



# 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**

**2018**

## **NEWSLETTER UPDATE**

*In an effort to streamline communication and continue to provide important information to our Seniors the Newsletter will now be published quarterly. Starting in April 2018 we will publish a Spring, Summer, Fall and Winter Newsletter. The quarterly Newsletters will continue to provide important NY Connects information, Local Senior Center highlights, activities, schedules, programs and trip information. The Quarterly Newsletter will also include Menus for each month within the quarter.*



*Please note that the Newsletters are available online at:*

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

### **Office Staff**

Deanna "Dee" Park - Director

Catherine Bearor - Services Specialist

Susan Dornan - NY Connects, Point of Entry Coordinator

Hanna Hall - Services Specialist

Dinah Kawaguchi - Keyboard specialist

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

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

## **Caregiver Conversations**

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

**2<sup>nd</sup> 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.**



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



## ***SAVE THESE DATES***

### **Join us for our NY Connects Long Term Care Council Meeting**

**When: Wednesday, March 7 from 10am-noon**

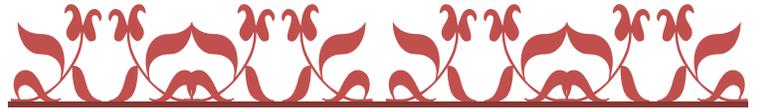
**Where: Warren County  
Human Services Building  
1340 State Route 9, Lake George**

**Why: To meet others! Learn about resources available in all 3 of our counties!**

**Who: You! No charge to attend; light refreshments provided.**



**How: RSVP's required!  
Contact LTCC Secretary Kathy  
McLaughlin at 1-866-805-3931**



### **NY Connects will be Here!**

**11:30AM-1PM Thursday, March 15  
Solomon Heights congregate meal site  
18 Farr Lane East, Queensbury**

**11:30AM-1PM Wednesday, March 28  
Johnsburg congregate meal site 3584  
State Route 28, Johnsburg**

**We will have information on many resources! Plan to stop in with your questions, concerns, and ideas.**



**Coming for lunch? RSVP to the meal site the day prior**



## **APRIL SAVE THE DATE**

**NY CONNECTS WILL BE AT WARREN HAMILTON COUNTIES COMMUNITY ACTION AGENCY, INDIAN LAKE WEDNESDAY, APRIL 4 FROM 9:30-11:30 A.M. AND 12:30-2:30 P.M.**

**WE WILL HAVE INFORMATION ON LONG TERM CARE SERVICES AND SUPPORTS SUCH AS HOME CARE, MEDICAID, MEDICARE SAVINGS PROGRAM, SNAP, HOUSING OPTIONS AND MORE.**

**PLAN TO STOP IN TO SEE US!**

# HIICAP Corner

## Medicare Information and Updates

### Preventive Services

FYI: Medicare offers many preventive services and screenings at little or no cost to beneficiaries. A full list of these can be found on Medicare.gov using the search term 'Preventive & Screening Services' or in your Medicare & You 2018 handbook beginning on page 35.

### **Preventive & Screening Services Medicare Part B (Medical Insurance) covers:**

Abdominal aortic aneurysm screening  
Alcohol misuse screenings & counseling  
Bone mass measurements (bone density)  
Cardiovascular disease screenings  
Cardiovascular disease (behavioral therapy)  
Cervical & vaginal cancer screening  
Colorectal cancer screenings  
Depression screenings  
Diabetes screenings  
Diabetes self-management training  
Glaucoma tests  
Hepatitis C screening test  
HIV screening  
Lung cancer screening  
Mammograms (screening)  
Nutrition therapy services  
Obesity screenings & counseling  
One-time "Welcome to Medicare" preventive visit  
Prostate cancer screenings  
Sexually transmitted infections screening/  
counseling  
Shots:  
Flu shots  
Hepatitis B shots  
Pneumococcal shots  
Tobacco use cessation counseling  
Yearly "Wellness" visit

### Part D Prescription Costs

Medicare prescription cost saving ideas

**Formulary:** Are your medications on the formulary of your 2018 plan? If not you can ask your prescribing physician to submit a Request for Medicare Prescription Drug Coverage Determination form to your plan asking to have medication added to your formulary.

