



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

APRIL

2016

Warren County Staff

Christie Sabo - Director

Harriet Bunker -
Coordinator of Services

Susan Dornan - NY Connects,
Point of Entry Coordinator

Hanna Hall -
Aging Services Assistant

Dinah Kawaguchi - Typist

RoseAnn O'Rourke -
Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -
Volunteer Coordinator

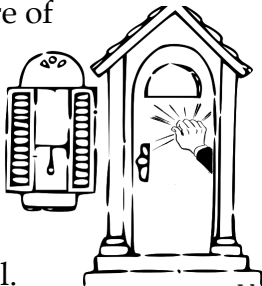
Catherine Keating - Stauch -
Registered Dietician / Menu

Meal Recipients;

If you are hard of hearing, you may not hear our volunteers knocking to serve your meal. Please be aware of

their arrival and watch for them. We don't

want you to miss your meal.



Delivery time is 11 am - 1 pm.

Thank you.

2016 Caregiver Forum: *Help & Hope*

Presented by Alzheimer's Association & The Conkling Center

Queensbury Hotel, 88 Ridge St., Glens Falls

Wednesday, April 13, 11:30 am - 4:30 pm

An afternoon of education, information and local resources for family and professional caregivers of those with Alzheimer's or a related dementia. \$20 non-refundable registration fee (includes lunch).

Register online: www.alz.org/northeasternny and click on upcoming events, or call the office at 518-861-4999 ext 200. We offer FREE in-home respite on a first come first serve basis. Deadline to register is Thursday March 24th by calling 518-867-4999 ext 200.

OFA Staff Bio: Christie Sabo, Director

Christie started with the Office for the Aging in 2006. She was hired as the Fiscal Manager and promoted to Director in 2011. Prior to joining the Office for the Aging she worked for ten years, in various locations and roles, in the Citigroup organization. She is currently responsible for oversight of all of the programs provided by the Warren-Hamilton Counties Office for the Aging. This is an exciting, and sometimes scary, time for the office as the landscape of aging and long term services and supports is being redesigned.

As Director, Christie is always trying to find ways to keep, or offer, the services people need and want while still keeping up with all those changes to state and federal requirements. She feels lucky to have such a great team working with her! Every member of the OFA staff is committed to assisting seniors in any way they can. Christie's favorite part of the job is the opportunity it gives her to talk to so many seniors and hear about their lives and experiences and her least favorite part of the job is knowing that the office is not able to meet the needs of every senior. She will continue to work on that!



NY Connects

Your Link to Long Term Services and Supports

NY Connects provides information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. Plan ahead for your long term care needs.

Call Susan @ 1-866-805-3931.

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

Hamilton County Community Services Vision:

We envision a Hamilton County in which every individual has the opportunity to live a healthy and fulfilled life.

Mission: The mission of Community Services is to contribute to the social, emotional, and psychological well-being of the individuals and families of Hamilton County through coordination, integration, and provision of flexible services responsive to their diverse needs.

Call **648-5355** about services we offer that include:
Clinical Services: Counseling, Psychiatric Services, Psychological Services, Alcohol, Substance Abuse, Chemical Dependency Services

Case Management and Family Support & Prevention Services

Hamilton County Public Health recently had two staff members trained as tobacco cessation counselors. We want to provide education and support to those interested in quitting. If you are interested in quitting or have questions about our new program, please call Public Health: 518-648-6497.

HomeFront Development receives donation from Price Chopper's Golub Foundation

HomeFront Development Corporation assists low income single-family homeowners in Warren County with unexpected home repairs that often leave a household in financial crisis. HomeFront Development Corporation is a private, non-profit organization dedicated to assisting low to moderate income homeowners with housing rehabilitation, affordable senior housing, and serves as a resource for community development programs in Washington County. For more information on HomeFront's programs, visit the website at www.homefrontdev.org or call the office in Hudson Falls at 518-747-8250.

National Suicide Prevention Lifeline

1-800-273-8255

TALK WITH SOMEONE WHO WILL LISTEN

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.

Call the State NY Connects @ 1-800-342-9871 about other counties

April Showers may Bring May Flowers... and Sometimes Depression

Feeling blue? Are you isolating from friends? Don't feel like showering every day? Have you lost some of your closest family & friends?

You may experience some of the above symptoms if you are depressed. There is help!

