Find the Heart related words listed at the bottom of the page in the Heart Word Search grid. The words can be forwards, backwards, vertical, horizontal, or diagonal. Circle each letter separately and keep in mind that letters in each Heart related word may be used in more than one word. When the Heart Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Heart fact.

Heart Word Search Puzzle

THEAORDTAINASTHENEGYXOBILOVEEGGEASTAONDLRANSGEGSTLVENTRICLEORTRBTHEAAAARVSTSOAMUSCLERTNELRI
CYCLESEBSTEHAEEAORRDVTTATCVRVRIEESOERYGERCNRICHTMUIRTABELHOODFRRUONMTEHEESLUP
LATEFTVHENSTRIUCLPEOFTHEHTEARMYRETRARYANOMLUPTTSOALLTHEBODYS

AORTAOXYGEN
ARTERYPULMONARY ARTERY
ATRIUMPULSE
BLOODPUMPS
CHESTRED
CYCLESSEPTUM
HEARTBEATVALVES
LOVEVEIN
MUSCLEVENA CAVA
ORGANVENTRICLE

Printables for Kids from www.PrintActivities.com

http://www.printactivities.com/Word_Search_Puzzles/Heart-Word-Search.html
Queensbury Senior Citizens & Collette Vacations
present...

Discover Tuscany
October 9th - 18th 2014

Highlights:
Rome, Assisi, Basilica of St. Francis, Montecatini Terme,
Siena, San Gimignano, Winery Tour, Florence, Tuscan Feast

Mark your calendars!

Travel Presentation
Monday February 3rd at 11:00am
Please sign up in advance if you plan to attend

Included in package:
Round trip air from Albany Airport
First class and deluxe hotel accommodations
Transportation to and from Albany
13 meals: (8) breakfasts (5) dinners
Six nights in one location
All Baggage handling (1 bag per person)
Guided sight seeing & tour manager services
All taxes & service charges

Per person rates if booked by April
DbI: $3199, Single: $3499, Triple $3169

For further information & complete Itinerary
Call 745-4439
"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."
- Edith Sitwell

"Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late."
- Don Halley

"If apples were pears
And peaches were plums
And the rose had a different name. If tigers were bears
And fingers were thumbs I'd love you just the same."
- Valentine's Day Songs and Poems
Valentine’s Day Potluck Luncheon

Friday February 14th
12 pm to 2 pm
At The SAIL Center: 71 Glenwood Ave.
in Queensbury, NY
Please Bring a Holiday Dish To share.
Please RSVP by Wednesday February 12th: call 792-3537
Hospice Information Night *(optional)*
Tuesday, April 1st « 6:00 pm - 9:00 pm

**FREE!**
Hospice Volunteer Training Opportunity

**Introduction to Hospice**
Tuesday, April 8th « 6:00 pm - 9:00 pm

**Communication and Active Listening**
Thursday, April 10th « 6:00 pm - 9:00 pm

**All Things Spiritual**
Tuesday, April 15th « 6:00 pm - 9:00 pm

**Hospice Policies and Procedures**
Thursday, April 17th « 6:00 pm - 9:00 pm

**Skilled Nursing and Symptom Awareness**
Tuesday, April 22nd « 6:00 pm - 9:00 pm

**Understanding Grief**
Tuesday, April 24th « 6:00 pm - 9:00 pm

**Review and Graduation**
Thursday, April 29th « 6:00 pm - 9:00 pm

To learn more, contact
Keith Tait, Volunteer Coordinator
(518) 743-1672       E-mail: ktait@hphpc.org
Valentine Trivia Questions

01. Where was the first Valentine's Day card sent from?
   a. the battlefield
   b. a monestary
   c. a prison
   d. a hospital

02. Who was Cupid's father?
   a. Eros
   b. Ares
   c. Vesta
   d. Anteros

03. According to statistics, in what profession do people receive the most Valentine's Day cards?
   a. Nurses
   b. Secretaries
   c. Teachers
   d. Librarians

04. What Italian city receives thousands of cards addressed to Juliet every Valentine's Day?
   a. Rome
   b. Verona
   c. Venice
   d. Florence

05. In Shakespearean times what bodily organ was associated with love?
   a. liver
   b. kidneys
   c. brain
   d. stomach