**Generics:** Can your doctor prescribe lower costing generic options?

**Deductibles:** Some plans have deductibles that increase costs. Avoiding a deductible may be done with a tiering exception, using the same form from your physician as the formulary exception mentioned above or by qualifying for benefit programs.

**EPIC:** New York State's Prescription Assistance Program . This benefit program is available to all NYS residents 65 years and older and works **with** Medicare prescription plans. Applications available at OFA or by calling EPIC: 1-800-332-3742.

**Extra Help/Medicare Savings Program:** Benefit programs for low income clients. Can result in lower copays and premium assistance for Parts B and D. Applications for Extra Help can be obtained through Social Security and applications for the Medicare Savings Program (MSP)/Extra Help can be obtained through OFA or your local Department of Social Services

**Manufacturer Programs:** Contact the manufacturer of the high cost medication to see if they have a financial assistance program.

# Volunteers Needed for Preparedness Drill

As part of Warren County Public Health's Emergency Preparedness funding, each year New York State mandates all counties to participate in a full scale exercise. This year, the exercise has been set for April 3, 2018. While we have not been given our entire scenario yet, we have been told we will be testing our capabilities to vaccinate a large group of people in a short amount of time. For the purpose of this exercise, NO VACCINATION will be given to volunteers; it is all a simulated experience. This exercise is mandatory for Warren County Public Health and we are looking for volunteers to walk through as our "patients" to help test our capability in an event.

PLEASE NOTE: volunteering as a "patient" will not provide you with an actual vaccine or medication. This exercise is all simulated, there will be no vaccine administration, no needles involved and no dispensing of any medications. It is simply to test our capabilities from an emergency preparedness standpoint. While we hope to never truly need to use these mass event medical protocols, it is something we want to be prepared for!

What do we need from our community members then? We need VOLUNTEERS! We can't do this without the volunteers; we need to test our throughput capabilities, which is roughly 100 "patients" per hour. The exercise will run from 9:30AM until 11:30AM at the Warren County Human Services Building. We will need individuals to walk through the process as a pretend patient in need of a vaccination during the allotted exercise time. Again, please remember, at no point of this exercise will you be given a physical vaccination; it will all be simulated from a medical standpoint.

To sign up to volunteer or for more information about the exercise and what it entails, please contact J'nelle Oxford at [oxford@warrencountyny.gov](mailto:oxford@warrencountyny.gov) or 518-761-6417.

## OFA QUESTION AND ANSWER

Dear OFA,

*My Dad is 74 and drives mostly during the day. However, we are all concerned because he can't see very well and has become forgetful. We are afraid he will forget to stop at a red light, or drive in the wrong lane and cause an accident. We don't want him to get hurt or to hurt anyone else. We have offered to drive him places in the evening which has helped though sometimes he stays home all day and then goes out driving at dusk. What can we do?*

*Sincerely,  
Worried in Warrensburg*

**Dear Worried,**

**There are a few options you can try.**

**First, continuing to offer rides and checking to see if he needs anything can minimize the number of times he has to drive. Let him know you care about him and are aware of his decreased night vision. You may ask to have a conversation with him to find out if he has already made plans to limit his hours of driving or to surrender his license in the future. Another option is to obtain Form DS-7 "Request for Driver Review" from your local New York State Department of Motor Vehicles. Your name is held in confidence while this allows you to make known your concern to the agency that grants driving privileges. The form is easy to complete and is also available online at [www.dmv.ny.gov](http://www.dmv.ny.gov).**

**People have a constitutional right to make choices about their lives, even bad choices. Plan to find a balance between his self-determination and safety; giving up driving would mean a loss in mobility and sense of control. Having someone ride with him while he drives could help him to feel some continued sense of control over his life. If you would like more information about transportation options, please give us a call.**

**Sincerely,  
OFA**

**If you have a question for us e-mail Mary Ann at : [McCarthy@warrencountyny.gov](mailto:McCarthy@warrencountyny.gov)**

## March is National Nutrition Month



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

National Nutrition month® (NNM) is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

**"Go Further with Food"** is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact as well. As nutrition experts, Academy members can help people adopt healthier eating styles, while reducing food loss and waste.

