October 2014

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

WARREN COUNTY STAFF:
CHRISTIE SABO - DIRECTOR
CINDY ROSS – FISCAL MANAGER
HARRIET BUNKER – COORDINATOR OF SERVICES
CINDY CABANA – SPECIALIST SERVICES FOR THE AGING
HANNAH HALL – AGING SERVICES ASSISTANT
ROSE-ANN O’ROURKE – COORDINATOR OF NUTRITION SERVICES
KAYLA JARRELL – COORDINATOR OF VOLUNTEERS / “NEWSLETTER”
CATHERINE KEATING – STAUCH-REGISTERED DIETITIAN / MENU
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NY CONNECTS
CECILY BURLINGAME – TYPIST / RECEPTIONIST
DINAH KAWAGUCHI – PART TIME TYPIST

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

Please contact Kayla Jarrell to be added to our email list.
(518) 824-8824 or jarrellk@warrencountyny.gov
Notice of Public Hearings

You are Invited

It is time for our annual Public Hearings. At the hearings I will be discussing the office’s service plan for seniors for 2015 and I encourage input regarding this plan and future planning. If you are unable to attend, but would like to comment on services that the Warren-Hamilton Counties Office for the Aging provides, or services we are lacking, please send all comments to Christie Sabo, Director, Warren-Hamilton Counties Office for the Aging, 1340 State Route 9, Lake George, NY 12845. Hearings will be conducted at the following sites:

**October 10th Indian Lake Nutrition Site**
11:30 a.m. 648-5412

**October 30th Chestertown Nutrition Site**
11:30 a.m. 494-3119

Please note that the Warren-Hamilton Counties Advisory Council meeting will immediately precede the hearing at 11 a.m. All are welcome to attend this meeting.

**November 17th Crandall Library Community Room**
6:30 p.m. Joint hearing with Washington County Office for the Aging. Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Christie Sabo, Director
Warren/Hamilton Counties Office for the Aging

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**Volunteers Needed**

Meals on Wheels & Transportation Programs

Contact Kayla Jarrell 761-6347

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**Substitutes Needed**

Warren/Hamilton County Office for the Aging
Meal Sites

Contact RoseAnn O’Rourke for more information  (518)761-6347

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**Caring for Ourselves**

Caring for ourselves is a new support group for anyone caring for a family member, friend, or loved one. This group offers a safe place to discuss the stresses, challenges, and rewards of providing care. We meet during the day and evening, and there is no cost for you to join us! For information, contact Susan @ Warren-Hamilton Counties Office for the Aging @ 1-866-805-3931.

**11-Noon Wednesday Group**

Meets @ The Glens Falls Home
79 Warren St, Glens Falls, NY 12801

October 8, November 12, December 10

**5:30-6:30PM Early Evening Group**

Meets @ High Peaks Hospice
79 Glenwood Ave, (Elevator to 2nd Floor) Queensbury, NY 12804

Wednesday, October 22, Wednesday November 26, Monday December 22
**Flu Clinic / monthly B/P clinic**

Glens Falls Presbyterian Church Meal Site

**Monday, October 20**th **from 12:30pm- 1:30pm.**

We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC.

Cost of Flu is $30.00. Pneumonia vaccine is also available at a cost of $117.00. We will accept all insurance cards.

We accept cash or checks. No one is refused because of inability to pay.

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**Aging Well Forum**

**GUIDANCE FOR PEOPLE SEEKING SENIOR SERVICES**

**Saturday, October 25, 2014 - 8:00 AM to 1:00 PM**

At SUNY Adirondack Scoville Learning Center

This year’s forum will bring together professionals, seniors, adult children and caregivers to learn about the wide array of services available in the community.

The program will also feature Dr. Joel Goodman, Founder and Director, The HUMOR Project, Inc. in Saratoga Springs. Dr. Goodman knows that humor is a universal language. He also knows that “Seven days without laughter makes one weak.” This fast-paced, fun-filled, laughter-fueled presentation will invite you to laugh while you learn about why you should be “serious” about humor as a key to aging well. Joel will reveal the secret to finding humor in life. You will also discover the bottom (funny) line of humor—the art of laughing at yourself. Come join us for this FUNomenal program!

**Presenters**

- How to Identify Seniors in Need
  Eileen Dunn, MS, CMC, Trinity Elder Care

- Local Services to Meet the Needs of Seniors
  Kym Hance, BSW, CMC, Director of Client and Community Services

- Home Helpers and Direct Link

- Communicating Better with Your Family and Your Provider
  Karen Laing, CEO/Founder, Health Literacy for All, Inc.