ANSWERS! 1:C; 2:B; 3:C; 4:B; 5:A.
The Greater Glens Falls Senior Citizens Center  
Located at: 380 Glen Street, Glens Falls, NY 12801  
Phone 793-2189  E-Mail: agreerglenfs@nycap.rr.com  
Celebrating over 50 years of Service to our  
Senior Community  

Something for everyone  No Residency Requirements…..
Rene Clements, Executive Director / Shiela Satterlee, Assist. Director  
Lauren Tompkins, Outreach Specialist / Joan Counter, Admin. Assistant

NEW MEMBERS WELCOME
NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS

SOME OF THIS MONTH’S HIGHLIGHTS

| Mon-2/3 | Good Books Club-discussing “House At Riverton”-informed, fun | 1:00 p.m. |
| Tues-2/4 | Shoebox celebration-film and refreshments | 1:00 p.m. |
| Wed-2/5 | Special Bingo-large cards, lots of games, refreshments, stop in | 1:15 p.m. |
| Mon-2/10 | Heart Day-home made lunch, special speaker-call by February 7 to reserve-$7 | 12:00 p.m. |
| Tues-2/11 | One Stroke Painting Class-Valentine theme-$15 all materials included, call to reserve | 12:30 p.m. |
| Wed-2/12 | Defensive Driving-call for fee and to register | 9 a.m.-5 p.m. |
| Thurs-2/13 | Lunch Bunch-Bogey’s-Cronin Road-call to reserve, order from the menu | 12:00 p.m. |
| Tues-2/18 | The scoop about our Presidents-refreshments, bring your interesting facts | 1:00 p.m. |
| Wed-2/19 | Hands on CPR-American Red Cross program | 1:00 p.m. |
| Thurs-2/20 | Winter Tea and Sweets-Cost: $4-call by February 19 to reserve (limit to 30) | 1:00 p.m. |
| Mon-2/24 | Film/Popcorn-“The Queen” Helen Mirren-drop in and enjoy | 1:00 p.m. |
| Wed-2/26 | Blood Pressure/Blood Sugar Clinic-free | 8:30-9:30 a.m. |
| Wed-2/26 | Newsletter Mailing-fun | 1:00 p.m. |
| Monday- Friday | Thrift Shop/Boutique-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 Thursday | Chair Yoga- with Toby-Free- 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 Friday | Tai Chi Class-Cost: $6 | 9:00 a.m.-10:00 a.m. |

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/Performing Line Dancing/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More. Trips include: Mediterranean Cruise, Alaska Cruise, South Dakota, Ireland, day trips

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

Don’t be lonely- come and participate in “YOUR SENIOR CENTER”.

TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE

Interested in Joining and receiving more information:

Name: ____________________________________________
Address: __________________________ Phone: ___________
DONATE A BASKET!

Create and donate a basket for the Greater Glens Falls Senior Citizens Center fundraising basket party.

Contact us for theme suggestions.

Baskets due by Friday, February 14, 2014.
Basket drawings at party on Monday, April 14, at 1:00 p.m.

Basket forms are available on line or pick up at the Center.

Proceeds from raffle help to support the Senior Center programs and services.

THANK YOU!
Volunteer Birthdays!

Gary Willett - 1st      Cathy Thompson – 6th
Lillian Beswick – 8th   Don Strycker – 8th
Tricia Freer – 9th     Pat Sennett – 13th
Al Katz – 14th         Casey Jarrell – 16th
Kathy Dever – 23rd     Mary Strycker – 26th

Joke of the Month

“If a bird in the hand is worth two in the bush, I have no idea what this qualifies for.”
GREATER GLEN FALLS SENIOR CITIZENS CENTER
380 Glen Street
Glens Falls, NY 12801
518 793-2189
web: www.greaterglenfallosseniorcenter.com
e-mail: agreaterglensf@nycap.rr.com

Call for appointment- M-F 9-4

FREE TAX ASSISTANCE
Tuesdays, Wednesdays, and Thursdays
February 4-April 15, 9:30-3:00
This program is offered to low/ middle income people 55 plus & handicapped individuals.