Be sure to revisit the Academy's [National Nutrition Month® website](#) during the upcoming months for new and updated resources to help make the NNM 2018 celebration an infinite success!

***Pledge to make a small, nourishing change and stick with it, one meal at a time.***

Too many changes at once can be overwhelming and hard to keep up.

It's better to make one nourishing change that sticks.

First, choose your change. Think about your eating habits.

Where can you make a positive, easy change?

***Here are some ideas that can make a big difference:***

- Fill more of your plate with vegetables.
- Choose whole grain instead of white bread.
- Serve smaller portions.
- Enjoy fruit for snacks instead of sweet or salty treats.
- Drink water in place of sugary beverages, like pop.



Adopted by: [eatright.org](#) & Dietitians of Canadians

# Easy Snack Recipe for National Nutrition Month

Try a Frozen Yogurt Fruit Cup for an easy snack recipe during March this year, and join us in celebrating National Nutrition Month

## Frozen Yogurt Fruit Cup - Serves 6

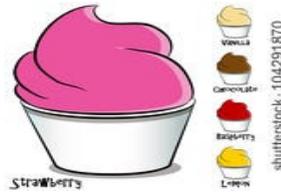
### Ingredients:

- 1 banana
- 8 ounces plain low-fat yogurt
- 4 ounces frozen berries, thawed with juice
- 4 ounces crushed pineapple canned in natural juice, with juice

### Directions:

- Line 6 muffin-tin cups with paper baking cups.
- Dice or mash banana and place in a mixing bowl.
- Stir in remaining ingredients.
- Spoon into muffin cups and freeze at least 3 hours or until firm.
- Before serving, remove paper cups and let stand 10 minutes.

**Nutritional Information Per Serving:** 68 calories 0.6 g fat 0.3 g saturated fat, 2.5 mg cholesterol 32.2 mg sodium 2.5 g carbohydrate, 14 g dietary fiber 2.8 g protein



## Beef, Cheese and Noodle Bake

Yield - 8 servings (serving size: about 1 cup)

### Ingredients

- 1 (8-ounce) package small elbow macaroni
- Cooking spray
- 1 cup pre chopped onion
- 1 cup pre shredded carrot
- 2 teaspoons bottled minced garlic
- 1 pound lean ground sirloin
- 1 cup tomato sauce
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 cup fat-free milk
- 2 tablespoons all-purpose flour
- 1/8 teaspoon ground nutmeg
- 1 1/2 cups (6 ounces) 2% reduced-fat shredded sharp cheddar cheese (such as Cracker Barrel), divided



Preheat oven to 350°.

- Cook pasta according to the package directions, omitting salt and fat; drain. Lightly coat pasta with cooking spray.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion and carrot, and sauté 4 minutes. Add garlic; sauté 1 minute. Add ground beef; cook 5 minutes or until browned, stirring to crumble. Add tomato sauce, 1/2 teaspoon salt and pepper. Cook for 2 minutes or until most of liquid evaporates.
- Add pasta to beef mixture in pan, stirring to combine. Spoon pasta mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Place milk, flour, nutmeg, and remaining 1/2 teaspoon salt in a medium saucepan; stir with a whisk until blended. Cook over medium heat 2 minutes or until thickened, stirring constantly with a whisk. Add 1 cup cheese, stirring until smooth. Pour cheese mixture over pasta mixture; stir. Top evenly with remaining 1/2 cup cheese. Bake at 350° for 20 minutes or until lightly browned. Let stand 5 minutes before serving. **Chef's Notes:** For creamiest results, do not over bake.