- HUMOResilience in Aging: Using Humor to Tackle Stress Before It Tackles You
  Dr. Joel Goodman, Director, The HUMOR Project, Inc.

**Moderator**—Tammy L. Heckenberg, Terrace Director at The Glen at Hilland Meadows

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**Warren County Public Health Looking for Participants**

**Mass Antibiotic Dispensing Exercise**

Have you ever wondered what would happen if an old disease like Smallpox or a new disease not yet known were to start showing up in our hospitals, businesses, homes or schools?

Would you know where to get more information? If medications were available would you know where to go or how to access them? How would such a large undertaking happen?

Well, Warren County Public Health along with other local health departments throughout New York State has been planning for such an event for years. Now it is time to put the Medical Counter Measures Plan (MCM Plan) into practice.

Warren County Public Health will be conducting a full-scale Mass Antibiotic Dispensing Exercise (MCM Exercise) on March 12th, 2015. The MCM Exercise will test many facets of the MCM Plan including site activation, security, computer systems, simulated medication dispensing and more.

To simulate real life events Warren County Public Health is looking for 500 people to be a part of this exercise. Bring your family, bring your community group or feel free to bring yourself. Everyone is welcome. Groups of 10 or more will be entered into a raffle for an ice-cream social. The MCM Exercise will happen on March 12th, 2015 from 4:00pm- 6:00pm at the Queensbury Community Center. So please mark your calendars and Save the Date.

For more information please contact Dan Durkee at 761-6580 or email durkeed@warrencountyny.gov.

**Warren County Public Health**

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**Join us for “Caring for Ourselves” - a new caregiver support group for you**

Are you a caregiver who could benefit by having a safe place to discuss the stresses, challenges and rewards of providing care? Warren-Hamilton Counties Office for the Aging NY Connects has partnered with High Peaks Hospice and The Glens Falls Home to offer a new caregiver support group, “Caring for Ourselves” beginning early October. Both day and evening groups are offered and no fee is charged. A qualified facilitator will facilitate and provide helpful insight as you share experience, find solutions, mutual encouragement, and support. Anyone who is caring for a family member, friend, or loved one is welcome to attend.

For more information, contact Susan at NY Connects 1-866-805-3931.
Open Enrollment Is Here! Making the Most of Your 2015 Medicare Benefits

By Linda L. Miller, HIICAP Counselor

It’s that time of year….ghosts, goblins, and trick or treat. And it’s also the start of Medicare Open Enrollment!

It’s not a trick, but it may be a treat if you act now to save money on Medicare in 2015. Below we’ll look at the timelines and share some tips for getting the most for your Medicare dollar.

October 15 – December 7 Medicare Open Enrollment

Each year, beginning on October 15th, the Medicare Open Enrollment Period begins. It ends on December 7th. During this time you can review your Medicare benefits and make any changes you’d like for 2015. This year the 7th of December falls on a Sunday; you can sign up online at Medicare.gov or over the phone at 1-800 MEDICARE that day, but if you want to come into the office for help, please plan ahead!

TIP: During Open Enrollment, you can add, drop or switch Medicare Part D or Medicare Advantage Health Plans. Your new coverage will begin on January 1, 2015. A little known fact is that you can change more than once during Open Enrollment. The last plan you select by December 7th is the one that takes effect January 1st.

October 1 Plans Begin Sending Marketing Materials for 2015 & Plan Information is Updated on Medicare.gov

Medicare officials encourage you to review your current Part D or Medicare Advantage plan to see if it still works well for you in the coming year. You receive an “Annual Notice of Change” in the mail each Fall from your current plan. And you get a “Medicare & You” handbook, either online or in the mail with information about plans in your area.

How to determine if your Medicare coverage is still right for you:

- Will your drugs still be covered and covered at a cost you can afford?
- Will your providers be in the network? This includes your doctor, specialists and your pharmacy.
- What is the monthly premium going to be in 2015?

If the plan still fits your needs, great! If not, you can change. You might find a plan offering good coverage with lower out-of-pocket costs.

A caveat here: If you have retiree health coverage, you may not be able to make the changes outlined here.

October 10 Medicare Plan Quality Ratings to be Released

Medicare plans are rated from 3 to 5 stars; the higher the rating the better the health plan has performed on customer service, resolution of complaints and other indicators of quality. Searching for a plan with higher “star power” might be another consideration as you review your coverage.