DOCUMENTS REQUIRED:

- Social Security Card
- Picture ID
- 2012-Last Year’s tax return
- 2013-Social Security form SSA
- 2013-1099s-Statements for interest accounts, dividends, pensions, retirement benefits, income of any kind
- 2013 W-2- received from your employer

Ask for a 2-hour appointment if you have income from self-employment, stock sales, bonds, mutual funds, annuities.

If the Glens Falls City schools are closed due to bad weather, the Center is closed and you will have to reschedule your appointment.

We are sincerely grateful to our AARP volunteers for making this program possible. The Center is now taking appointments.

******VIP- You must pick up a packet at the Glens Falls Senior Center prior to your appointment and completely fill out and bring with you to your tax appointment. ******
February is American Heart Month

This American Heart Month,
take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that’s 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

One Step at a Time - Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

• **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure.

• **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the *body mass index* (BMI). If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight Web site.

• **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

• **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

• **Don’t smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, quit as soon as possible.

• **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

• **Take your medicine.** If you’re taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor’s instructions carefully. Always ask questions if you don’t understand something.

Together, we can prevent heart disease, one step at a time.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Adopted By: a report from the American Heart Association
Heart Healthy Recipes for Two

Vegetable Lover's Chicken Soup

Classic comfort food is yours, in just slightly more than half an hour. Serve with some crusty whole-grain bread and top with grated Romano or Parmesan cheese.

2 servings, 2 cups each | Active Time: 35 minutes | Total Time: 40 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 8 ounces chicken tenders, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1 large shallot, finely chopped
- 1/2 teaspoon Italian seasoning blend
- 1/8 teaspoon salt
- 2 plum tomatoes, chopped
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 cup dry white wine
- 2 tablespoons orzo, or other tiny pasta, such as farfelline
- 1 1/2 cups packed baby spinach

Preparation

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.
2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

Nutrition - Per serving: 261 Calories; 8 g Fat; 1 g Sat; 5 g Mono; 72 mg Cholesterol; 12 g Carbohydrates; 31 g Protein; 2 g Fiber; 335 mg Sodium; 483 mg Potassium Exchanges: 2 vegetable, 3 1/2 very lean meat, 1/2 fat

Tips & Notes - Make Ahead Tip: Cover and refrigerate up to 3 days or freeze up to 3 months.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Adopted From: EatingWell
Lean cuts of beef can be included in a heart-healthy diet.

Ginger-Beef Stir-Fry

Makes: 4
Start to Finish 30 mins

Ingredients

- 8 ounces beef top round steak
- 1/2 cup reduced-sodium beef broth
- 3 tablespoons reduced-sodium soy sauce
- 2 1/2 teaspoons cornstarch
- 1 teaspoon sugar
- 1 teaspoon grated fresh ginger
- Nonstick cooking spray
- 1 1/4 pounds fresh asparagus spears, trimmed and cut into 2-inch pieces (3 cups), or 3 cups small broccoli florets
- 1 1/2 cups sliced fresh mushrooms
- 4 green onions, bias-sliced into 2-inch lengths (1/2 cup)
- 1 tablespoon cooking oil
- 2 cups hot cooked brown rice

Directions

If desired, partially freeze beef for easier slicing. Trim fat from beef. Thinly slice beef across the grain into bite-size strips. Set aside. For the sauce, in a small bowl stir together the beef broth, soy sauce, cornstarch, sugar, and ginger; set aside.

Lightly coat an unheated wok or large skillet with nonstick cooking spray. Preheat over medium-high heat. Add asparagus, mushrooms, and green onions. Stir-fry for 3 to 4 minutes or until vegetables are crisp-tender. Remove from wok or skillet.

Carefully add the oil to wok or skillet. Add beef; stir-fry for 2 to 3 minutes or until brown. Push the beef from center of the wok or skillet. Stir sauce. Add sauce to center of wok or skillet. Cook and stir until thickened and bubbly.

Return vegetables to wok or skillet. Stir all ingredients together to coat with sauce; heat through. Serve immediately over hot cooked brown rice.

Catherine Keating RD CDN
Warren/Hamilton Co.’s OFA
Adopted From: BHG – Heart Healthy Cooking
Famous Birthdays!