**Nutritional Information** - Calories 283, Calories from fat 24%, Fat 7.7g, Protein 22.3g, Carbohydrate 30.1g, Fiber 2.1g, Cholesterol 46mg, Iron 3.1mg, Sodium 622mg, Calcium 209mg.  
RECIPE BY [Cooking Light](#)



# GLENS FALLS SENIOR CENTER

Located at: 380 Glen Street, Glens Falls, NY 12801

Phone 793-2189 E-Mail: [kbrenfsejors@gmail.com](mailto:kbrenfsejors@gmail.com)

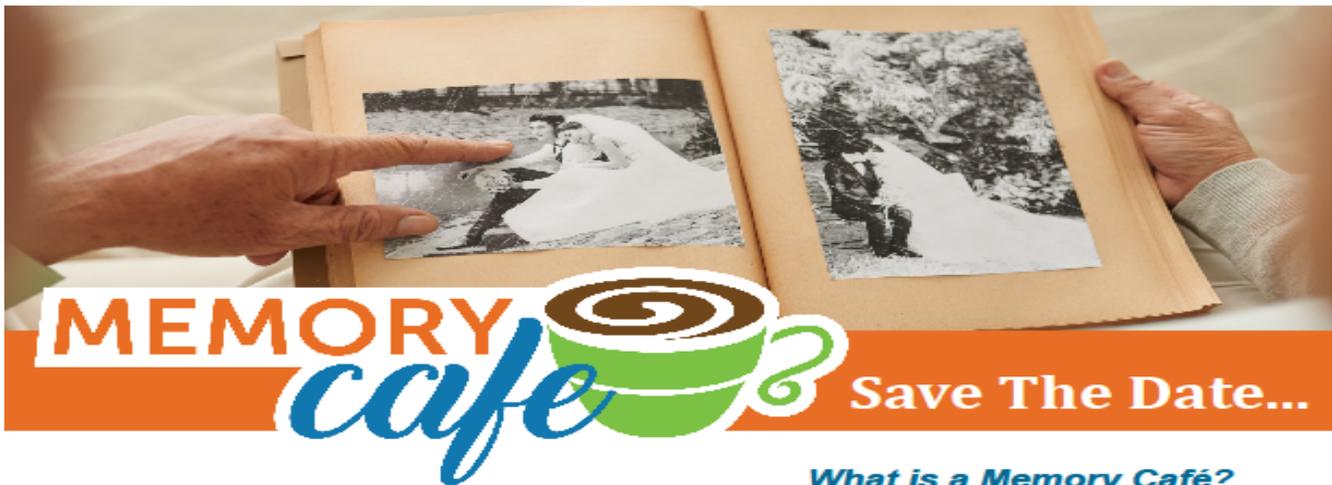
New Members Are Welcome Come Join our Family

## HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Thurs-3/1	Help Compile the Center Scrapbook	1:00 PM
Fri-3/2	Senior Chat with Juanita	1:00 PM
Mon-3/5	Book Club meets- <i>"Rules Of Civility"</i> by Amor Towles	1:00 PM
Mon-3/5	Mexican Train with Dominos and Beginners Bridge	1:00 PM
Tues-3/6	Photo Presentation from Ireland with Diane O'Connor	1:00 PM
Wed-3/7	Defensive Driving Class- \$20 AARP member/\$25 nonmembers-Lunch provided \$6	9am-4pm
Wed-3/7	Queensbury School Dinner/Play <i>"Bye Bye Birdie"</i> Cost: \$5	5:00 PM
Thurs-3/8	Saratoga Racino-Cost: \$6 van transportation	9:30 AM
Fri-3/9	Total Recall presentation with Stacy Hebert from MVP	1:00 PM
Mon-3/12	Walmart shopping trip	10:00 AM
Mon-3/12	Karen's Art Class	12:30 PM
Tues-3/13	Wellbeing Program with Diane Hart-Blue Shield	1:00 PM
Wed-3/14	Beginning Bridge/Mexican Train with Dominos	1:00 PM
Thurs-3/15	Pool League	10:00 AM
Thurs-3/15	South Glens Falls Dinner/Play "Ghost"	4:30 PM
Fri-3/16	St. Patrick's Lunch-Entertainment-Adirondack College Music Dept.	12:00 PM
Mon-3/19	Senior Stitchers	10:00 AM
Mon-3/19	Center Quilting project	1:00 PM
Tues-3/20	Tips On "How To Stay Younger Longer", "The Myth's Of Aging"	1:00 PM
Wed-3/21	Beginning Bridge and Mexican Train	1:00 PM
Thurs-3/22	UpYonda Farm-The history of maple sugaring	1:00 PM
Fri-3/23	Writer's Group meets	1:00 PM
Mon-3/26	Newsletter Mailing-Volunteers needed!	1:00 PM
Tues-3/27	Popcorn & A Movie- <i>"Wonder"</i> -starring Julia Roberts, Owen Wilson	1:00 PM
Wed-3/28	Mexican Train and Beginners Bridge	1:00 PM
Thurs-3/29	Special Bingo-Prizes and refreshments provided	1:00 PM
Fri-3/30	Center closes at noon-Good Friday	9-12 PM
	<b><u>Ongoing Activities at a Glance:</u></b>	
Mon- Friday	Thrift Shop-new items all the time	10-2 PM
Every Tues.	Bingo	10:00 AM
Every Wed.	Scrabble Group/Bridge Game	10:00 AM
Every Thursday	Chair Yoga- with Tobey	10:30 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	9-10 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.**