How to Determine Which Medicare Plan to Choose

At a glance, you cannot tell if a plan meets your health needs. Marketing materials will not help much, because they highlight the best features of the plan being promoted.
It’s not easy to determine what’s best for your individual health circumstances.

Fortunately the federal government has provided an excellent tool called the Plan Finder. You can access it on the internet at this address: www.medicare.gov. Click on “Find Health and Drug Plans” to get to Plan Finder. Plan Finder will give a wealth of information about the Medicare Part D or Medicare Advantage Plan you are considering and it allows you to compare coverage to your current plan. It has extensive cost information as well. You may enroll online at Medicare.gov or at the plan’s website.

**TIP:** Be vigilant that you are on the Official Government Website. There are copycat web addresses out there that take you to other websites that offer to find you a plan, but have a financial interest in the outcome. There is no cost to use the official Medicare website and the information is presented without a sales pitch. You will find the plans’ quality ratings on Medicare.gov as well.

If you prefer the telephone over the computer, call [1-800-Medicare](tel:1-800-633-4227). Customer service representatives at Medicare can help you compare plans based on your individual needs right over the phone. And they are there 24 hours a day, including weekends! You’ll need to have handy a list of your prescriptions for the representative to help you find the right Part D plan.

**TIP:** Do not wait until the last few days of Open Enrollment to call Medicare. Wait times can be long. When on the line say, “AGENT” to speak more quickly with a Customer Service Representative.

**How to Switch Your Medicare Coverage**

It’s easy; you enroll in the plan you want and are automatically dis-enrolled from your current plan. You cannot have duplicate coverage.

**Do You Need Individual Help?**

Please call the Office for the Aging at 761-6347 for an appointment to meet with a HIICAP counselor. Schedule an appointment earlier in the open enrollment period rather than later. We’re here to help with Medicare concerns, so please don’t feel alone or overwhelmed by your questions. And please call to cancel if you cannot make it; someone else can use your time slot!

**Medicare and Plan Costs for 2015**

Details on costs for Part A & Part B and plan premiums will be released soon. However, Medicare analysts believe that because Medicare costs have moderated, you will not experience a steep jump in premiums, deductibles and co-pays for “Original Medicare” (Part A & Part B).

Please check back next month and we will have a chart with all the costs for Part A, Part B, and premium information on Part D and Medicare Advantage plans available in Warren and Hamilton Counties.

Your Medicare coverage year begins January 1st, whether or not you have made changes. You probably will have different premiums, deductibles, and changing co-pays.

**If you have questions, concerns, or problems accessing your plan benefits as the New Year begins, call our office (761-6347) or 1-800-MEDICARE (1-800-633-4227).**

Enjoy the Fall and coming holiday season knowing that you’ve made good decisions about your Medicare benefits!
Priscilla Sanderspree— 8th
Alan Koechlein—10th
Ellen O’Hara—10th
Maureen Shaughnessy—12th
Clara Fiore—21st
Gifford Bull—24th

Why do mummies have trouble keeping friends?
They’re so wrapped up in themselves...

Why don’t skeletons ever go out on the town?
Because they don’t have any body to go out with...

Spooks
by Sandra Liatsos

There’s a goblin at my window,
A monster by my door.
The pumpkin at my table
Keeps on smiling more and more.
There’s a ghost who haunts my bedroom,
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.
The Fun Sudoku Puzzle