MEDICARE will cover 100% of the cost to be screened every year to see if you have depression. Your primary care provider (Doctor, Physician Assistant, etc.) may then be able to recommend some treatment or referrals to other providers (Social Worker, Psychologist, Pain Management Specialist, Acupuncturist, Clergy, Physical Fitness, EAP, Psychiatrist if medications needed.)

The goal is for you to feel better, and/or to help you make some changes to improve those things that bother you.

Maybe you can't own a dog anymore, though maybe you can visit dogs at the animal shelter or at the mall. Maybe you have been overeating due to pain and sadness and would like to address your food plan by meeting with the Office for the Aging Dietician (Catherine Keating at 761-6347) or by going to an Overeaters Anonymous meeting (www.aa.org).

alzheimer's association

Northeastern New York Chapter

Don't Just Hope for a Cure. Help us Find One.

The Alzheimer's Association is committed to accelerating the global effort to eliminate Alzheimer's disease. We connect with scientific, academic, government and industry thought-leaders and key stakeholders worldwide. We believe in the value of collaboration and are a catalyst toward the time when we will have disease-modifying treatments, preventive strategies and gold-standard care for all people affected by Alzheimer's disease.

The Alzheimer's Association funds independent investigators worldwide through our [International Research Grants Program](#). Since awarding our first grants in 1982, the Association has grown into the largest nonprofit funder of Alzheimer's research. Over the life of our grants program, we have awarded over \$335 million to more than 2,250 projects.

Currently, there are [five FDA-approved Alzheimer's drugs](#) that treat the symptoms of Alzheimer's — temporarily helping memory and thinking problems in about half of the people who take them. But these medications do not treat the underlying causes of Alzheimer's. In contrast, many of the new drugs in development aim to modify the disease process itself, by impacting one or more of the many wide-ranging brain changes that Alzheimer's causes. Many researchers believe successful treatment will eventually involve a "cocktail" of medications aimed at several targets, similar to current state-of-the-art treatments for many cancers and AIDS.

"Despite increasing momentum in Alzheimer's research, we still have two main obstacles to overcome. First, we need volunteers for clinical trials. Volunteering to participate in a study is one of the greatest ways someone can help move Alzheimer's research forward. Second, we need an increase in federal research funding. Investing in research now will cost our nation far less than the cost of care for the rising number of Americans who will be affected by Alzheimer's in coming decades."

- Bill Thies, Ph.D., Senior Scientist in Residence, Alzheimer's Association

Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. Our updated database of Alzheimer's clinical trials includes more than 225 clinical studies being conducted at nearly 700 trials sites across the country.

If you are interested in learning more about TrialMatch, you can do so by calling 1-800-272-3900 and pressing "1," or by going to trialmatch.alz.org. You can help us move one step closer to a "world without Alzheimer's."

*For more information contact the Alzheimer's Association at their
24-Hour Helpline 1-800-272-3900.*

2016

What is new in HIICAP for 2016?

William C. Lane, Ph.D.

Dr. William Lane is the owner of William Lane Associates, a gerontological firm based in Delmar, NY. He is writing a monthly column on issues related to health insurance for the OFA. He does not sell insurance, work for any insurance company or recommend any insurance products.

Usually this space is devoted to a single topic. However, this month I want to use the space to alert readers to some information that will help navigate changes that are occurring this year.

Medicaid rates for 2016. The 2016 Medicaid rates are out. A single applicant who applies for community Medicaid may have \$14,850 in assets and \$825 in monthly income. For married couples, where one spouse applies for community Medicaid, the couple may have \$1,229 in monthly income and no more than \$21,750 in assets. The homestead, with equity value up to \$828,000, is an "exempt" asset, meaning it is not counted. If one of the spouses is enrolled in a Managed Long Term Care Plan, the spouse at home, called the "community spouse," can keep up to \$2,980.50 of income and between \$74,820-\$119,220 in assets. The applicant spouse can keep \$384 of income and \$14,850 in assets.

If one spouse needs a nursing home, the applicant may have \$14,850 in assets and \$50 of income. The community spouse may have about \$120,000 in assets, the home, a car, household furniture and effects, and a few other assets.

Medicaid rules are complicated and confusing. A HIICAP counselor can direct you to someone who can answer your questions.