4th Rosa Parks -- Asserted Civil rights by refusing to give up her bus seat

8th Gary Coleman -- Child star became famous on TV’s “Diff’rent Strokes”

15th Chris Farley – “Saturday Might Live” and movie comedian, Died at 33

18th John Travolta – Icon from “Saturday Night Fever” to Pulp Fiction”
In 1986, under Governor Mario Cuomo, New York State created the Elderly Pharmaceutical Insurance Coverage (EPIC) program to provide older adults with assistance in paying for their prescription drugs. Soon after it was passed it became a model for other states. However, with the implementation of the Medicare Part D program in 2005 the program began to be overlooked by many. Ironically, in 2011 Governor Andrew Cuomo made major cuts to the EPIC. Due to outcry by advocates across the state the Legislature responded in 2012 by restoring most of the cuts in the beginning in 2013. So, what is EPIC?

EPIC is a State program administered by the Department of Health (DOH) that provides older New Yorkers with co-payment assistance in paying for Medicare Part D covered drugs after any deductibles are met. EPIC also may cover the costs of some excluded drugs. According to the DOH website, to join EPIC you must:

- be a New York State resident and aged 65 or older;
- have an annual income below $35,000 if single and $50,000 if married;
- be enrolled or eligible to be enrolled in a Medicare Part D plan (no exceptions to this rule), and;
- not be receiving full Medicaid benefits.

EPIC helps you in three ways:

- **Part D premium assistance**
- **Coverage gap or “Doughnut Hole” assistance**
- **Special Enrollment Period.** If you are covered by EPIC you are allowed to change your Part D plan once during the year outside of the annual fall enrollment period just because you are an EPIC member.
There are two tiers or basic plans, the **Fee Plan** and the **EPIC Deductible Plan**.

- **Fee Plan.** The Fee Plan is for New Yorkers with lower incomes. The income limits are up to $20,000 per year if single and $26,000 if married. EPIC members pay an annual fee based on their prior year’s income. The fee ranges from $8.00 to $300.00. After any Part D deductible is met, EPIC Plan members only pay the EPIC co-pay which ranges from $3.00 to $20.00 based upon the cost of drugs not covered by Part D. EPIC will also pay a portion of the cost of your Part D plan premium. For 2013 these plan payments could be as high as $43.22 per month. In addition, if you are already receiving the full Extra Help Low-Income Subsidy (LIS) from Medicare, you will not have to pay any EPIC fees and your co-payments will be even lower.

- **EPIC Deductible Plan.** This plan is for those with incomes ranging from $20,000 to $35,000 if single and $35,000 to $50,000 if married. Without going into great detail, members must meet an out-of-pocket deductible based on their income before EPIC begins to cover these expenses. The deductible depends on your last year’s income.

**Applying for EPIC is relatively easy.** Married couples use the same form to apply. Beyond the usual name, address, date of birth and Medicare number you will need to list income for 2013 for both you and/or spouse. Forms are available at the Office for the Aging or on-line at [www.health.ny.gov](http://www.health.ny.gov) in both English and Spanish.

While the EPIC is, in theory, rather straightforward in practice it may seem more complicated to actually figure out what benefits you will receive. So, you may want to call the Warren-Hamilton Counties HIICAP program for additional assistance and to find out if EPIC is right for you. Call (518) 761-6347. You can also call the NYS EPIC Helpline at 1-800-332-3742.

**Remember: EPIC is a supplement to your Part D coverage, it does not replace it.**

**Don’t pass up the savings.** We know that many seniors across the state are reluctant to give out their incomes and will not sign up for many services they are entitled to receive. In many cases they are missing out on hundreds of dollars in savings. Please remember that any information you give is held in strict confidence.