**Wednesday, March 21**  
from 10:00 am to 12:00 pm

**Caregiver Support Initiative**  
357 Bay Road, Suite #8  
Queensbury, New York

Join us for free monthly events featuring light refreshments, social hour, creative arts projects or group activities.

**Walk-ins are welcome, but RSVP is appreciated for the FREE Memory Café**

For more information or to RSVP, call Stacey Barcomb (518)842-4990 -OR- Kimberly Comisky (518)842-4991

**What is a Memory Café?**

A Memory Café provides a gathering place for friends with Alzheimer's disease or other dementia.; along with their caregivers and families to relax and enjoy socialization, refreshments, discussion and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

These services are provided in part by a grant from the New York State Department of Health.

## Important Alert Medicare Part B late enrollment penalty

In most cases, if you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty. You'll have to pay this penalty for as long as you have Part B. Your monthly premium for Part B may go up 10% for each full 12-month period that you could have had Part B, but didn't sign up for it. Also, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B. Coverage will start July 1 of that year.

Usually, you don't pay a late enrollment penalty if you meet certain conditions that allow you to sign up for Part B during a Special Enrollment Period.

If you have limited income and resources, [your state may help you pay for Part A, and/or Part B](#). You may also qualify for [Extra Help](#) to pay for your Medicare prescription drug coverage.

From: [Medicare.gov](http://Medicare.gov) *Your Medicare Costs Part B*

# Wells Seniors



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

## Upcoming Events

3/14 March Business

3/28 March Social, 12:45 Minnie Pearl entertains

4/11 April Business

4/26 April Social, Johnstown Movieplex, \$6 movie, popcorn drink, 1 PM

5/9 May Business

5/23 May Social, 1 PM Ice Cream Social, Hope Diner, Seats limited, sign up at the meal site

**"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

**Mar Jong**, every Tuesday at the Library 7 PM (new players welcome, instruction always available)

**"Pitch"** card playing every Wednesday at the meal site 7 PM (new players welcome, instruction always available)

**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**

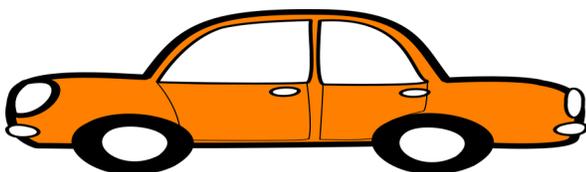
**Contact Brian Griffin at 518-924-2216 with any questions or for further information.**

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## Did you know?

Medicaid transportation to most medical appointments is available:

**Call 1-855-360-3541**



## **HAPPY BIRTHDAY**

*to our Volunteers*

*celebrating in March*



- Eve Parker .....1
- Angela Braggs.....8
- Lisa Truax .....8
- Paul Edwards.....8
- Frank Barron.....17
- Sarah Hussa .....20
- Jody Meyer.....24

Located at the  
Queensbury Center  
(518)761-8224



742 Bay Rd  
Queensbury NY

*Save the date!*



Refreshments  
served

This program is in part made possible by a Lend-A-Hand  
Grant from the Adirondack Trust Company Community Fund.