New scam and fraud schemes. According to AARP, **medical identity theft** is one of the most rapidly growing types of fraud. When we hear identity theft, we think of someone stealing your credit card info and buying a big-screen TV. Or in my wife's case, a charge of \$500 worth of software against her credit card. But you can't legally be held liable for fraudulent purchases like that. It's different, however, with medical identity theft. You can be required to cover the cost for health care services you never received. These can include tests, prescription drugs and even operations.

What should you do? First, never surrender Social Security, Medicare or health insurance numbers to anyone you don't know and trust. Be particularly wary of free health services offered at shopping malls, fitness clubs and other places, the so-called rolling labs. If they ask to photocopy your insurance and/or Social Security cards or ask you to sign a blank insurance claim form, don't do it! Why would they need this

If you have questions about any of the issues discussed in this article the Warren-Hamilton Counties Office for the Aging HIICAP can help. When you call the HIICAP program at (518) 761-6347 counselors are available year-around to help you with these and many other health, prescription drug and long term insurance related questions.

and bank statements monthly, it is also important that you review all statements from your insurance provider. If there are any charges on your health insurance statements that you don't understand, call your provider immediately. If you need help in reviewing these health statements, HIICAP counselors can also help review these statements.

Finally, if you go shopping online for prescription drugs or other health-related items, remember that if a price seems too good to be true, it probably is.

Long Term Care Insurance continues to evolve.

As I noted in an article last year, the long term care insurance (LTCI) market is changing. Nationally, fewer than 20 companies now offer LTCI policies, down from 100 just 10 years ago. In addition, nationally those insurers that remain now deny coverage to 1 in 5 applicants overall and the chance of rejection is higher when you're over 50. One trade association executive points out that a significant share of the baby boomer population is obese or disabled. If you have a disability parking sticker hanging from your rear view mirror that generally results in an immediate decline.

Following the national trends only three companies, Genworth, MedAmerican and Massachusetts Mutual, continue to offer New York State Partnership plans to residents. In addition to these three, John Hancock, Continual Causality and two other companies are writing standard LTCI plans. The good news is that these five companies are among the 10 highest rated LTCI companies in the nation. While some of you may be interested in purchasing a policy, many who already own a policy are probably more concerned with how to file a claim.

According to the Kiplinger's Retirement Report, there are three steps you need to take before filing a LTCI claim.

- **Determine when the clock starts ticking.** Policies typically include an elimination period (deductible) generally ranging from 20 to 100 days. The problem is that insurers differ on how they count those days. For some policies it is "calendar days." In this method the clock starts ticking when you begin to receive services or when your physician certifies that you meet the requirements for care. For other policies it is "days of service". 3 days a week of homecare may equal three days against your elimination period. It is important that you understand this option before you file your claim.

- **Pass the disability test.** In order to file a claim you normally must prove that you need help with two or more "activities of daily living" and/or have cognitive difficulties. Some companies require that you be certified by a health care professional, such as a nurse from a home health agency. Others require a physician's certification while still others require someone under contract with the company to provide the certification. Always check with your agent about what form of certification is required by your company. They will not start the elimination period or pay any claims until you are certified as needing care.

Check on caregiver requirements. Study the fine print in the policy before you hire anyone. Some policies, especially older policies, will require that you hire only licensed caregivers. Newer policies may be more flexible and allow you to hire the care aide of your choice, such as a friend or neighbor. You don't want to discover after you have hired and paid someone that your policy will not cover their fees.



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

A Clean Eating Grocery List

“Clean eating” is best defined as eating foods that are whole, unprocessed, and as close to the way they were grown as possible. Clean-eating plans limit foods and beverages with artificial ingredients, refined flours, and sugar. With over 42,000 food items available at the average grocery store today, choosing foods that fit the “clean eating” bill can be a daunting task. When shopping for whole and unprocessed foods, it is important to read food labels and look past the marketing claims.

Produce

All choices are good, and an essential part of a clean-eating plan. Organic produce is free from commercial pesticides and fertilizer, and eating more of any type of produce has tremendous health benefits. Aim for at least half a plate of any combination of produce at each meal. Choose lots of variety and color, since fruits and vegetables get their color from immune-boosting antioxidants and phytochemicals.

Some excellent choices include:

- Avocados
- Berries (strawberries, blueberries, raspberries)
- Broccoli
- Cantaloupe, Mango, Watermelon
- Carrots, Cauliflower
- Leafy greens (Swiss chard, spinach, kale)
- Onions, Oranges
- Sweet potatoes
- Tomatoes



Meats and Fish

In general, it is best to limit meat and fish to smaller portions, approximately a quarter of your plate.