Center Sudoku Puzzle

Pumpkin Word Search Puzzle

Autumn
Baking
Candle
Carve
Face
Fifty types
Fruit
Funny face
Halloween
Jack o’lantern
Mammoth gold
Munchkin
Orange
Pulp
Pumpkin patch
Seeds
Spooktacular
Squash
Stem
Vines
Located at: 380 Glen Street, Glens Falls, NY 12801  
Phone 793-2189 E-Mail: agreaterglensf@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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat-10/4</td>
<td>Annual Fall Fair-books, used items, café, garden and more</td>
<td>9:00 a.m.-2:00 p.m.</td>
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<tr>
<td>Mon-10/6</td>
<td>One Stroke Painting Class-Cost: $15-complete project at class end</td>
<td>12:30-2:00 p.m.</td>
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<tr>
<td>Mon-10/6</td>
<td>Good Books Club-“Orphan Train” by Christine Cline</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-10/7</td>
<td>Flu Shot Clinic-bring Medicare/Supplemental Insurance card</td>
<td>12:00-2:00 p.m.</td>
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<td>Wed-10/8</td>
<td>Medicare Advantage information-call to sign up</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-10/9</td>
<td>Film/Popcorn-“Blue Butterfly”-by John Hurd</td>
<td>1:00 p.m.</td>
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<tr>
<td>Fri-10/10</td>
<td>Cemetery Tour, Fort Edward-Cost: $15-sign up by October 6</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-10/14</td>
<td>Physical/Occupational Therapist-information and demo by Stanton Health</td>
<td>1:00-3:00 p.m.</td>
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<tr>
<td>Wed-10/15</td>
<td>Medicare Part D, Extra Help, Medicare Savings Plan-call to sign up</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-10/16</td>
<td>CDPHP Health Plan representative available</td>
<td>1:00 p.m.</td>
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<tr>
<td>Fri-10/17</td>
<td>Christmas Child packing party</td>
<td>1:00 p.m.</td>
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<tr>
<td>Mon-10/20</td>
<td>AARP voter, education program</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-10/21</td>
<td>BSNENY-Health Representative available</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-10/23</td>
<td>Humana Health Representative available</td>
<td>1:00 p.m.</td>
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<tr>
<td>Fri-10/24</td>
<td>Today's Options Health Representative available</td>
<td>1:00 p.m.</td>
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<tr>
<td>Mon-10/27</td>
<td>MVP Health Representatives available</td>
<td>1:00 p.m.</td>
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<tr>
<td>Tues-10/28</td>
<td>Halloween Lunch-costumes optional-Cost: $7</td>
<td>12:00 p.m.</td>
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<tr>
<td>Wed-10/29</td>
<td>Newsletter Mailing</td>
<td>1:00 p.m.</td>
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<tr>
<td>Thurs-10/30</td>
<td>United Health Care Representative available</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Fri-10/31</td>
<td>Writer’s Group-speaker and sharing work</td>
<td>1:00 p.m.</td>
</tr>
</tbody>
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**Monday- Friday**  
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 Thursday  
Chair Yoga- with Toby-Free- Sponsored by MVP  
10:15-11:00 a.m.

Mon-Thursday  
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/Buffet/Weekly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/Good Books Club/Computer Classes/Performing Line Dancing/Woodshop/Bowling/Crafts/Cards/Bingo & Much More. Trips include: New Orleans, British Landscapes. 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: 

**GREATER GLENS FALLS SENIOR CENTER**

**HOUSE & PORCH SALE**

**FALL FAIR**  
Saturday, October 4, 2014  
9 a.m. – 2 p.m.

Offering Jewelry, Crafts, Collectibles, Baked Goods  
Thrift Shop, Boutique, Housewares, Books, Appliances  
And much more

Greater Glens Falls Senior Center  
380 Glen Street, Glens Falls, NY  12801  
793-2189

Bring Your Family  
Lunch at the Sherman House Café  
Have a Great Time!
Cooperstown NY - Art & The Otseaga Nov 6th

Fenimore Art Museum
Houses the finest North American Indian Art collection
Special exhibits include Dorothea Lange’s America
A photo essay of life in America well worth seeing.
Also on exhibit are the paintings of New York’s history by LF Tantillo along with many other gorgeous works of art.

Joseph L. Popp Jr. Butterfly Conservatory
See & walk among tropical free-flying butterflies 7 birds from around the world in our 3,000 sq. ft. conservatory - home also to tropical plants, tortoises, lizards, frogs, and more. A great enchanting pick me up for a November day!

Lunch at the Otseaga Hotel
Cost $79
Deadline: Wed. Oct 8th
Outstanding buffet lunch at the grand Otseaga Hotel perched on the edge of lake Otseaga. One of the nicest and most elegantly presented lunches we have experienced in all our group travel.

British Landscapes Oct. 3rd-12th 2015
England Scotland Wales

10 Days • 12 Meals: 8 Breakfasts, 4 Dinners
With Collette Vacations - Informational Meeting
Nov. 10th at 3:30pm at the Queensbury Center

Annual Theme Basket Raffle
Over 50 baskets to choose from; take a chance to win a great, early Christmas gift or treat yourself. The more chances you put into a basket, the better your odds of winning it.

Raffle starts on Monday, October 27 at 8:30am. Come down to the Queensbury Center, 742 Bay Road any weekday between 8:30am and 4:00pm to purchase tickets and place your chances.

