits. Instead, be creative about your rewards. Plan a fun activity, like an afternoon of ice skating or a movie with friends, as a reward for weight loss. When you reach a fitness milestone, buy snazzy new workout gear instead of giving yourself some time off from the gym.

Certain foods are particularly protective for your heart. Some help lower your blood pressure. Others keep your cholesterol in line. So add these items to your shopping cart: Salmon, walnuts, raspberries, Fat-Free or Low-fat Milk or Yogurt, oatmeal, olive oil, avocados, dark chocolate, chickpeas and other legumes and red grapes.

- **Stop smoking**
- **Drink alcohol in moderation**

This year, make your healthy lifestyle goals more manageable: Focus on small, achievable changes that, over time, will add up to a big difference in your life.

Adopted by: *Nutrition care systems and WebMD*



Vegetable Turkey Soup

- 1 lb ground skinless turkey breast, broken up
- 3 large carrots (peeled, sliced)
- 3 medium zucchini (sliced)
- 1 small onion (chopped)
- 1, 28-oz can no salt added tomato sauce
- 1, 15-oz can no salt added cannellini beans (rinsed, drained)
- 2 medium garlic cloves (minced)
- 1 Tbsp dried Italian seasoning (crumbled)
- 1/2 tsp salt
- 1/2 tsp pepper
- 4 cups fat-free, low-sodium chicken broth



Directions

1 In a large bowl, stir together all the ingredients except the broth. Transfer the ingredient to a 1-gallon re-sealable plastic freezer bag. Place the bag flat in the freezer and freeze.

Directions for Cooking

1 Thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook, covered, on low for 8 hours, or until the turkey is no longer pink..

Nutritional information per serving: 224 Calories per serving, .4 g Sat. Fat per serving, 314 mg Sodium per serving 6 Servings

Recipe copyright© 2017 American Heart Association. This recipe is brought to you by the American Heart Association's Healthy For Good™ movement. For more simple, quick and affordable recipes, visit heart.org/

Tailgate Chili - Try this classic chili recipe that's good for your heart.

Ready in 30 minutes.

- 1 lb. 95% lean **ground beef** (or ground white meat chicken or turkey for a healthier option)
- 1 medium **onion** (chopped)
- 1 medium **green bell pepper** (chopped)
- 1 medium **jalapeño** (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh **garlic** OR
- 2 tsp. jarred, minced **garlic**
- 1 Tbsp. **chili powder**
- 1 Tbsp. ground **cumin**
- 1/2 tsp. ground **coriander**
- 15.5 oz. canned, no-salt-added or low-sodium **pinto or kidney beans, rinsed, drained**
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced **tomatoes** (undrained)

3/4 cup jarred **salsa** (lowest sodium available)

Quick Tips: if you want 5-alarm chili, add 1 teaspoon cayenne pepper

DIRECTIONS

1 **Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.**

2. **Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.**

3. **Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.**

4 **Optional – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.**

Nutritional info

(per serving): **Calories 297 kcal, Sat fat: 2.5 g, Sodium: 288 mg.**

Recipe copyright © 2016 American Heart Association. This recipe brought to you by the American Heart Association's Simple Cooking with Heart® Program. For more simple, visit heart.org/simplecooking.



Support Group

Caregiver Conversations

A supportive group for those taking care of someone with memory loss.

2nd Tuesday
of the Month
11:00 a.m.



The Glen at Hiland Meadows
39 Longview Drive, Queensbury

For Additional Information Call (518) 832-4991

All are welcome.



TRY A NEW WAY TO CONNECT OR RECONNECT

Over the last month with the bad weather and Flu season upon us I've had the opportunity to go out and deliver meals in our Community. On an especially cold and miserable day my husband offered to come along. As we were driving through the streets of Glens Falls we were joined by a sense of purpose and commitment. Without the distractions of electronic devices, kids and day to day activities we actually talked for the full one and a half hours while delivering meals with out interruption and it was wonderful. I felt that we reconnected working together towards a common goal. We have many volunteers that deliver in pairs, neighbors, husbands and wives, mothers and daughters and

friends. Find someone you would like to connect or reconnect with and **Volunteer Today**.