Good choices include:

- Wild salmon, sardines, or mackerel, which are high in omega-3 fats
- Organic, skinless poultry, (eggs)
- Lean cuts of grass-fed sirloin or tenderloin, or bison, which is much lower in fat and calories than beef

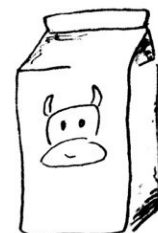
While deli meats are convenient, many are highly processed and contain nitrates and significant amounts of sodium, which have been linked to cancer and heart disease. The same is true for products like hot dogs, sausages and bacon. Stick to lightly processed turkey or chicken breast or lean roast beef and choose store roasted deli meat without additives if available.

Dairy Products

Some clean-eating plans advise against dairy foods, but low or non-fat dairy products can provide protein and calcium, and can be part of a healthy, whole foods diet. If you prefer non-dairy products, look for those that are fortified with calcium and vitamin D and free from added sugar. With the exception of soymilks and yogurts, most non-dairy products are not a good source of protein. When selecting dairy foods, choose organic whenever possible, and those that are free from the hormone bovine somatotropin (rBST).

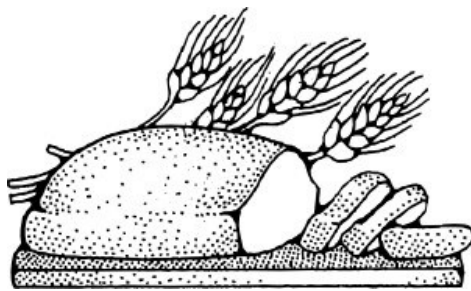
Good choices for dairy include:

- 1% or skim milk
- Nonfat plain yogurt (sweetened with fruit, honey, or maple sugar)
- Nonfat or low-fat cottage cheese or ricotta cheese



Breads, Cereals, and Grains

Even though many of the foods in this grocery category are processed, it is possible to find some that are not, and many others that are minimally processed. Check the ingredients label to make sure the product is free from artificial colors, flavors, and other additives, contains low or no added sugar, and provides **3 or more grams (g) of fiber per serving**:



Ancient grains (quinoa, farro, spelt, amaranth, teff)

Barley

Bran flakes

Brown rice

Oats (plain quick cooking, old fashioned, or steel cut)

100% whole-wheat (or other whole grain) bread, English muffins, tortillas

Popcorn (jars or bags of kernels)

Unsweetened shredded wheat

Wheat berries

Whole-wheat pasta



Fats and Oils

Healthy sources of fat can provide essential fatty acids and vitamin E, but foods that are high in fat are also high in calories, so it is important to choose wisely. Skip butter or margarine, which are high in saturated fat, and pre-made salad dressing, which has additives, and select heart-healthy unsaturated fats such as:

Nut butters

Nuts, peanuts, and seeds

Olive and canola oil

Olives

Tahini

Canned Goods

Grocery store aisles are full of cans and jars of highly processed foods, but the following items are worth a look, because they are convenient, shelf-stable, inexpensive, and they are healthy choices:

Canned pumpkin

Canned salmon

Fruit packed in water

Low sodium canned beans

Low sodium canned tomatoes

No-added-salt canned vegetables

Tuna packed in water



Frozen Food

Like canned foods, a vast majority of frozen food products are highly processed, but plain frozen fruits and vegetables are a major exception. Stock up on these and keep them on hand for times when you run out of fresh produce. Often frozen fruits and vegetables are less expensive, especially when they are out of season. Check the ingredients label to make sure vegetables are free from high-fat sauces or other ingredients, and fruit is unsweetened.

Smart buys include:

Frozen berries, mango, peaches

Frozen green beans, peas, corn

Condiments and Seasonings

For many, the biggest challenge of eating a clean, whole and unprocessed diet is having to cook from scratch. Stocking up on the right seasonings makes cooking easier and your meals and snacks more interesting.