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.
# February 2014
**Warren/Hamilton Counties Office for the Aging**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>February 7</strong></td>
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<tr>
<td>Brunch</td>
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<tr>
<td>Cheese Omelet</td>
<td>Baked Fish Scandia</td>
<td>Beef Stroganoff over Noodles</td>
<td>Chicken Reuben</td>
<td>Shepherd Pie with Mashed Potatoes &amp; Veggies</td>
</tr>
<tr>
<td>Hash Brown Potato</td>
<td>Scalloped Potatoes</td>
<td>Rice Veggie Casserole</td>
<td>Green Beans</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Ham</td>
<td>Spinach</td>
<td>Carrots</td>
<td>Birthday Cake</td>
<td>Birthday Cake</td>
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<tr>
<td>Yogurt Parfait with Strawberry &amp; Granola</td>
<td>Tropical Fruit Salad</td>
<td>Pumpkin Bar</td>
<td>Mandarin Orange</td>
<td><strong>February 10</strong></td>
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<td><strong>February 10</strong></td>
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<td><strong>February 13</strong></td>
<td><strong>February 14</strong></td>
</tr>
<tr>
<td>Salisbury Steak/Gravy</td>
<td>Turkey Divan</td>
<td>Beef Stew</td>
<td>CHEF'S CHOICE</td>
<td>Happy Valentine’s Day</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Broccoli</td>
<td>Boiled Potatoes/Carrots</td>
<td></td>
<td>Stuffed Shells with Marinara Meat Sauce</td>
</tr>
<tr>
<td>California Medley</td>
<td>Roasted Red Potatoes</td>
<td>Biscuit</td>
<td></td>
<td>Peas &amp; Onions</td>
</tr>
<tr>
<td>Chilled Pineapple</td>
<td>Cranberry Crunch</td>
<td>Chilled Pears</td>
<td></td>
<td>Tossed Salad</td>
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<tr>
<td><strong>February 17</strong></td>
<td><strong>February 18</strong></td>
<td><strong>February 19</strong></td>
<td><strong>February 20</strong></td>
<td><strong>February 21</strong></td>
</tr>
<tr>
<td>Meal Site Closed</td>
<td>Breaded Haddock</td>
<td>Apple n’ Onion Chicken</td>
<td>Chili/ Shredded Cheese</td>
<td>Soup of the Day</td>
</tr>
<tr>
<td>President’s Day</td>
<td>Scalloped Potatoes</td>
<td>Sweet Potatoes</td>
<td>Brown Rice</td>
<td>(at congregate sites only)</td>
</tr>
<tr>
<td>Italian Blend Veggies</td>
<td>Spinach</td>
<td>Coleslaw</td>
<td>Corn Bread</td>
<td>Liver &amp; Onions</td>
</tr>
<tr>
<td>Apricots</td>
<td>Strawberry Shortcake</td>
<td>Scandinavian Veggies</td>
<td></td>
<td>Potato of the Day</td>
</tr>
<tr>
<td><strong>February 24</strong></td>
<td><strong>February 25</strong></td>
<td><strong>February 26</strong></td>
<td><strong>February 27</strong></td>
<td><strong>February 28</strong></td>
</tr>
<tr>
<td>Sweet &amp; Sour Chicken</td>
<td>Pork Chop/Applesauce</td>
<td>Macaroni &amp; Cheese</td>
<td>Turkey Pot Roast</td>
<td>Spaghetti &amp; Meatballs</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
<td>Cranberry Sauce</td>
<td>Marinara Sauce</td>
</tr>
<tr>
<td>Oriental Veggies</td>
<td>Green Beans</td>
<td>Carrot/Raisin Salad</td>
<td>Mashed Potatoes</td>
<td>Mixed Veggies</td>
</tr>
<tr>
<td>Tropical Fruit Cup</td>
<td>Gingerbread/Topping</td>
<td>Mandarin Orange</td>
<td>Brussels Sprouts</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pineapple Up-side Down Cake</td>
<td>Fresh Fruit</td>
</tr>
</tbody>
</table>

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.**
Newsletters now available online at
http://warrencountyny.gov/ofa/meals.php
Also can be emailed please call
Kayla Jarrell @ 824-8824

“If your local school district is closed due to a snow
day, your meal site is also closed.”

Staff:

WARREN COUNTY

CINDY ROSS – FISCAL MANAGER
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES
HARRIET BUNKER – COORDINATOR OF SERVICES
CINDY CABANA – SPECIALIST SERVICES FOR THE AGING
ROSE-ANN O’ROURKE – AGING SERVICES ASSISTANT
CECILY BURLINGAME – TYPIST / RECEPTIONIST
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

CHRISTIE SABO - DIRECTOR
(518) 761-6347 PHONE
Web site- www.warrencountyny.gov/ofa
Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119
Indian Lake; 648-5412; Johnsburg-251-2711; Lake Luzerne; 696-2200
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;
Wells-924-4066
Toll Free Number 1(888)553-4994