Mary Ann 518-824-8824

Important Meal Recipients' Reminder:

Please keep your side walks and steps cleared of snow and ice and sanded for meal deliveries. If our volunteers feel it is unsafe they have been instructed **NOT** to deliver meals. We do not want anyone to go with out their meals so please have someone clear your walkways.





GLENS FALLS SENIOR CENTER

Located at: 380 Glen Street, Glens Falls, NY 12801
 Phone 793-2189 E-Mail: kbrenfsejors@gmail.com

New Members Are Welcome Come Join our Family

HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Thurs-2/1	Lunch Bunch/Harvest Restaurant-Order off the menu, separate checks	12:00 PM
Fri-2/2	Senior Chat with Juanita	1:30 PM
Mon-2/5	Senior Stitchers will meet	10:00 AM
Mon-2/5	Book Club meets-"Before We Were Yours" by Lisa Wingate	1:00 PM
Tues-2/6	Free Tax Preparation Begins-Call 518 793-2189 by appointment only	9 - 4:00 PM
Tues-2/6	Gardening with Arthritis by Katherine-Cornell Cooperative Extension	1:00 PM
Wed-2/7	Defensive Driving Class-\$20 AARP members/\$25 nonmembers-Lunch provided \$6	9-4:00 PM
Thurs-2/8	Saratoga Racino-Van transportation cost: \$6	10:00 AM
Fri-2/9	Basket Raffle Deadline to bring in your baskets	9-4:00 PM
Fri-2/9	Special Bingo-Large cards available, prizes, refreshments	1:00 PM
Mon-2/12	Walmart shopping	10:00 AM
Tues-2/13	The Adirondack 46 ers-High Peaks adventure!	1:00 PM
Wed-2/14	Heart Day Lunch-Cost: \$7	12:00 PM
Thurs-2/15	Movie and Popcorn	1:00 PM
Thurs-2/15	Basket Raffle Display begins	9-4:00 PM
Fri-2/16	Wii Bowling Tournament-Hudson Falls Senior Center	1:00 PM
Mon-2/19	Center closed-President's Day	9-4:00 PM
Wed-2/21	Lunch and Learn with Bea Roman-Glens Falls Community Theatre Senior Seminar	12:00 PM
Thurs2/22	Up Yonda Farm program-Winter Bird Feeding	1:00 PM
Fri-2/23	Special Bingo-Large Cards available-prizes, refreshments	1:00 PM
Fri-2/23	Writers Group meets	1:00 PM
Mon-2/26	Newsletter Mailing-Volunteers needed!	1:00 PM
Tues-2/27	Arm Chair Travel-Mexico-Refreshments Served!	1:00 PM
Wed-2/28	Free Blood Pressure/Blood Sugar Clinic with volunteer Nurse Barbara	9-10:00 AM
Wed-2/28	Beginners Bridge	1-3:00 PM
Wed-2/28	Mexican Train Dominos Game	1-3:00 PM
	Ongoing Activities at a Glance:	
Mon- Fri	Thrift Shop-new items all the time	10-2:00 PM
Every Tues.	Bingo	10:00 AM
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thursd	Chair Yoga - with Tobey	10:30 AM
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10:00 AM
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9-10:00 AM
Every Friday	Wii Bowling/Line Dancing	10:00 AM
	Woodshop/Golf/Cards/Special Bingo & Much More.	