Make sure you have these items on hand:

Dried herbs and spices (basil, oregano, thyme, cumin, chili powder, cinnamon, nutmeg)

Flavored vinegars (white wine, apple cider, raspberry)

Fresh herbs (parsley, cilantro)

Fresh lemons and limes

Garlic

Honey

Maple syrup

Miso paste

Organic mustard

Organic vegetable or chicken stock



Time: 8:15

Slow Cooker Spring Beef and Vegetable Stew

Serves: 4

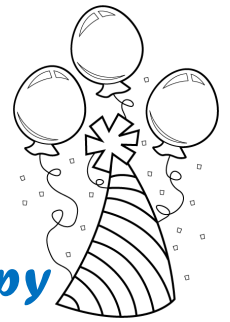
Don't wave goodbye to hearty stews just because winter is over. When lightened up with peas and fresh tarragon, even beef becomes a fitting choice for the season. If you prefer, swap out the egg noodles and serve with crusty bread.

- | | |
|-------------------------------|---------------------------|
| 1 package frozen pearl onions | Kosher salt and pepper |
| 1 can diced tomatoes | 2 tbsp. all-purpose flour |
| 2 medium carrots, sliced | 8 oz. egg noodles |
| ¾ c. dry white wine | 1 c. frozen peas |
| 1½ lb. lean beef stew meat | 1 tbsp. fresh tarragon |

In a 5- to 6-qt slow cooker, combine onions, tomatoes, carrots and wine. Season beef with 1/2 tsp each salt and pepper, sprinkle with flour; toss to coat.

Add to the slow cooker and cook, covered, until the beef is tender and easily pulls apart, 6 to 8 hours on low or 4 to 5 hours on high.

Twenty-five minutes before serving, cook the noodles according to package directions. Three minutes before serving, sprinkle peas over beef mixture and cook, covered, until heated through. Fold in tarragon and serve over noodles.



Happy Birthday!

to our Volunteers Celebrating in April!

Nancy Wilson3

Evelyn Casella..... 6

Bernice Mennis.....7

Peter Trumbull ...29

Recipe courtesy of Food Network Kitchen

Time: 45 min

Herb Chicken Soup with Spring Vegetables

Serves: 4

- | | |
|--|--------------------------|
| 3 sprigs fresh flat-leaf parsley, plus 1 tablespoon chopped | 1 small onion, chopped |
| 3 sprigs fresh tarragon, plus 1 tablespoon chopped | 2 medium carrots, sliced |
| 3 sprigs fresh thyme | 1 stalk celery, sliced |
| 1 bay leaf | 3 long strips lemon zest |
| 4 bone-in chicken breast halves, skin removed (2 1/2 to 3 lbs) | |
| 4 cups chicken broth, low-sodium canned or homemade | |
| 1 bunch medium asparagus, thick ends trimmed, cut into 1-inch segments | |
| 1/3 cup fresh or frozen peas | |
| 5 medium shiitake mushrooms, stemmed and sliced | |

Tie parsley, tarragon, thyme sprigs and bay leaf together with kitchen twine and put in a large saucepan with the onion, carrot, celery, lemon zest and chicken breasts.

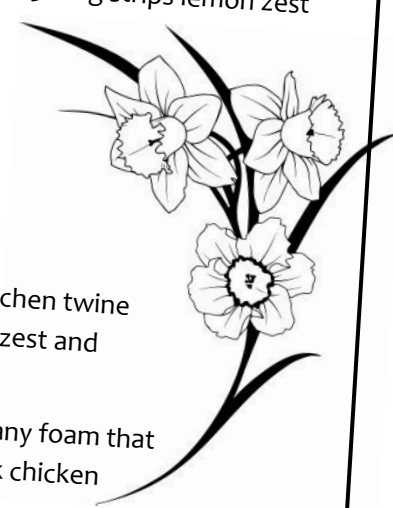
Cover with the broth, bring just to a boil over high heat, skim off any foam that comes to the surface. Adjust the heat to very low and cover. Cook chicken

until firm to the touch, about 20 minutes. Remove chicken to a platter, when cool enough to handle and pull into large strips; discard the bones.

When ready to serve, add asparagus, peas and mushrooms to the broth. Cook until vegetables are just tender, about 3 to 5 minutes, and remove herb bundle. Return chicken to the broth and warm through.

Divide chicken between 4 large soup bowls and ladle some broth and vegetables into each bowl. Garnish each soup with the chopped parsley and tarragon. Serve.

Fold card here





Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director **Lauren Tompkins**, Outreach Specialist
Shiela Satterlee, Assistant **Joan Counter**, Admin. Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: agreaterglensf@nycap.rr.com

Visit our website at <http://www.greaterglensfallseniorcenter.com> for more information.

No residency requirements. Need not be a member to participate in any of the activities or trips.