Steve Trimm

*Portrays*

**Ulysses S. Grant**

Friday April 20th at 1pm

A great precursor for those going on the  
Mississippi River Cruise  
and for all those who love history

**Call (518)761-8224 for details**

Join QSC  
Annual  
Membership  
\$20  
Call for Info  
(518)761-8224  
742 Bay Rd

*Save the date*

## Volunteer Open House

**March  
30th  
9am**



Coffee, Tea &  
Pastries Served

*Come learn about QSC  
volunteer opportunities.  
Meet some of our directors  
who help keep our organization  
humming along. It's a great way  
to get to know others and make  
a difference in your community.*

**Please sign up if you plan to attend**

QSC Presents...



## Spotlight On San Antonio

Includes day in Austin TX

**Presentation  
Monday  
March 26th  
at 4pm**

Please sign up at  
the Queensbury Center  
if you plan to attend  
information meeting

Trip scheduled for  
Nov 11th - 16th 2018

**6 Days 6 Meals  
(4 Breakfasts 2 Dinners)**

## *Moose Trax* New Hampshire

June 7th - 9th

4 Days/ 3 Nights

\* Please note new dates



3 Nights Lodging, 3 Breakfasts, 2 Dinners including dinner train,  
Tour of Mount Washington Hotel, Franconia Notch Visitor's Center  
Cannon Mountain Aerial Tram, Winnepesaukee Lake Cruise  
Tour of Wright Museum, Canterbury Shaker Village  
Evening Moose tour & much much more.

**Call for information (518) 745-4439**



# MARCH



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

TECHNOLOGY

STRATEGY

MAGNIFICENT

RESPONSIBLE

MEMORIES

HISTORICAL

HEADPHONES

SPRING

HIBISCUS

CUDDLING

FABRIC

METEOROLOGICAL

COMFORT

COLLECTION

LATTE

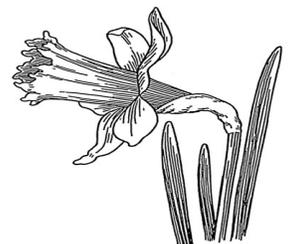
DAFFODIL

SPIRALIZER

TRAVEL

SCISSORS

AQUAMARINE



# March 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
				
March 5 Pepper Steak Sweet Potatoes Brussels Sprout Chilled Pineapple	March 6 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup	March 7 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Pineapple Up-side Down Cake	March 1 Spaghetti & Meatballs Marinara Sauce Tossed Salad Green Beans Birthday Cake Happy Birthday	March 2 Creamy Parmesan Fish Potato of the Day Harvard Beets Mandarin Orange
March 12 Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Apricots	March 13 Shepherd Pie with Mashed Potatoes & Veggies Scandinavian Veggies Pumpkin Bar	March 14 CHEF'S CHOICE	March 8 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Fresh Fruit	March 9 Eggplant Parmesan Spaghetti/Marinara Sauce Italian Veggies Tossed Salad Apple Crisp
March 19 Chicken Reuben Rice Pilaf Broccoli Tropical Fruit Salad	March 20 Beef Stroganoff over Noodles Spinach Strawberry Shortcake	March 21 Tortellini Alfredo with Chicken Italian Veggies Mandarin Orange	March 15 <i>St. Patrick's Day</i> Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert	March 16 <i>Brunch</i> Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola
March 26 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	March 27 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch	March 28 Beef Stew Boiled Potatoes/Carrots Biscuit Chilled Pears	March 22 Pot Roast/Gravy Mashed Potatoes Winter Squash Cookie of the Day	March 23 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Fresh Fruit
			March 29 Easter Dinner Baked Ham/ Sauce Sweet Potatoes Peas & Onions Easter Dessert	March 30 Baked Fish Scandia Scalloped Potatoes Spiach, Tropical Fruit Salad

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