***Call Center for pricing and information on the upcoming trips and events or see on line.**

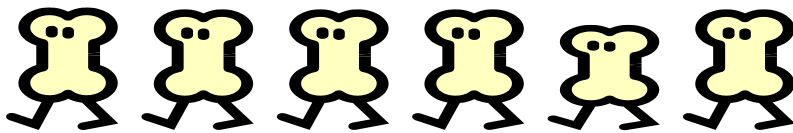
***Transportation for Center activities available/medical transports by appointment.**

Attention Meal Recipients:

We will be delivering **Blizzard**

Packs to our Home Delivered

Meals Clients in the near future. The packs are to be used by the meal recipients when the meal site is closed due to bad weather. Please save the meals in a convenient location for you to use when the volunteers are unable to deliver.



Medicare covers costs of your Bones Mass Measurements!

Every 24 months (more frequently if needed) Medicare covers the cost for Osteoporosis Screenings. This service is preventative so there is no co-pay or deductible for you!



NY Connects
Your Link to Long Term
Services and Supports

NY Connects provides free information and assistance on long term care services and supports including Medicare Prevention & Wellness. Contact us at 1-866-805-3931 to find out how we can assist you.

A Romantic Story for Valentine's Day



My daughter's husband got up early on her day off. Had breakfast made and staying warm (until she decided to get out of bed). He had a note on the breakfast tray to go to the head of one of their favorite hiking trails. He left notes and clues up the trail then proposed to her at their favorite overlook and took their announcement selfie there. (It took her two hours to get to him because she had no clue what was going on so she took her time). Submitted by Cynthia Ross





Beat those winter blues by whooping it up at our January social! Dolores has a special treat. Bring up to 5 items that you would like to be gone from your life and you'll receive tickets to win the chance to select from the collection of other's items. This should be a fun and interesting activity. Lunch is meatloaf, true comfort food! Call for Lunch reservations at 518-924-4066

Lunch is not just for seniors. Those under 60 years can have lunch for \$5, 60+ is \$3

Upcoming Events

- 2/3 Indoor Garage Sale
- 2/14 Wells Seniors Business Meeting – 12:45
Speaker Tom Sincavage, School Superintendent
- 2/17 Ice Fishing Derby
- 2/24 Defensive Driving Class – Methodist Church

“Osteobusters”, a 45 minute session of healthful and “easy” exercise is held in the community hall on Mondays and Thursdays from 10 – 10:45 AM. Great for keeping limber.

Please give dues to Holly Hite or mail to Box 411, Wells, 12190

Wells Seniors is open to all 55 and over, annual dues \$10, meetings on the second Wednesday of each month (Jan-Nov) at 12:45 PM at the meal site on Buttermilk Hill Road. Lunch is available at Noon, call 518-924-4066 for lunch reservations.

Social Meetings are on the 4th Wednesday except in Sep, Nov and Dec the dates change for the balloon fest, Thanksgiving Luncheon and Christmas party

Contact Brian Griffin at 518-924-2216 with any questions or for further info .



Meal Site Closed

**Monday
February 19
For
Presidents' Day**



HAPPY BIRTHDAY

*to our Volunteers
celebrating in February*

- Gary Willett.....1
- Thomas Barton.....6
- Leon Steves.....11
- Melissa Goodspeed.....12
- Pat Sennett.....13
- Jim Butler.....14
- Sandy George.....19
- Philip Nadig.....18





518 761-8224 • 742 Bay Road • Queensbury, NY 12804

**Come find out what QSC
is all about!**



742 Bay Rd
Queensbury NY 12804
Travel & Activities for 55+
(518) 761-8224 or (518) 745-4439

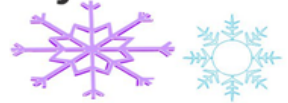
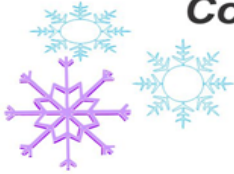


GOT CABIN FEVER???