Fri-4/1	Wii Bowling tournament at Hudson Falls	1:00 p.m.
Mon-4/4	Book Club-"The Round House" by Louise Erdrich	1:00 p.m.
Tues-4/5	Game Day-bring your favorite or play one of ours	1:00 p.m.
Wed-4/6	South Glens Falls High School "Into The Woods"-dinner/play	4:30 p.m.
Thurs-4/7	Lake George High School-van leaves 8:45 p.m.-free, call to sign up	9:30 a.m.
Fri-4/8	Information on Warren Center (formerly West Mountain Facility)	1:00 p.m.
Mon-4/11	Art Class-Cost: \$15-call to sign up	12:30 p.m.
Tues-4/12	Local historian program-Pam Morin, Luzerne Historian	1:00 p.m.
Wed-4/13	Defensive Driving-call to sign up	9 a.m.-5 p.m.
Thurs-4/14	Colonie Mall Shopping-Gas donation: \$6	9:00 a.m.
Fri-4/15	Basket party-drawing for 46 baskets	1:00 p.m.
Mon-4/18	Big Brothers/Big Sisters information	1:00 p.m.
Tues-4/19	Choice Health Plan Information	1:00 p.m.
Wed-4/20	Victorian Sugar Flower workshop, \$5	1:00 p.m.
Fri-4/22	Victorian Tea-Cost \$8-call to sign up	1:30 p.m.
Tues-4/26	Local celebrities you may recognize	1:00 p.m.
Wed-4/27	Newsletter mailing	1:00 p.m.
Thurs-4/28	Racino trek	9:00 a.m.
Fri-4/29	Lunch Bunch-190 Grille and Cinema-call to sign up	11:30 a.m.
Mon- Fri	Thrift Shop-new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thurs	Chair Yoga- with Tobey- Sponsored by MVP	10:15- 11:00 a.m.
Mon-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by RSVP	9:00-10:15 a.m.
Every Fri	Tai Chi Class with Sam Ling-Cost: \$6	9:00 a.m.-10:00 a.m.

7 Tickets for \$5

VARIETY BASKET RAFFLE



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

Baskets on display February 22-April 15

Drawing will be held at the Basket Party with refreshments

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



43rd Annual

Senior Citizen Luncheon



Honoring Seniors from Warren and Hamilton Counties

Please join us on

Tuesday, May 17th at 12 noon

at the

Lake Luzerne Senior Nutrition Site

Lake Luzerne Town Hall, 539 Lake Avenue, Lake Luzerne

2016 Honorees



Regina Dunn, *Hamilton County Senior of the Year*

Eugene Hughes, *Warren County Senior of the Year*

M. Catherine Simons, *Hamilton County Outstanding Contributor*

Millard S. Bennett, *Warren County Outstanding Contributor*

Menu

Chicken Piccata with Wild Grain Rice and Broccoli

Mixed Greens Salad, Rolls & Butter, Coffee & Tea


NY Style Cheesecake served with a Blueberry Sauce

There is a suggested contribution of \$3.00 (to be collected at the luncheon)

Seating is limited and reservations are required.

Please call Jami at the Office for the Aging 761-6347

before Monday, May 2nd to reserve your place!