Tickets for baskets are $1 each or 15 for $5. Call 762-8224 or visit www.SeniorsOnTheGo.org for more information.
<table>
<thead>
<tr>
<th>Variety</th>
<th>Flavor</th>
<th>Color</th>
<th>Texture</th>
<th>Best Uses</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braeburn</td>
<td>Sweet/tart</td>
<td>Yellow with red stripes or blush</td>
<td>Firm</td>
<td>Snacking</td>
<td>Oct.-July</td>
</tr>
<tr>
<td>Empire</td>
<td>Sweet/tart</td>
<td>Solid red</td>
<td>Crisp</td>
<td>Snacking, salads</td>
<td>Sept.-July</td>
</tr>
<tr>
<td>Fuji</td>
<td>Sweet/spicy</td>
<td>Red blush, yellow stripes, green/white</td>
<td>Crisp</td>
<td>Snacking, salads, freezing</td>
<td>Year-round</td>
</tr>
<tr>
<td>Gala</td>
<td>Sweet</td>
<td>Red-orange, yellow stripes</td>
<td>Crisp</td>
<td>Snacking, salads, sauce,</td>
<td>Aug.-Mar.</td>
</tr>
<tr>
<td>Ginger Gold</td>
<td>Sweet/tart</td>
<td>Green-yellow, sometimes with blush</td>
<td>Crisp</td>
<td>Snacking, salads</td>
<td>Aug.-Nov.</td>
</tr>
<tr>
<td>Golden Delicious</td>
<td>Sweet</td>
<td>Yellow-green</td>
<td>Crisp</td>
<td>Snacking, salads, sauce,</td>
<td>Year-round</td>
</tr>
<tr>
<td>Granny Smith</td>
<td>Tart</td>
<td>Green, occasional pink blush</td>
<td>Crisp</td>
<td>Salads, pies, sauce, baking, snacking</td>
<td>Year-round</td>
</tr>
<tr>
<td>Honeycrisp</td>
<td>Sweet/tart</td>
<td>Mottled red over a yellow background</td>
<td>Crisp</td>
<td>Snacking, salads, pies, sauce, freezing</td>
<td>Sept.-Feb.</td>
</tr>
<tr>
<td>Jonagold</td>
<td>Sweet/tart</td>
<td>Red with yellow/orange</td>
<td>Crisp</td>
<td>Snacking, salads, sauce</td>
<td>Oct.-May</td>
</tr>
<tr>
<td>Jonathan</td>
<td>Spicy/tangy</td>
<td>Light red stripes over yellow or deep red</td>
<td>Less firm</td>
<td>Pies, baking</td>
<td>Sept.-April</td>
</tr>
<tr>
<td>McIntosh</td>
<td>Tangy</td>
<td>Red and green</td>
<td>Tender</td>
<td>Snacking, sauce, pies</td>
<td>Sept.-July</td>
</tr>
<tr>
<td>Red Delicious</td>
<td>Sweet</td>
<td>Striped to solid red</td>
<td>Crisp</td>
<td>Snacking, salads</td>
<td>Year-round</td>
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National Apple Month

October is National Apple Month! National Apple Month is the only national, generic apple promotion in the United States. Apple Month’s mission is to enhance consumer awareness and usage of apples and apple products.

Did you know that there are around 100 varieties of apples grown commercially in the United States? Only 15 varieties of apples make up the majority of apple productions. Ever wondered about which apple to use for which recipe or when apples are in season? Check out this Apple Variety Guide from the U.S. Apple Association.

Got an abundance of apples? Try tray-freezing apple slice for later use.

Apple Crisp

Apple pie, the classic American dessert, is loaded with fat and calories, much of which is found in the pie crust. This holiday season try a crust-less alternative: the apple crisp.

Ingredients

♦ Canola oil cooking spray
♦ * 4 Granny Smith apples, cored and cut into thin slices or bite-size pieces
♦ 1/2 cup raisins
♦ 3 tablespoons 100% apple juice
♦ 1/4 cup whole wheat flour
♦ 1/4 cup old-fashioned rolled oats
♦ 1/4 cup brown sugar
♦ 3/4 teaspoon ground cinnamon
♦ 3/4 teaspoon ground nutmeg
♦ 3/4 tablespoon cold butter, cut into small pieces

Direction

1. Preheat oven to 375. Coat 8-inch square baking dish with cooking spray.
2. Combine apples, raisins, and apple juice in bowl, toss well and set aside. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resemble coarse meal.
3. Transfer apple mixture to baking dish. Sprinkle flour mixture evenly over surface. Lightly coat top with cooking spray.
4. Cover and bake 30 minutes. Uncover and bake for 20 more minutes or until apples are tender.
5. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.
### October 2014