Acoustic Musicians Gathering



**Come out Friday listen to some fun bluegrass style music
Enjoy a root beer float!**

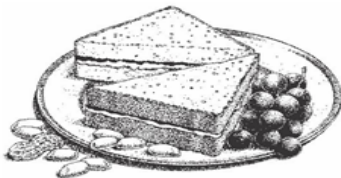


Friday Feb 23rd 6pm-9pm

Don't miss this valuable seminar series on pertinent senior topics!

Lunch & Learn Program

Estate Planning Review & Renew



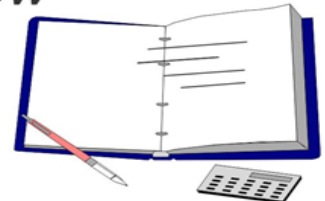
Monday February 26th

Program & Lunch

11:00am-12:30pm

Presented by Kym Hance CMC

Client Care Services/ Aging Life Care Manager



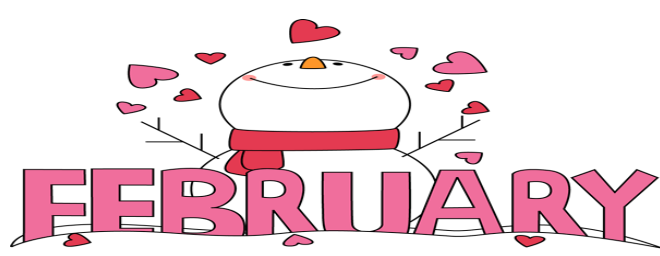
**Learn about Wills, Trusts and Advance Directives,
protecting your home and assets, caring for loved ones
and avoiding court & spend downs.**

Great Refresher Course!

Deadline: Monday Feb 19th

Cost \$5

It's a great time to join QSC. Membership is \$20 per person + \$5 for additional household member. Discounts apply on various trips & activities with membership status. Call (518)761-8224 for more info.



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

VALENTINES

TOGETHER

HEART

HONEY

FAVORITE

KINDNESS

SPRINKLES

HOLD

LOVE

FROSTING

BEAUTY

PROPOSE

DIAMOND

FRIENDSHIP

ESSENTIAL

ROMANTIC

CAKE

CARING


HUG

SHAKESPEARE

FEBRUARY 2018

Warren/Hamilton Counties Office for the Aging

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 - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Chicken Reuben Rice Pilaf Japanese Veggies Fresh Fruit	February 2 Shepherd Pie with Mashed Potatoes & Corn Green Beans Pumpkin Bar
February 5 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	February 6 CHEF's CHOICE	February 7 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	February 8 Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	February 9 Stuffed Shells with Marinara Meat Sauce Italian Veggies Tossed Salad Garlic Bread Pears
February 12 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	February 13 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin	February 14 Ash Wednesday Breaded Haddock Roasted Red Potatoes Green Beans Valentine Dessert	February 15 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake Happy Birthday	February 16 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit
February 19 Meal Site Closed 	February 20 Pot Roast/Gravy Mashed Potatoes Carrots Chilled Peaches	February 21 Sour Cream Chicken Sweet Potatoes Peas & Onions Tropical Fruit Salad	February 22 Beef Pot Pie with Potatoes and Veggies Winter Squash Strawberry Shortcake	February 23 Quiche of the Day California Medley Muffin of the Day Fresh Fruit
February 26 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Pineapple	February 27 Tamale Pie Broccoli Coleslaw Gingerbread/Topping	February 28 Pork Chop Roasted Red Potatoes Scandinavian Veggies Chilled Applesauce		

Meal site numbers:
Bolton: (518)644-2368
Cedars: (518)832-1705
cedars@warrencountyny.gov
Chestertown: (518)494-3119

Johnsburg: (518)251-2711
Long Lake: (518)624-5221
Warrensburg: (518)623-2653
Lake Pleasant: (518)548-4941
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200
First Presb. Church Glens Falls &
Solomon Heights, Queensbury:
(518)832-1705
Wells: (518)924-4066