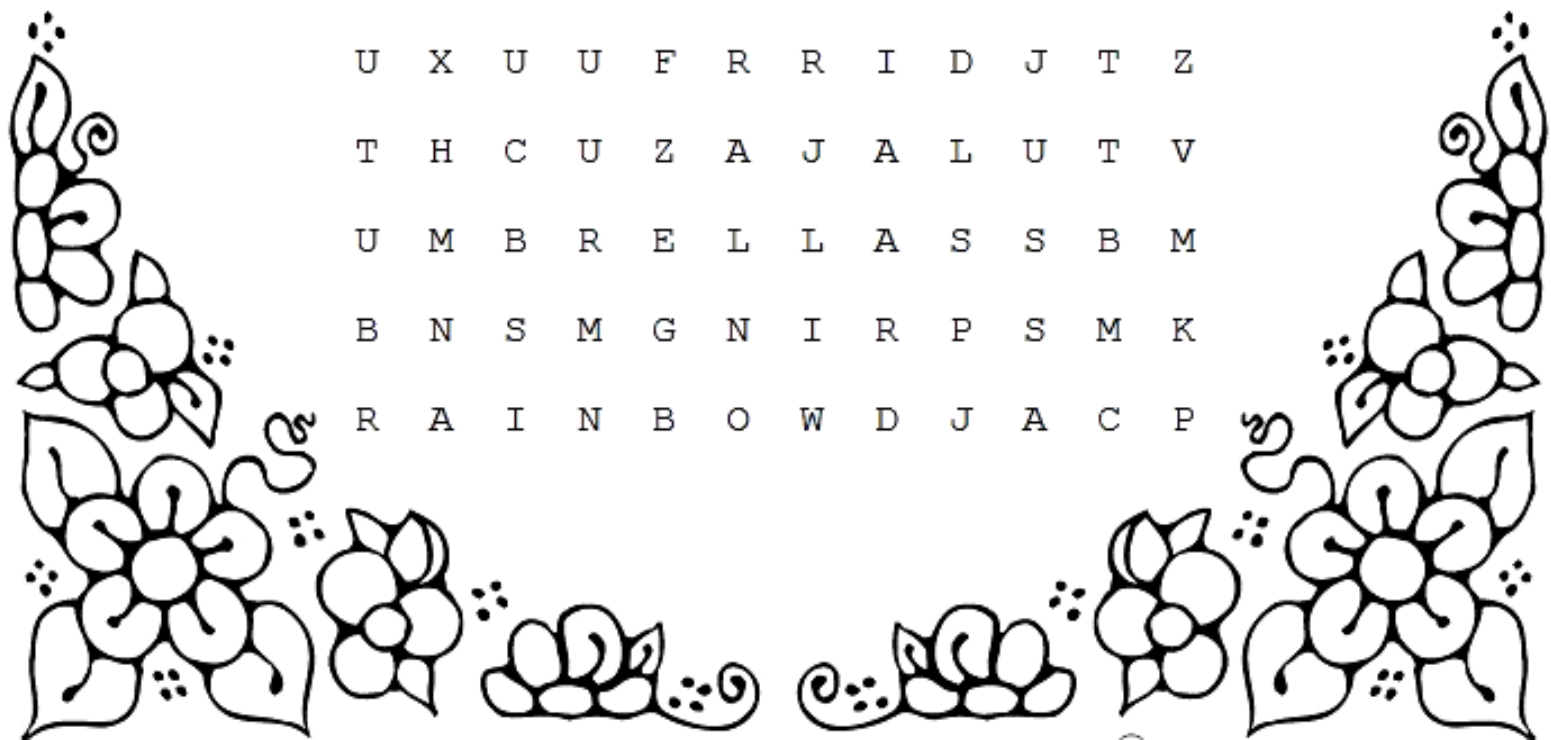
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April 2016

Warren/Hamilton Counties Office for the Aging

Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Frozen Dinner Heating Instructions:** Oven 350 degrees for 30-45 min or 160 degree (loosen aluminum foil top or puncture film seal) **Microwave:** Plastic containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution: contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				April 1 Cold Plate Chicken Salad on bed of Lettuce Pasta Salad Tomato, Onion & Cucumber Salad Spice Cake
April 4 Breaded Haddock Au gratin Potatoes Japanese Veggies Rice Pudding/Topping	April 5 Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	April 6 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Cookie Bar	April 7 American Goulash Tossed Salad Asparagus Apricots	April 8 Meal Site Closed  Staff Training Day
April 11 Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	April 12 Meatloaf Mashed Potatoes Peas Peach Cobbler	April 13 Chicken & Stuffing Casserole Sweet Potatoes Carrots Tropical Fruit Cup	April 14 Cold Plate Citrus, Turkey, and Spinach Salad Fresh Tomato Salad Muffin of the Day Birthday Cake	April 15 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
April 18 Salisbury Steak Potato of the Day Broccoli Sliced Peaches	April 19 Baked Fish Scandia Orange Rice Pilaf Italian Veggies Strawberry Shortcake	April 20 Sloppy Joes on a Bun Summer Squash & Zucchini Corn Mandarin Orange	April 21 Cold Plate Chef Salad –Turkey/ Ham/Swiss Cheese/Lettuce Marinated Veggies Sandwich Roll Pineapple Upside Down Cake	April 22 Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
April 25 Chef's Choice	April 26 Brunch Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit & Granola	April 27 Tamale Pie Broccoli Tropical Fruit Cup	April 28 Veal Parmesan Penne/Marinara Sauce Cauliflower Tossed Salad Fresh Fruit	April 29 Cold Plate Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Berry Crisp

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