Warren/Hamilton Counties Office for the Aging

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Suggested contribution</strong></td>
<td><strong>$3 per meal.</strong></td>
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<tr>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Oct 6</strong> Ground Beef And Gravy</td>
<td><strong>Oct 7</strong> Quiche of the Day</td>
<td><strong>Oct 8</strong> Beef Stew</td>
<td><strong>Oct 9</strong> Stuffed Shells with Marmara Meat Sauce</td>
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<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Scandinavian Veggies</td>
<td>Boiled Potatoes/Carrots</td>
<td>Green Beans</td>
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<tr>
<td></td>
<td>Winter Squash</td>
<td>Muffin of the Day</td>
<td>Biscuit</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td></td>
<td>Chilled Peaches</td>
<td>Yogurt Parfait with Berries &amp; Granola</td>
<td>Cinnamon Coffee Cake</td>
<td>Garlic Bread</td>
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<td></td>
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<td></td>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td><strong>Oct 13</strong> Happy Columbus Day</td>
<td><strong>Oct 14</strong> Juice of the Day</td>
<td><strong>Oct 15</strong> Spanish Rice</td>
<td><strong>Oct 16</strong> Baked Fish Scandinavia</td>
<td><strong>Oct 17</strong> Roast Pork Loin/Gravy</td>
</tr>
<tr>
<td>Meal Site Closed</td>
<td>Chicken &amp; Biscuit</td>
<td>Green Beans</td>
<td>Roasted Potato Bites</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td></td>
<td>California Medley</td>
<td>Corn Bread</td>
<td>Spinach</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Chilled Pineapple</td>
<td>Mandarin Oranges</td>
<td>Strawberry Shortcake</td>
<td>Apple Crisp</td>
</tr>
<tr>
<td><strong>Oct 20</strong></td>
<td><strong>Oct 21</strong></td>
<td><strong>Oct 22</strong></td>
<td><strong>Oct 23</strong></td>
<td><strong>Oct 24</strong></td>
</tr>
<tr>
<td>Chicken Parmesan</td>
<td>Chef’s Choice</td>
<td>Meatloaf/Gravy</td>
<td>Chicken &amp; Stuffing</td>
<td>Soup of the Day</td>
</tr>
<tr>
<td>Penne Pasta/Marinara Sauce</td>
<td></td>
<td>Mashed Potatoes</td>
<td>Casserole</td>
<td>(at congregate sites only)</td>
</tr>
<tr>
<td>Italian Mix Veggies</td>
<td></td>
<td>Zucchini &amp; Tomatoes</td>
<td>Long Grain &amp; Wild Rice</td>
<td>Liver &amp; Onions</td>
</tr>
<tr>
<td>Chilled Apricots</td>
<td></td>
<td>Baked Cookie of the Day</td>
<td>Mixed Veggies</td>
<td>Potato of the Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tropical Fruit Cup</td>
<td>California Medley</td>
</tr>
<tr>
<td><strong>Oct 27</strong></td>
<td><strong>Oct 28</strong></td>
<td><strong>Oct 29</strong></td>
<td><strong>Oct 30</strong></td>
<td><strong>Oct 31</strong></td>
</tr>
<tr>
<td>Breaded Haddock on a Bun</td>
<td>Pork Chop/Applesauce</td>
<td>Turkey Pot Roast</td>
<td>Beef Stroganoff over Noodles</td>
<td>Happy Halloween</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>Mashed Potatoes</td>
<td>Cranberry Sauce</td>
<td>Broccoli</td>
<td>Cauldron of Chili</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Winter Squash</td>
<td>Mashed Potatoes</td>
<td>Mandarin Orange</td>
<td>Frightening Fiesta</td>
</tr>
<tr>
<td>Peaches</td>
<td>Pineapple Up-side Down Cake</td>
<td>Winter Squash</td>
<td></td>
<td>Rice Corn</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Petrifying Pumpkin Bar</td>
</tr>
</tbody>
</table>

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**Meal site Numbers:**

- Bolton-644-2368;
- Indian Lake; 648-5412;
- Lake Pleasant; 548-4941;
- Soloman Hgts Qby — 832-1705
- Cedars-832-1705;
- Johnsbury-251-2711;
- Long Lake-624-5221;
- Warrensburg-623-2653;
- Chestertown-494-3119
- Lake Luzerne; 696-2200
- 1st Presb. Church GF — 832-1705
- Wells-924-4066

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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.